



WELLNESS MATTERS

YOUR QUARTERLY TIGER HEALTH NEWS

STUDENT HEALTH AND COUNSELING SERVICES NEWSLETTER

SEPT-NOV
2024



Welcome to a new school Year! **Tigers, we are glad to have you back on Campus**

As the new semester kicks off, we're excited to welcome you back to campus! At the Student Health and Counseling Center, we're here to support your journey every step of the way. This quarter, we've got some fantastic events lined up just for you. Don't miss our Wellness Fair on October 2nd, where you can explore ways to stay healthy and balanced. Join us for our "Vent About It" sessions—your space to unwind, share, and connect. Plus, our rebranded Less Stress Success series is back with fresh topics to help you thrive this semester.

We're here for you—let's make it a great semester together!



Counseling Center
214 Wilder Tower 901-678-2068

Health Center
200 Hudson Health Center 901-678-2068



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WELLNESS TIPS

- 1. Prioritize Sleep:** A good night's sleep is crucial for your physical and mental health. Aim for 7-9 hours each night to stay sharp and energized throughout the day.
- 2. Stay Active:** Regular physical activity boosts your mood and helps manage stress. Find a fun way to move, whether it's hitting the gym, taking a walk around campus, or joining a fitness class.
- 3. Practice Mindfulness:** Take a few minutes each day to practice mindfulness. Deep breathing exercises, meditation, or simply sitting quietly can help you stay grounded and reduce stress.
- 4. Stay Connected:** Building strong connections with friends, classmates, and campus resources can enhance your sense of belonging. Don't hesitate to reach out for support when you need it.
- 5. Balance Your Plate:** Eating a balanced diet with a variety of nutrients helps fuel your body and mind. Try to include fruits, vegetables, lean proteins, and whole grains in your meals.
- 6. Take Breaks:** Studying hard is important, but so is taking breaks. Step away from your desk, get some fresh air, or do something you enjoy to recharge your mind.
- 7. Set Boundaries:** Learn to say no when you need to protect your time and energy. Setting healthy boundaries is key to maintaining a balanced life.
- 8. Ask for Help:** If you're feeling overwhelmed, remember that it's okay to ask for help. Reach out to our counseling services, attend a "Vent About It" session, or talk to someone you trust.
- 9. Stay Hydrated:** Drink plenty of water throughout the day to keep your body and mind functioning at their best. Carry a water bottle with you to stay hydrated on the go.
- 10. Get Involved:** Engage in campus activities, attend events like the Wellness Fair, and make the most of your college experience. Getting involved can boost your well-being and help you connect with others.

RESOURCES

• 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

• Vent about It: Click here for website.

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	Fall Dates
5:30-6:30	9.4 10.23
	9.11 10.30
Locations Vary	9.18 11.6
See TigerZone for more.	9.25 11.13
	10.2 11.20

Scan for
TigerZone Link



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

BE TIGER WELL

Less Stress Success Weekly Interactive Series

The Less 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!

Semester Sessions: Click here for website.

SEP

Think Well

9.4 | Conflict and Convo
9.11 | Social Anxiety
9.18 | Think about Thinking
9.25 | Revamp your Thinking

OCT

Feel Well

10.2 | Stress Management
10.9 | Mindfulness
10.16 | Belonging vs Fitting In
10.23 | Mastering Emotions*

NOV

Do Well

10.30 | Time Management
11.6 | Healthy Relationships
11.13 | Redesign Stress
11.20 | Dare to Self Care



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UPCOMING EVENTS

September

HIV Testing & Tabling | 09/04 | 11am-2pm | UC 208 & UC

Suicide Prevention Tabling | 09/11 | 11am-2pm | UC

Talks Saves Lives Suicide Prevention Training | 09/13 |
9am-10:30am | Centennial Place 186

HIV Testing & Tabling | 09/04 | 11am-2pm | UC 208 &
UC

Talks Saves Lives Suicide Prevention Training | 09/27 |
1pm-2:30pm | Centennial Place 186

November

HIV Testing & Tabling | 11/13 | 11am-2pm | UC 208

Collegiate Recovery and Talk Saves Lives | 11/14 |
5:00pm-8:00pm | UC Shelby

HIV Testing & Tabling | 11/20 | 11am-2pm | UC 208
and UC Atrium

October

Wellness Fair | 10/02 | 11am-2pm | UC Fountain

HIV Testing & Tabling | 10/02 | 11am-2pm | UC 208

Safe Zone 1 | 10/25 | 9:00a-10:30am | UC Shelby

Safe Zone 2 | 10/25 | 10:45a-12:00pm | UC Shelby

HIV Testing & Tabling | 10/30 | 11am-2pm | UC 208 &
Atrium

December

Squish Away Stress | TBA | 12/03 | 11:00a-1:00p |
Library 1st Floor

**Thrive Through Finals (Vision boards and Self
Care Bag)** | 12/04 | 11:00a-1:00p | Library 1st Floor

MHFA Faculty and Staff-Blended | 12/18 | 9:00a-
1:00p | UC Senate Chamber

23rd ANNUAL STUDENT Wellness Fair

Wednesday, October 2
11 AM-2 PM
Student Plaza



Giveaways will be provided by a variety of vendors. Students will have the chance to win door prizes, receive health screenings, get health advice, engage in group exercise and so much more. Plus the first 100 students will get a Tiger's Be Well T-shirt.



The University of Memphis is an Equal Opportunity/Affirmative Action University. It is committed to the education of a non-racially identifiable student body.



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FOCUSING ON YOU

Togetherall.com

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



Anxiety, Stress and Worry

Job Loss & Financial Stress

Sleep

Bullying

Self-Harm

General Mental Health,
Wellbeing & Self-Development

Obsessive and Compulsive Tendencies

Loneliness and Isolation

Alcohol, Smoking and
Substance Misuse

Bereavement & Loss

Depression and Low Mood

Anger Management

HEALTHY RECIPE

Classic House Salad with Chicken



Serves
1 Adults



Preparation Time
15 minutes



Cooking Time
15 Minutes thinly
sliced grilled chicken



Nutrition Facts (per serving)

- 488 Calories
- 31g Fat
- 29g Carbs
- 19g Protein



Ingredients :

- 2 cups Classic House Salad
- ¾ cup sliced or diced cooked chicken breast
- ¼ cup cherry tomatoes, halved
- ¼ cup sliced cucumber
- ¼ cup whole-wheat croutons
- 2 tablespoons fresh parsley leaves
- 2 tablespoons red-wine vinaigrette

How to Make Classic House Salad with Chicken

1 Pack salad in an airtight storage container. Add chicken, tomatoes, cucumber, croutons and parsley. Pack vinaigrette separately in a small jar. Just before serving, add the vinaigrette to the salad and toss to coat.



WELLNESS RESOURCES

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 available

during Fall and Spring

Walk-In Hours in person &
virtual

Monday- Friday 10:00-3:00

After hours TigerCares Line
901-678-2068 opt 2

Relaxation Zone

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Fall & Spring 9:00

am- 4:00 pm

Summer: 12pm-3pm

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