



WELLNESS MATTERS

YOUR MONTHLY TIGER HEALTH NEWS

STUDENT HEALTH AND COUNSELING SERVICES NEWSLETTER

APRIL
2024



We're almost at the end of the semester! **April is National Stress Awareness Month**

April is designated as National Stress Awareness Month to raise awareness about the negative effects of stress. Effectively managing stress is a crucial aspect of maintaining a healthy lifestyle. Learning how to handle stress can enhance both mental and physical well-being while preventing the worsening of health issues.

It is important to identify the signs of stress and anxiety, develop resilience, and know where to seek assistance. The Mental Health America (MHA) offers tips on reducing stress through the use of a [Stress Screener](#). Additionally, take some time to explore the [Centers for Disease Control and Prevention \(CDC\) website](#) to learn about stress management strategies.

[More info can be found: nih.gov](https://www.nih.gov)



Counseling Center
214 Wilder Tower 901-678-2068

Health Center
200 Hudson Health Center 901-678-2068



WELLNESS TIPS

Here are some additional resources to help you cope with stress

Online

- [Totherall](#)
- [Stress Less for a Healthier Heart](#)
- [Wellness@NIH](#)
- [Helpful Practices to Manage Stress and Anxiety \(NIMH\)](#)
- [So Stressed Out Fact Sheet \(NIMH\)](#)
- [Stress \(NCCIH\)](#)
- [7 Steps to Manage Stress and Build Resilience \(ORWH\)](#)
- [Stress Screener](#)

On-Campus

Counseling Center:

214 Wilder Tower

Monday to Friday

8:00 am- 4:30 pm

Evening hours in Fall and Spring semesters will vary

Walk-In Hours in person & virtual

Monday- Friday 10:00-3:00

New clients and emergencies

Open to students enrolled in at least 6 credit hours

Relaxation Zone

Monday to Friday

Fall & Spring 9:00 am- 4:00 pm

Summer: 12pm-3pm

2 locations:

•Brister Hall 302

•UC 2nd floor 227

Open to all enrolled students

BE TIGER WELL

No Stress Success Weekly Interactive Series

The No Stress Success Interactive Series will help students Think Well! Feel Well! and Do Well! Each week students will have the opportunity to work on their mental health and well-being with interactive activities to help them throughout the semester. Attend a few or attend them all! Come and learn how to be the best you, you can be!

April Sessions:

APR

Do Well

[4.3 | Time Management](#)
[4.10 | Healthy Relationships](#)
[4.17 | Redesign Stress](#)
[4.24 | Dare to Self Care](#)

Visit our website for more info: Memphis.edu/shcs

HEALTHY TIPS

Resources available to You!

- [Relaxation Zone](#)



- [Vent about It](#)

Peer-led support group facilitated by our SWAB executive board members. Our board is certified peer educators and ready to hear what you have to say, offer support, and connect students to resources!

Come every week or whenever you need a space!

Wednesdays	3.27
5:30-6:30	4.10
UC 208	4.17
Sessions on	4.24

(Paint and Chat)

Scan for
TigerZone Link

Questions? Contact us: umswab18@gmail.com or message at @UofMSWAB





WELLNESS MATTERS

YOUR MONTHLY TIGER HEALTH NEWS



FOCUSING ON YOU



Togetherall.com

Courses, resources and articles available in Togetherall
You think out they have it!

The Power of Community

Job Loss & Financial Stress

Anxiety, Stress and Worry

Bereavement & Loss

Depression and Low Mood

Sleep

Bullying

Alcohol, Smoking and
Substance Misuse

Self-Harm

General Mental Health,
Wellbeing & Self-Development

Anger Management

Obsessive and Compulsive Tendencies

Loneliness and Isolation

HEALTHY RECIPE

MYPLATE MINI PIZZAS

PREP TIME: 20 min COOK TIME: 6-8 min SERVINGS: 4
SERVING SIZE: 1 muffin



INGREDIENTS

- 4 whole wheat English muffins, split in half
- 4-6 tablespoons tomato sauce
- ½ cup shredded mozzarella cheese
- 4 slices of turkey, thin strips
- ¼ cup pineapple, diced
- ¼ cup spinach

DIRECTIONS

1. Split the English muffins in half.
2. Spread about a tablespoon of sauce over each muffin half.
3. Top with mozzarella cheese, turkey strips, pineapple, and spinach.
4. Bake at 350°F until the cheese is melted, about 6-8 minutes. Or, cook in a toaster oven or in a non-stick skillet until cheese is melted.

Public Health
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

UPCOMING EVENTS

April 2024

- Talks Saves Lives Suicide Prevention Training for Students!**
[Registration](#) | 04/03 | 09:00am | UC Senate Chamber
- Talks Saves Lives Suicide Prevention Training for Students!**
[Registration](#) | 04/04 | 4:00pm | UC Poplar
- Tigers Stomp Stigma!** [Registration](#) | 04/05 | 12:00pm-4:00pm | UC Shelby
- Mindful Tiger Walk** | [Registration](#) | 04/05 | 9:00am | Off-Campus: Audobon Park, campus meet up at 8:15 for Blue Line by health center if transportation needed
- Out of the Darkness Walk** | [Registration Website](#) | 04/06 | 10:00am-1:00pm | UC Alumni Mall
- Free HIV Testing!** [Tiger Zone Link](#) | 04/10 | 10:00-2:00 | UC Conference Room 208
- Squish Away Exam Stress** | 04/22 | 11:00-1:00 | Library 1st Floor Commons
- Find your Tiger Bliss (Vision Board making)** | 4/23 | 11:00-1:00 | Library Sandbox First Floor
- Drug Takeback Day** | 4/24 | 11:00-1:00 | Tent outside Health Center

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

[Click here to learn more](#) or go to [MyPlate Mini Pizzas pdf](#)



@UOFMSHCS



@UofMSHCS



@UofMSHCS



@uofmemphisshcs1652



memphis.edu/shcs/