



WELLNESS MATTERS

YOUR MONTHLY TIGER HEALTH NEWS

STUDENT HEALTH AND COUNSELING SERVICES NEWSLETTER

FEBRUARY
2024



Welcome to Spring 2024

February is Heart Health Month

Taking care of your physical heart is very important. Getting enough physical activity and having a healthy diet can lower your risk of developing heart disease. But, what about our emotional heart? “[E]motional stress... accounted for about one-third of heart attacks and strokes” (Miller, 2019). Here at the Health and Counseling Center, we care about your mental health and well-being. This is why we have worked hard to bring you activities to help you distress. In this newsletter, we will be discussing not only ways to protect your physical heart, but also ways to protect your emotional heart!

Miller M. Emotional Rescue: The Heart-Brain Connection. *Cerebrum*. 2019 May 1;2019:cer-05-19. PMID: 32206169; PMCID: PMC7075501.



Counseling Center
214 Wilder Tower 901-678-2068

Health Center
200 Hudson Health Center 901-678-2068



WELLNESS TIPS

Follow the link for a 6 episode series about Heart Health: [Video Page](#)

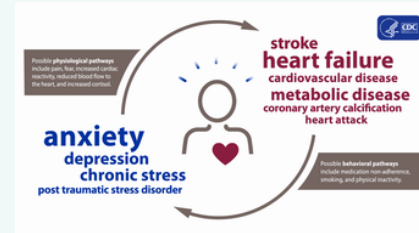
What is Heart Disease

According to the CDC “The term “heart disease” refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.”

Some Key Risk Factors for heart disease include High blood pressure, high blood cholesterol, and smoking.

But Did You Know?

Experiencing depression, anxiety, stress, and PTSD over long periods may cause you to experience heart-related problems.



For more information please visit the CDC's [website on heart disease and mental health by clicking here.](#)

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!

February Sessions:

FEB

Think Well

- [2.7 | Conflict and Convos](#)
- [2.14 | Social Anxiety](#)
- [2.21 | Think about Thinking](#)
- [2.28 | Revamp your Thinking](#)

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	2.7	3.27
5:30-6:30	2.21	4.10
UC 208	2.28	4.17
Sessions on	3.13	4.24

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

Scan for TigerZone Link





FOCUSING ON YOU

Togetherall.com



Everyone is on their own mental health journey - but sometimes you can feel like no one understands what you're going through. This is why UofM's Student Health and Counseling Services has partnered with Togetherall - an anonymous, online peer-to-peer community where students can connect with others who have real lived experience. Free & active 24/7, register with your student email at [Togetherall](https://togetherall.com).



If you're struggling to stay motivated & on task, we get it. Finals are stressful & you're likely not the only one feeling the pressure. Connect with others who understand what you're going through and take advantage of a new resource brought to campus called Togetherall. It's an anonymous, online peer-to-peer mental health community that is active 24/7 & it's free!



As we close out the semester, it is understandable that you may be feeling burnt out – take time to rest & recover. While you do, explore the new resource-Togetherall- an online peer community where students can share how they're feeling in a safe & anonymous environment.



UPCOMING EVENTS

HEALTHY RECIPE

Blueberry Mint Limeade



Ingredients

- 6 cups water, divided use
- 1 cup fresh blueberries
- 2-3 sprigs fresh mint
- 3-4 tablespoons agave or other sweetener (amount will vary depending on the sweetness of the fruit)
- ½ cup fresh lime juice
- Garnishes: blueberries, lime slices, and mint leaves

Instructions

1. Place 1 cup water, the blueberries, and mint in a medium saucepan and bring to a simmer. Simmer until the blueberries start to break down and release their juices, 3-4 minutes. Remove from heat and stir in the agave. Let cool.
2. Pour the blueberry syrup into a large pitcher and stir in the lime juice and remaining 5 cups of water. Refrigerate.
3. To serve, fill glasses with ice and add some blueberries to the glasses. Pour the blueberry limeade into the glasses and garnish with lime slices and mint leaves.

[Click here to learn more](https://thefoodiephysician.com/blueberry-mint-limeade/) or go to <https://thefoodiephysician.com/blueberry-mint-limeade/>

February 2024

No Stress Series | [Every Wed 3pm-4pm](#) | [Library 2nd Floor Commons](#)

Free HIV Testing | [Tiger Zone Link](#) | 02/14 | 10:00-2:00 | UC Conference Room 208

Understanding and Responding to LBGTQIA+ Minority Stress | [Registration](#) | 2/22 | 2:00-4:00 | UC River Room

Spring Darty and Free HIV Testing | [Tiger Zone Link](#) | 02/29 | 10:00-2:00 | UC Beale, Atrium and Conference Room 208

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

