



# WELLNESS MATTERS

YOUR MONTHLY TIGER HEALTH NEWS

STUDENT HEALTH AND COUNSELING SERVICES NEWSLETTER

DECEMBER  
2023



## *Just in time for Winter Break...* **Togetherall is Here**

So much in the world right now is uncertain and challenging but you don't have to feel alone. Togetherall provides UofM students with free tools and support so you can take control of your mental health and well-being while staying to connected to others with similar experiences. Join Togetherall's anonymous community of peers for support and voice your feelings. Moderated by professionals to keep you safe, Togetherall is here for you. [Register here](#) with Togetherall or learn more about the program at [Memphis.edu/shcs](https://Memphis.edu/shcs)

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Counseling Center  
214 Wilder Tower 901-678-2068

Health Center  
200 Hudson Health Center 901-678-2068



## WELLNESS TIPS

Follow the link for a 5-minute grounding technique: [Practice](#)

### Mindfulness for the Holidays

Keeping Stress at Bay: Prioritizing Your Wellbeing During the Holidays

The holidays are a busy and stressful time for many, and it's vital to find ways to manage stress and boost productivity. One effective approach is to incorporate mindful moments into your daily routine. Taking 5-10 minutes to focus on the present can make a significant difference in your emotional and mental well-being.

As the Winter break approaches, consider practicing gratitude and mindfulness. Take time to reflect on the positive aspects of your life, no matter how small they may seem. These moments of relaxation are not merely about unwinding, but to gain clarity and emotional stability.

Your well-being is crucial, so take a moment to breathe deeply and reconnect with your inner peace. As we prepare for the festive season, remember to prioritize your mental and emotional health. These practices are essential for maintaining balance in our hectic lives.

## BE TIGER WELL

Have you heard the news!! The RZ has opened a 2nd location in the UC! Permanently! That's right we heard your concerns! So we've added a 2nd location. Find is in the UC 2nd floor involvement zone



Visit our website for more info: [Memphis.edu/shcs](http://Memphis.edu/shcs)

## HEALTHY TIPS

### Substitutions & Tips

#### Meat alternatives

- Mushrooms are a great meat substitute! They are hearty, full of flavor, and are a delicious, natural plant-based alternative to meat.
- Tofu is a delicious plant-based substitute that picks up the flavors of many dishes similar to meats. Be sure to press out the excess water before cooking or choose extra-firm options.

#### Water instead of juice

- Water can serve as a great base for smoothies instead of juices that may have a lot of natural or added sugars.

#### Sugar substitutions

- Agave nectar has a lower glycemic index than sugar and other sweeteners. They are a great substitute for sugar and honey in oatmeal, sauces, yogurt, and smoothies.
- Stevia, monk fruit, and sugar-alternative blends can add sweetness without adding sugar. Note: These alternatives can taste sweeter than sugar and may have an aftertaste so be sure to add small amounts at a time to adjust for taste.
- Bananas and applesauce add natural sweetness and moisture to baked goods. They are a great addition to reduce the amount of added sugar in recipes.



## FOCUSING ON YOU

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### More about Togetherall:

- 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](#).
- 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

### December 2023

**Test Stress Strategies (LCON) |**

12/04 | CHB 2506 & Lambuth  
(vital)

**Squish Away Stress | 12/05 | Library**  
1st Floor Rotunda

**Thriving Through Finals Tabling |**  
12/11 | UC 3rd Floor

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

## HEALTHY RECIPE

### WATERMELON LIME WATER

PREP TIME: 15 min  
COOK TIME: n/a  
SERVINGS: 4  
SERVING SIZE: 1 cup



Recipe adapted from-  
[www.rethinkyourdrinknevada.com/recipes/](http://www.rethinkyourdrinknevada.com/recipes/)

#### INGREDIENTS

- 1 liter of plain seltzer water or tap water
- Ice
- 2 cups of watermelon, cubed
- 1-2 large limes, sliced

#### DIRECTIONS

1. Wash watermelon and limes under cool running water.
2. Remove the rind from the watermelon, cut watermelon into cubes.
3. Cut limes into slices.
4. Add watermelon and limes to a pitcher.
5. Pour plain seltzer, or tap water over the fruit. Add ice and stir.
6. Store in refrigerator and drink within 24 hours.

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

