WELCOME TO WELLNESS WEEKLY!

*Presented by Health Promotion and Wellness Services’ Peer Wellness Coaches*

Peer Wellness Coaches are a group of undergraduate students trained to help other Auburn students reach their healthy living goals under each of the Nine Dimensions of Wellness: physical, intellectual, spiritual, social, emotional, occupational, environmental, financial and cultural.

In this newsletter each of our coaches shares resources, tips and tricks on how they take care of their holistic wellness. Look forward to a new issue each week during the Spring 2021 Semester!

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**ENVIRONMENTAL WELLNESS**

Want a way to boost your mood while increasing blood flow and easing joint pain? Read more on page 4 about the mental and physical benefits of taking a walk!

**CULTURAL WELLNESS**

Read on page 2 how to be a well-informed member of society by receiving non-biased information through NPR news to ensure your cultural wellness!

**PHYSICAL WELLNESS**

Do you know how beneficial yoga is for your physical, spiritual and mental wellbeing? Read more on page 3!
In a world which is so politicized it is an absolute must to be informed. Not knowing what is truly happening can leave you in the dust due to biases all over all our news sources and lost in the quantity alone.

One of these great sources of information can be NPR news. They are one of the more reliable and unbiased sources, allowing you to form your own ideas and opinions instead of them being formed for you. And even though now the election is hopefully going to be over soon, it is a great practice to stay knowledgeable of issues, and not to become hostile over politics.

Having the flow of ideas stopped over closedmindedness, and the choice of not listening is unamerican. So, listen to your friends and fellow citizens and have the polite but informed conversations that ultimately fuel our country.

**WHY SHOULD I GET A WELLNESS COACH?**

*by Markie Pasternak*
*Program Supervisor*

We all have a multitude of identities.

Maybe you are a lifeguard, a research assistant or a personal trainer. Religiously, maybe you consider yourself Christian or Jewish. You may identify as a saver when it comes to money or, if you are like me, you may be more on the "spender" side. You may have been told you are an extrovert who like to be with big groups or were introverted and like to spend more time alone. All these identities make up who we are as human beings and include every dimension of or wellness: occupational, spiritual, financial, social, emotional, physical, intellectual cultural and environmental.

In college it can be easy to get caught up in one identity: being a student. And of course your status as a student is important, but there are so many parts of you beyond your intellectual wellness! This is where a Wellness Coach comes in.

Imagine if you had someone you could count on to check in with you about the different dimensions of your life on a weekly basis. You could talk about anything from which budgeting app to try out to dealing with a messy break up. Wellness coaches are here to support you in what ever area you want to grow in. Call 334-844-1528 or email mrp0055@auburn.edu to set up your first appointment today.
HOW TO IMPROVE YOUR SPIRITUAL WELLNESS

by Ashlyn Dallas
Senior, Nutrition/Dietetics

Our core beliefs and values are central to who we are. It’s what we identify with and what gives us a sense of direction in the world. Having a solid belief system, morals, and values is so important to grounding yourself and providing you a consistent outlook on life.

It is so important to take the time to check in with yourself and invest in your spiritual wellness. While college is a busy time, it is critical that we prioritize spiritual wellness. This will influence all other areas of wellness. Some ways to invest in your spiritual wellness include exploring and engaging in faith, journaling, spending time in silence and/or nature, reading a daily devotional, and finding a spiritual advisor or mentor.

In dedicating time to your spiritual development and wellness, you will gain a sense of self and an understanding of your purpose in life. This will in turn give you a sense of direction and meaning. Having a solid identity is critical to the holistic development of the person as well as personal fulfillment.

YOGA FOR PHYSICAL AND SPIRITUAL WELLNESS

by Lauren Parker
Junior, Psychology

Because this past year has been stressful for a lot of people for many different reasons, it is important to prioritize our health. One way to do that is to try yoga.

Yoga can benefit your physical wellness and spiritual wellness. There are many different styles of yoga to try. Hatha is a more physical style of yoga, focusing on breathing (pranayamas), postures (asanas), and resting (savasana). This type of yoga is meant to allow yourself to be challenged physically while practicing breathing techniques, mindfulness, and relaxation. Because of this, Hatha yoga can help with stress reduction, promote core strength, and flexibility.

Another style of yoga is called Vinyasa yoga. This type of yoga is more fast paced. There are multiple benefits to practicing this style of yoga. Vinyasa yoga can lower stress, promote relaxation, build physical strength, and improve balance. Both styles of yoga focus on body, mind, and spirit.

Yoga aims to increase self and inner awareness and help you become for in tune with yourself, spiritually, physically, and mentally. If you want to try yoga, there are many ways to do so. The rec center offers yoga classes in person and through zoom that students can sign up for online.

There are also multiple yoga studios in the Auburn area to try out. A free option one could do in the comfort of their own home by themselves would be trying yoga by following along to a youtube video.
THE POWER OF ROUTINES

by Chase Chaplin
Senior, Fisheries

Routines take our daily tasks, group them together, and create functional blocks of actions to perform each day, or as needed.

Routines have been proven to have positive health benefits for mental and physical health, and increase the likelihood of performing a specific task. The task of routines building may seem daunting however, you can easily build them into existing daily tasks.

For example, to create a morning routine it may be helpful to take a few days and analyze what you already do each morning (get out of bed, brush teeth, eat breakfast) and then list out things that you would like to add into it. If you would like to add something like making your bed, find a good place to fit it in, and then attempt to add it to your tasks.

By repeating these things daily, you can slowly build solid routines that will become second-nature and not require a great effort to perform anymore.

TAKE A WALK

by Jacob Petro
Senior, Business Management

Take a walk. Auburn has many outdoor beauties for you to explore and enjoy: Auburn University campus, Jule Collins Smith Museum of Fine Arts, Towns Creek park, Arboretum, Chewacla.

Slowing down and just going outside to take a walk is a very underappreciated tactic of not only your physical wealth but even your emotional and environmental health as well.

Some physical health benefits of taking a simple walk include: burning calories, lowering blood sugar, easing joint pain, boosting immune function, etc. Just 30 minutes of reflection or calming down during a busy day can result in higher cognitive functions, more relaxed mindset and an elevated mood!
THE 4 A'S OF STRESS MANAGEMENT

by Madison Mattingly
Senior, Fitness, Conditioning & Performance

While stressors are an inevitable part of life, stress management is not a skill everyone is born with, but rather something that needs development. To become and stay emotionally well, you should practice the 4 A's of stress management.

The first one is avoid unnecessary stress by learning how to say no and avoid people who stress you out. The second one is alter your situation, so if you cannot avoid a situation, try to change your mindset towards it and improve the way you think about it and communicate within it. Next you can adapt to the stressor by reframing problems, practicing gratitude and looking at the bigger picture. Lastly, you can accept the things you cannot change. Do not try to control what is uncontrollable and look at the side of the challenge that enables you to grow and recap what you learned from it. When executed properly, these tips will prepare you for battle when the next stressful event happens in your life to ensure that you are emotionally well even during stress.

SOCIAL WELLNESS IN COLLEGE

by Molly Morris
Senior, Biomedical Sciences

College is one of the best times in your life to meet new people, but sometimes making connections with strangers can be difficult. Coming from a kid who used to be so quiet in elementary school that people thought she was mute, it can be super hard to put yourself out there and make friends when you are shy and/or are so introverted that the sight of a group of people makes you want to recoil.

Amy Morin, psychotherapist and author of the bestselling book 13 Things Mentally Strong People Don’t Do, has twelve helpful tips to help you work on your social wellness. Here are the ones I have found the most helpful when working on my social wellness:

1) Fake it ‘til you make it. Even if you aren’t feeling like you are good at being social, pretend that you are. Talk to people you don’t know even if you feel like you’ll never live down the embarrassment. Odds are you will escape the encounter unscathed and stronger for the next time you choose to approach a new potential friend.

2) Listen to other people (and make them feel good about themselves). In general, people love to talk about themselves and their interests. While this can be kind of annoying when someone hogs the conversation perpetually, it can be a wonderful thing to use to your advantage in a social situation in which you are feeling nervous. Not knowing what to say next can be a huge source of anxiousness, but it can be easily remedied by asking others questions about themselves.
INTERESTED IN WELLNESS COACHING?

Email Markie Pasternak at mrp0055@auburn.edu for more information or call Health Promotion and Wellness Services at (334)-844-1528.

Wellness Coaching is a weekly opportunity for Auburn students to work on their healthy living goals. Using a strength based approach and based on the Nine Dimensions of Wellness, students work with a Peer Wellness Coach to set and work towards health goals such as:

- Self-Care
- Stress Management
- Self-Esteem
- Time Management
- Financial Wellness/Literacy
- Sleep Hygiene
- Conflict Management
- Social Wellness/Making Friends
- Healthy Relationships

Nine Dimensions of Wellness

Physical
Social
Financial
Occupational
Environmental
Cultural
Spiritual
Intellectual

COACH SPOTLIGHT: MIKE KASSELS

Sophomore, Aerospace Engineering
Muscle Shoals, Alabama

“I love to swim and watch/play other sports! I became a wellness coach because I love to give advice to help others and watch them grow! My favorite thing about wellness coaching is seeing a client come back improved after we devised a strategy together.”

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