



# Be Well Panthers

The support you need to succeed at Georgia State.



ISSUE: January 2023

## Dear Georgia State University Student:

We have some great wellness program opportunities which are provided by our Integrated Health Team: The Counseling Center \* Nutrition Services \* Student Health Clinic \* Student Health Promotion \* Student Victim Assistance \*The Access and Accommodations Center\*Recreation Services.

**Please find below the wellness programs and services we are offering (January 1<sup>st</sup> - 31st). Also, check out our BeWellPanthers YouTube Channel for videos and playlists from previous weeks and our BeWell.GSU.Edu online magazine for health and wellness articles.** You can also reach out and follow us online via our social media handle, @BeWellPanthers and our hashtag #BeWellPanthers on Facebook, Instagram, and Twitter. We look forward to seeing you in person and out in the virtual world. To stay more connected with our programs & services, we encourage you to go to <https://pin.gsu.edu/organization/bewellpanthers> and click the Join button.

## Healthy State January: New Year – Improving Me in 2023!

Want a chance to receive a healthy swag bag with a BeWellPanthers winter beanie? Complete 1 of the following:

- Show us your vision board: Tag @BeWellPanthers on Instagram and include #PanthersVisionBoards2023 #HealthyStatePanthers
- RSVP to the #HealthyStatePanthers PIN (Panther Involvement Network) event with your health goal
- DM BeWellPanthers on Instagram with the message #MindWisePanthers after you complete an anonymous & free [mental health assessment](#)

We are here to support your healthy goals. Visit the [BeWellPanthers Youtube](#) for an overview of the purpose of vision boards and creative vision board ideas. Check out the Be Well Panthers Online Magazine for relevant articles [#BeWellPanthersMagazine](#):

- [New year; new connections](#)
- [A simple college hack to make this your best year yet](#)
- [7 ways to boost your confidence, even when you are not feeling it](#)



The programs throughout the month provide students an opportunity to reflect on their wellness, envision their future, and act on new health and wellness goals associated with their academic success.

## The Counseling Center

The Counseling Center (CC) is available virtually and in person to support students. If you have a concern about your mental health, please call 404-413-1640 to consult with a staff member or make an appointment. After hours the counselor on-call can be reached for crisis consultation by calling 404-413-1640 and following the prompts.

*Wellness programs will also be taking place @BeWellPanthers on Instagram, Twitter, and Facebook along with Teams.*

### Weekly Virtual Activities:

- **Mondays @ 10am on @BeWellPanthers Instagram TV:** [Peaceful Morning Meditation](#). Join us at the start of your week with a morning meditation.
- **Tuesday :** [#TakeCareofYouPanthers](#). BeWellPanthers YouTube channel video. Learn how to use art and creativity to help you reduce stress. ○ Check out our library of videos. Such as: Learn how to make your own Mandala coloring page, Painting rocks with words of healing, or paint a rainbow.
- **Tuesdays at 3 p.m. [Journal Time Live](#) happens throughout the month.** @BeWellPanthers Instagram Live or as a post on @BeWellPanthers with a journal prompt. Follow #JournalTimePanthers for dates, times, & prompts. Listen to relaxing music and connect with yourself through journaling.
- **Thursday: Thankful Thursday:** @BeWellPanthers Instagram post to help you use gratitude to cope with stressors including COVID-19.
- **Friday @ 10 a.m. @BeWellPanthers Instagram live [Walk with Wellness](#).** Take a virtual walk with our graduate assistant & spend some time connecting in nature.
- **Sunday: Pounce on Joy:** @BeWellPanthers Instagram post messages of hope to inspire you.

### This Month:

- **Healthy State January: New Year – Improving Me in 2023!:** Join us for a [video](#) that shows how to create a vision board for the New Year. Video airs on **January 9th** on the [BeWellPanthers YouTube channel!](#)
- **Need supplies to make a vision board?** We will be hosting a table for you to stop by and grab supplies to make your own vision board for the New Year! Please stay tuned to the [BeWellPanthers Instagram](#) and [PIN](#) for the time and locations.

### More Resources to Support You:

- **Togetherall:** Log onto [TogetherAll.com](#) for anonymous online peer-to-peer support that is monitored by a counselor to keep the community safe. Register using your GSU student email.
- **PantherStrong:** Want to learn how to **Build your resilience with PantherStrong in just 5 minutes a day?** Download the **Free “Driven” app** from the Google or Apple Store. Your Health



and Wellness **access code is: PORAJE**. Take a 4-minute resilience check and then begin building your resilience.

- **Kognito: Want to learn how to talk to someone who is in distress and connect them to the support they need? Kognito** is a virtual platform that simulates conversations to help you learn how to assist a friend who is struggling. **Go to [Kognito](#) and use the enrollment key: gsustudents. Select launch: “At Risk Mental Health for Students”** to get started.
- **Collegiate Recovery Community (CRC):** is a space for students in substance use recovery. The CRC offers workshops and weekly meetings **on Wednesdays and Fridays from 5-6 p.m. at Student Center West room 482. Visit [@panthersrecover](#) or [counselingcenter.gsu.edu/collegiate-recovery](https://counselingcenter.gsu.edu/collegiate-recovery)** for more details.
- **Test Anxiety Meditation Video: Need help with test anxiety?** Try this [video](#) to help reduce test anxiety made by one of our counselors.

## Student Health Promotion:

Online anytime

- Watch a [YouTube video](#) to learn about Dental Dams 101: A guide to using #WeGotYouCoveredPanthers
- Request a safer sex pack, [here](#)

Weekly programs on [@BeWellPanthers](#) Instagram Live include:

- #HealthyMondayPanthers a Monday Mile Walk or other Movement for about 15 minutes - to help embrace the benefits of physical activity.
- #WellnessWednesdaysPanthers: Join us every Wednesday at 11am on BeWellPanthers Instagram Live for different health topics with a health educator from Student Health Promotion.
  - [Wednesday, January 11](#): January’s Healthy State theme is *New Year: Improving me in 2023*. During the Live event we will learn about the vision board & goal setting contest along with hearing from BeWellPanthers team members as they share their goals and vision board.
  - [Wednesday, January 18](#): Learn about *Who’s who of Health and Wellness*. Meet BeWellPanthers’ team members from the Counseling Center & Student Health Promotion as they share services & programs to help students #BeWell.
  - [Wednesday, January 25](#): Learn about the *Mental Health* resources available for students to help them thrive and become successful in their academics.

Check out the newest articles on the #BeWellPanthersMagazine or the BeWellPanthers PIN page:

- [Dental Dams 101: A guide to using #WeGotYouCoveredPanthers](#)
  - [Setting Goals: How to accept where You are and grow from here #TogetherAllPanthers](#)
- [New Year: Improving ME in 2023 #HealthyStatePanthers](#)



## Nutrition Services

**Student Nutrition Services** provides nutrition, wellness and short-term food support to students at Georgia State University. Our Healthy Habits programming offers:

- Individual Nutrition Counseling
- Group Nutrition Classes
- Group Nutrition Presentations
- Food Demonstrations
- Nutrition Education & Outreach Events

For more information on programs & events, or to schedule an appointment visit our website: [nutritionservices.gsu.edu](https://nutritionservices.gsu.edu) and follow us on Instagram @gsuhealthyhabits.

**Panther's Pantry** provides short-term food & hygiene support to the Georgia State Community. Students, faculty and staff in need can visit 1x/week to receive 1 food + 1 hygiene bag. For more information on programs & events, or to schedule a pickup appointment, volunteer or donate visit our website: [pantherspantry.gsu.edu](https://pantherspantry.gsu.edu) and follow us on Instagram, Facebook and Twitter @pantherspantry.gsu.edu.

Student Nutrition Services & Panther's Pantry events for January:

### **Panther's Pantry: Welcome Back- What's In Your Bag**

Wednesday 1/11/23 @ 12:00pm

Virtual Event: Instagram Live @pantherspantry

*Join Panther's Pantry to see what goodies are in our pantry food and hygiene bags! Learn about all the things the Pantry and Student Nutrition Services offer.*

### **Healthy Habits Nutrition Class**

Wednesday 1/18/23 @ 11:30am

VIRTUAL: Microsoft Teams

January Theme: Nutrition & Wellness SMART Goals for the New Year

*Once a month, Student Nutrition Services will cover a variety of general nutrition and wellness topics. Each month we explore a different theme such as sports nutrition, mindful eating, portion control, improving food choices and much more. Each class is 60 minutes. Students are able to attend one class per month.*

Sign-up through [nutritionservices.gsu.edu](https://nutritionservices.gsu.edu)

### **Healthy Habits Yoga Flow with Melissa**

Monday 1/23/23 @ 1:00pm

VIRTUAL: Instagram Live @gsuhealthyhabits

Catch the replay on Instagram: @bewellpanthers or YouTube: GSU Healthy Habits



Join Student Nutrition Services in a Healthy Habits 30 min yoga flow to kick off your week. This is a medium intensity class that is beginner friendly with advanced options.

RSVP through PIN-<https://pin.gsu.edu/event/8424103>

### Healthy Habits Cooking Class

Friday 1/27/23 @ 12:00pm

In Person: RSVP on PIN

Enjoy cooking or always wanted to learn? Here's your chance! Join Nutrition Services Chef & Nutrition Coordinator Destiny! You can learn basic knife skills, nutrition education and create DELICIOUS meals that you can make anywhere!

RSVP through PIN- <https://pin.gsu.edu/event/8584073>

### Healthy Habits For the New Year

TBD

Virtual: Instagram Live @gsuhealthyhabits & @bewellpanthers

Catch the replay on Instagram: @bewellpanthers or YouTube: GSU Healthy Habits

Student Nutrition Services Grad Assistant Mallory is teaming up with Health Educator Camilla for BeWell Panther's Wellness Wednesday to discuss how to keep healthy habits during the new year. Topics include creating smart goals, introducing mindfulness, and much more.

## The Student Health Clinic

The Atlanta Student Health Clinic (SHC) is currently closed due to water intrusion. Video appointments with a provider are available and in-person appointments are available at the Dunwoody and Clarkston Campuses. Immunization appointments are available at the Atlanta Campus on the first floor of 75 Piedmont and at the Dunwoody and Clarkston Health Clinics. Please call 404-413-1930 or 678-891-4105 or visit the [patient portal](#) to schedule an appointment. For additional questions, please visit [health.gsu.edu](http://health.gsu.edu) or email [healthclinic@gsu.edu](mailto:healthclinic@gsu.edu) for assistance.

There will be a new student portal starting on January 10th. Please bookmark this one for future use <https://gsuwellness.gsu.edu/>.

### COVID Update:

Tests for asymptomatic patients are no longer available from SHC. Walgreens, CVS, government and many other vendors provide them. <https://www.covid.gov/tests>

Vaccines: SHC provides only Moderna updated/bivalent boosters until supplies run out. Walgreens, CVS and several other places provide them. <https://www.vaccines.gov/>

Immunization holds are informational only and do not prevent registration. If you are unable to register, please contact the registrar's office for assistance. Please schedule an appointment to complete your immunization requirements at your earliest convenience so that you do not experience any difficulty registering next semester.





## Student Victim Assistance

Student Victim Assistance offers crisis intervention, advocacy, and support for students. Student Victim Assistance can assist students to determine their options and provide information related to their experience, even if they have no idea what they need or what they intend to do, which is a normal response to trauma. Students who seek victim assistance services are not obligated to pursue criminal or university charges. Students who would like more information or would like to schedule an appointment to speak with Student Victim Assistance staff can call 404-413-1965. Staff is also here to help students who have experienced any type of recent or past victimization regain a sense of control over their traumatic experience, so that they may resume their academic and personal pursuits. Student Victim Assistance can help students who know someone who has been victimized or would like to learn more about student victimization.

Student Victim Assistance programs are listed on the [BeWellPanthers](#) Health & Wellness PIN page.

**The featured programs for the month include:**

### **Panthers Fighting Human Trafficking: All January @ 11 a.m.-3 p.m.**

This January is Human Trafficking Awareness Month. Join Student Victim Assistance every **Wednesday** and **Thursday** to raise awareness about human trafficking by picking up a wristband and educating yourself about how to support trafficking survivors.

**Panthers Fighting Human Trafficking One Wristband at a Time:** <https://pin.gsu.edu/event/8609963>

**#TraumaInformedPanthers #KeepPanthersSupported #StaySupportedPanthers #BeWellPanthers  
#PanthersACT#PanthersStandWithSurvivors**

### **Advocates & Officers: January 17 @ 11 am**

On Thursday, January 19th from 11 am – 1 pm at Student Center East (room TBD), join Student Victim Assistance and the Georgia State University Police Department to learn about stalking and important campus resources. Free snacks and giveaways will be provided.

**Advocates Officers Stalking Awareness:** <https://pin.gsu.edu/event/8609861>

**#TraumaInformedPanthers #KeepPanthersSupported #StaySupportedPanthers #BeWellPanthers  
#PanthersACT#PanthersStandWithSurvivors**

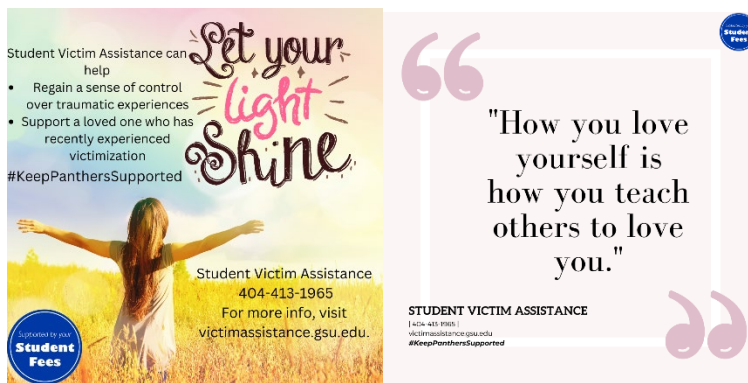
### **Coffee Chat Exclusive: January 18 @ 11 am**

Student Victim Assistance and the Georgia State University Police Department are coming together this January for a Coffee Chat Exclusive! This coffee chat, located on the BeWellPanthers YouTube channel, will cover one survivor's story against domestic abuse and information about important services for Georgia State University students. January Coffee Chat



Exclusive: <https://gsu.campuslabs.com/engage/event/8609839>

**Student Victim Assistance Supportive Saturdays.** Every Saturday at 6:00 pm, Student Victim Assistance will be posting a **#StaySupportedPanthers** message featuring encouragement or an important resource for students who have experienced trauma or victimization. Make sure to tune in to **@BeWellPanthers** for the **#PantherSupportSaturdays**. The weekend can be a lonely time for college students. Additionally, acts of violence often increase during the weekend and many students need support. It's important for you to remember that you are not alone, and support is still available. **#TraumaInformedPanthers #KeepPanthersSupported #StaySupportedPanthers #BeWellPanthers #PanthersACT #PanthersStandWithSurvivors**

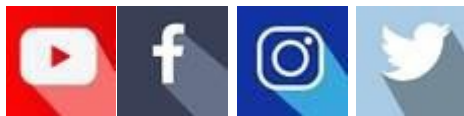


## The Access and Accommodations Center

The Access and Accommodations Center (AACE) is committed to providing access to campus resources and opportunities to allow students with disabilities to obtain a quality educational experience at Georgia State. If you had a 504 or an IEP in High school and are interested in classroom accommodations visit us online at <https://access.gsu.edu/> for information on How to Register, documentation needed, and other Student Resources.

## Recreational Services

Visit our website (<https://recreation.gsu.edu/>) for full schedule, registration and more information. Follow @gsurecreation on social media for our daily updates, workouts, resources, and more.



## Program Registration

Registration continues for Fitness Classes, Safety Classes, Intramurals, and Outdoor Trips/Clinics. Check our website for details and registration deadlines.

