



APPALACHIAN STATE UNIVERSITY

# BEAVER COLLEGE OF HEALTH SCIENCES

## Mental Health and Well-being November 2024 Newsletter for Faculty and Staff

The Mental Health and Well-being newsletter for faculty and staff is compiled by the representatives of the college's Mental Health and Well-being Committee

Learn more about the initiative: <https://healthsciences.appstate.edu/health-and-wellness>

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November is a month for gratitude, but for some those feelings may be hard to muster given that many are still feeling the effects of Hurricane Helene and post-election anxiety. A recent [American Psychological Association Poll](#) reported that 69% of adults indicated that the presidential election was a significant source of stress. This is on top of the effects of seasonal changes and the increased demands that come with the last month of the semester. While gratitude this year may feel different than other times, practicing gratitude now may be more beneficial than you know.

According to the [National Council for Mental Wellbeing](#), practicing gratitude can help to reduce feelings of stress and anxiety, and allow time to check-in on our own emotional well-being. As you start to think of things you are grateful for, be sure to acknowledge all of the incredible work you are doing.

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## Recreation

### [Check it Out! - Wellness Activity Supplies](#)

Faculty, staff, and students can check out wellness and activity supplies from the Office of Advising and Academic Support in Levine Hall or the front desk of the Department of Recreation Management and Physical Education at Holmes Convocation Center. Available equipment includes outdoor items like frisbees, Spikeball, and ladder toss, as well as other wellness activities such as finger labyrinths and coloring supplies. You can reserve the supplies at Levine Hall using the [Recreational Activity Supplies Request Form](#).



### [Day Use Lockers](#)

Faculty, staff, and students are welcome to use lockers located on the first floor of Levine to store their belongings during weekdays. Just remember to bring a lock.

## Nutrition

### [NC OSHR Worksite Wellness: Healthy Mindset This Holiday Season](#)

Tuesday, December 10, 11:30 am - Free Virtual Lunch and Learn

A free statewide Worksite Wellness webinar to learn how adopting a healthy mindset can be key to staying on track with your wellness goals, feeling your best and enjoying a time of year that's full of cheer. Katie Godin, RD, LDN from LifeStyle Medical Centers will discuss mindful eating strategies, setting realistic exercise goals, stress management tactics and habits that promote healthy sleep. After the presentation, Katie will demonstrate how to make a simple Whipped Feta Dip that's sure to impress at your holiday gathering! [Register Here](#).



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## Mental Health and Well-being Management

### 5 Tips to Help Manage your Mental Health in a Tense Political Climate

- Unplug
- Take action
- Practice self-care
- Excuse yourself from stressful discussions
- Be open to listening and being compassionate



\*From the [National Council for Mental Wellbeing - Mental Health First Aid](#)

### Support Yourself and Others through Seasonal Changes

- Self-care tips for you:
  - Set boundaries
  - Seek support
  - Engage in activities that recharge you
- Tips for supporting others:
  - Acknowledge the seasonal shift
  - Create a safe space to talk
  - Promote self-care



\*From the [National Council for Mental Wellbeing - Mental Health First Aid](#)

## Resource Highlights

- [Quick Referral Guide for Faculty and Staff](#) Concerned about a student? The Early Intervention Team Referral Guide is a good resource for faculty and staff trying to decide where and how to refer a student.
- [BCHS Health and Wellness](#) The Beaver College of Health Sciences is committed to the ongoing support of the Mental Health and Well-being of faculty, Staff, and Students. Please visit the [BCHS Health and Wellness Website](#) for more information and additional resources.
- [App State Disaster Relief Resources](#)