



WELLNESS MATTERS

YOUR MONTHLY TIGER HEALTH NEWS

STUDENT HEALTH AND COUNSELING SERVICES NEWSLETTER

AUGUST
2023



Welcome Back!

Student Health and Counseling Services would like to welcome our new students and welcome back our returning students. We know that it has been a while since SHCS published a Newsletter, but we thought it would be helpful to provide you with Health and Wellness news you could use! In these monthly newsletters, you can expect to find healthy tips, wellness guides, upcoming events, and much more!



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WELLNESS TIPS

Follow the link for tips: [MHA](#)

Are you caught in the constant juggling act between work and life? Balancing your professional aspirations with personal well-being can sometimes feel like walking a tightrope. That can be stressful, and stress can zap our concentration, sap productivity, make us irritable or depressed, and harm our personal and professional relationships.

Over time, chronic stress also weakens our immune systems and increases the risk of heart attack.

One thing you can do that can make a real difference is to identify what truly matters to you, both professionally and personally. Set realistic goals and set aside specific time slots for them. Remember, it's not about working harder or playing more—it's about finding equilibrium.

Embrace the power of saying 'no' to excessive demands that drain your energy and 'yes' to self-care and quality time with loved ones. And don't forget to celebrate small victories along the way!

HEALTHY TIPS

Do you often eat popcorn? If the answer is No - not often enough. Then just know, popcorn can be a healthy, whole-grain snack as long as it's not loaded with a lot of butter, sugar, and salt. But plain popcorn can sometimes be boring so here are some tips to spice it up in a healthy and tasty way...Click the link [here](#).

UPCOMING EVENTS

Motivation Monday | **8/28** | 10:00-12:00 | Tent outside of UC

Take Care of Yourself Tuesday | **8/29** | 10:00-12:00 | Tent outside of UC

Wellness Wednesday | **8/30** | 10:00-12:00 | Tent outside of UC


Thoughtful Thursday | **8/31** | 3:00 | Mindfulness meetup at the Tiger Oasis between Brister and Johnson Hall across from the LLC

Feel Good Friday | **9/1** | 12:00-1:00 | Mindfulness activities and excersies at Audubon park

[Click here to learn more](#) or go to memphis.edu/counseling/outreach

FRESH POPCORN

PREP TIME: 10 min
COOK TIME: 10 min
SERVINGS: 4
SERVING SIZE: 2 cups



INGREDIENTS

- 2 tablespoons vegetable oil
- ¼ cup popcorn kernels
- ½ teaspoon salt

FLAVORING INGREDIENTS

Spicy Curry: ¼ teaspoon red pepper flakes + ½ teaspoon curry powder

Kettle Corn: 2 tablespoons sugar

Rosemary Parm: 1 sprig fresh rosemary, minced (or ½ teaspoon dried) + ¼ cup parmesan cheese

DIRECTIONS

1. Heat oil and 2-3 popcorn kernels over medium-high heat in a large pot with a tight fitting lid.
2. Once the popcorn kernels in the oil have popped, add the remaining kernels. Put the lid on and cook, shaking the pan often to prevent burning until there are 2-3 seconds between pops.
3. Toss hot popcorn with your choice of flavoring ingredients.

Tip: Make in the microwave! Put kernels in a brown paper bag. Fold over the top of the bag a few times. Popping times vary—set microwave for ~3 minutes and listen for when the popping slows to 2-3 seconds between pops, then stop. Toss with desired flavorings.

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