



WELLNESS MATTERS

YOUR MONTHLY TIGER HEALTH NEWS

STUDENT HEALTH AND COUNSELING SERVICES NEWSLETTER

OCTOBER
2023



October is...

Be Tiger Well Month

October is Be Tiger Well Month and the theme this year is “Become One With Wellness”. What does that mean? Wellness is a state of being that includes a balance of physical, social, spiritual, emotional, intellectual, environmental, and occupational well-being. It's more than just being free from illness, but also having a purpose in life, being emotionally healthy, and being happy. This month we encourage everyone to think about what wellness means to them and to take the Be One Pledge.

[Cont'd on pg. 3](#)



Counseling Center
214 Wilder Tower 901-678-2068

Health Center
200 Hudson Health Center 901-678-2068



WELLNESS TIPS

Follow the link for more tips: [BESTHealth](#)

Mind Full or Mindful?

Have you ever walked away from a conversation feeling unheard? Or found your mind wandering while someone else was talking to you? Chances are, you have experienced one or both of these situations, and it all came down to someone's failure to actively listen.

One might argue it's just a matter of manners or distractions. But the reality is that active listening is a skill – and a powerful example how mindfulness is all about being fully present and engaged in the current moment.

It is a skill that takes practice to develop, but it can dramatically improve both personal and professional relationships. Here are the "secrets" to mastering active listening:

Tune in to Active Listening

- Pay Full Attention
- Show that you're listening
- Provide feedback
- Don't interrupt
- Ask Open-ended questions
- Empathize
- Avoid preparing your response
- Stay neutral

Excerpt from BESTHealth May 2023 Issue

HEALTHY TIPS

When it comes to shopping for a healthy foods it can be overwhelming. Believe it or not there is more to it than just making a list. Here are some quick and easy guide to making smart choices at the grocery store:

- Start at the perimeter, where most of the healthful, freshest and least processed options are located.
- Try to stick to the produce, fish, lean meat, low-fat dairy and bread sections as much as possible. Doing this can help you avoid the temptations in the aisles that contain processed and package foods.
- Focus on filling your basket with fruits, vegetables, and whole grains.
 - FYI if you are unable to get fresh fruit and veggies go for frozen.

[Link: Roadmap to Healthier Shopping](#)

HEALTHY RECIPE

Simple Strawberry Banana Oat Smoothie

Servings: 1

Author: [Beautiful Eats & Things](#)



Ingredients

- 1 cup frozen strawberries
- 1 banana
- 1/3 cup quick oats or old-fashioned oats
- ½ cup unsweetened almond milk or more if you want a thinner consistency.

Instructions

1. Add all ingredients to the blender and blend until smooth and creamy.
2. You may add additional milk if you would like a thinner texture.
3. Pour in a glass and top with your favorite toppings.
4. Enjoy!

From [Beautiful Eats & Things](#)



@UOFMSHCS



@UofMSHCS



@UofMSHCS



@uofmemphisshcs1652





FOCUSING ON YOU

Finding Your Rhythm

Classes have been in session for a MONTH! Have you found your rhythm or are you still searching? If you are still searching we have some tips to help you. While incorporating these tips remember it's important to break your days into manageable chunks and to stick to the routine that works best for you. Everything will not work for everyone so continue to try different techniques until you find what works for you.

Some helpful ways to find your rhythm:

- Creating a schedule that reinforces your goals. Schedules should be:
 - Consistent, but flexible
 - Realistic, make sure you are able to complete the task you set for yourself.
- Practice Self-Care
- Monitor your thoughts
- Get enough rest
- Prepare the night before:
 - packing your books, homework, projects or even lunch.
- Take advantage of Tiger Recourses:
 - [Health and Counseling Center](#)
 - [SCHS Wellness Resources](#)

BE TIGER WELL

Cont'd from pg. 1

Taking the Be One with Wellness Pledge is for you to hold yourself accountable for taking charge of your wellness. If you'd like to share your pledge with the campus please follow the link below to share your video with us. Throughout the month of October, we will highlight different students, faculty, and staff members on our Social Media pages.

[Form to upload your video or picture.](#)

or copy and paste the link below

<https://forms.gle/ssu9RfyLPnTLAq2L6>

UPCOMING EVENTS

[Wellness Fair | 10/3 | 11:00-2:00 | \[Tiger Zone Link\]\(#\) | \[UC Student Activity Plaza\]\(#\)](#)

Free HIV Testing | [Tiger Zone Link](#) | 10/3 | 10:00-2:00 | UC Conference Room 208

No Stress Success: Healthy Relationships | 10/25 | [Tiger Zone Link](#) | 3:00-4:00 | Library 2nd Floor Commons

Free HIV Testing | [Tiger Zone Link](#) | 10/25 | 10:00-2:00 | UC Conference Room 208

Trauma-Informed Yoga | 10/26 | 5:30pm-6:30pm | [Tiger Zone Link](#) | R. Brad Martin Student Wellness Center Cycle Room 208

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

