



WELLNESS MATTERS

YOUR MONTHLY TIGER HEALTH NEWS

STUDENT HEALTH AND COUNSELING SERVICES NEWSLETTER

MARCH
2024



Spring Break is among us....but first **March is National Nutrition Month**

Taking care of your physical health is crucial, and one of the ways to achieve it is by making healthy food choices. National Nutrition Month is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. This year's theme is "Beyond the Table," which emphasizes the farm-to-fork aspect of nutrition, including food production, distribution, grocery shopping, and farmers markets, as well as home food safety and storage practices. The theme also recognizes the various eating habits we have, such as eating on-the-go, in schools and restaurants, and at events. Sustainability is also a critical aspect of the theme, including reducing food waste from school and work to home and beyond.

More info can be found: usda.gov



Counseling Center
214 Wilder Tower 901-678-2068

Health Center
200 Hudson Health Center 901-678-2068



WELLNESS TIPS

Did you know that you have access to Registered Dietitians on Campus Meet your Dietitians on campus

Megan Partacz, MS, RD, LD

UofM Dining Dietitian Megan Partacz, MS, RD, LD, is skilled in nutrition education, counseling, and food allergen management. She promotes balanced eating for health and enjoyment. Megan helps with nutrition information, special diets, wellness programs, and more here at the University of Memphis.

To schedule an appointment with Megan click [here](#)

Julia Yvonne Noel, MS, RD, LDN, CDCES

Julia Yvonne Noel, is a registered dietitian and Certified Diabetes Care and Education Specialist, Julia offers free nutrition consultations for students and Campus Recreation members, covering general nutrition, sports nutrition, weight management, and medical conditions. Receive evidence-based advice to make sustainable changes and achieve long-term goals from a registered dietitian.

To schedule an appointment with Julia click [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!

March Sessions:

MAR

Feel Well

[3.6 | Stress Management](#)
[3.13 | Mindfulness](#)
[3.20 | Belonging vs Fitting In](#)
[3.27 | Mastering Emotions](#)

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 (Paint and Chat)
5:30-6:30	2-21	4.10
UC 208	2.28	4.17
Sessions on	3.13	4.24

Scan for
TigerZone Link

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





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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



Creamy Blueberry-Pecan Overnight Oatmeal

Ingredients :

- ½ cup old-fashioned rolled oats
- ½ cup water
- Pinch of salt
- ½ cup blueberries, fresh or frozen, thawed
- 2 tablespoons nonfat plain Greek yogurt
- 1 tablespoon toasted chopped pecans
- 2 teaspoons pure maple syrup

How to Make Creamy Blueberry-Pecan Overnight Oatmeal

Combine oats, water and salt in a jar or bowl. Cover and refrigerate overnight. In the morning, heat if desired, and top with blueberries, yogurt, pecans and syrup.

Serves

1 Adults

Preparation Time

10 minutes

Cooking Time

8 hours overnight

Nutrition Facts (per serving)

- 291 Calories
- 8g Fat
- 49g Carbs
- 9g Protein



[Click here to learn more](https://www.eatingwell.com/recipe/251127/creamy-blueberry-pecan-overnight-oatmeal/) or go to <https://www.eatingwell.com/recipe/251127/creamy-blueberry-pecan-overnight-oatmeal/>

UPCOMING EVENTS

March 2024

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

Free HIV Testing | [Tiger Zone Link](#) | 03/13 | 10:00-2:00 | UC Conference Room 208

Talks Saves Lives Suicide Prevention Training for Students | [Registration](#) | 03/20 | 3:30pm-4:30pm | UC Senate Chamber

Free HIV Testing | [Tiger Zone Link](#) | 03/27 | 10:00-2:00 | UC Conference Room 208

Mental Health First Aid Training Faculty and Staff | [Registration](#) | March 15th | 9:00a-3:00p | Brister 220

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



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