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 Fall 2020 Semester!

Get Out of Your Head: Stopping the Spiral of Toxic Thoughts by Jennie Allen tells how our thoughts shape how we live. While the book is for Christians, the lessons can be useful for people of all religions...

Have you ever woke up and thought, ‘Ugh, its going to be one of those days?’ As humans we like to be right and find ways to be right. So with that thought starting our day, we are going to look for ways to have a bad day.

If you are looking for a well rounded fitness app, I recommend the “Centr” app by Chris Hemsworth. Read more on page 3.
ENVIRONMENTAL WELLNESS: YOUR SPACE AND YOUR ROOMMATES

by Ashlyn Dallas
Senior, Nutrition/Dietetics

Growing up, you probably had the daunting chore of cleaning your room. While this task may seem like such a burden, it actually has positive impacts on your health.

The space we live in – both tangible and intangible – affects our physical and emotional health. It shouldn’t be a surprise that if you never disinfect or dust your room, you’re more susceptible to disease and allergies. For this reason, it’s important to clean up after yourself and ensure that your tangible environment is healthy.

Your interactions with those around you make up your intangible environment. This environment may consist of tension, drama, and resentment, or it may be established upon understanding and mutual respect. Your relations with your roommates and those you spend a great deal of your time with have the power to influence your emotional health. Some ways to improve your intangible environment include practicing open and honest communication while being mindful of the other person’s feelings and opinions.

So take the time to invest in your environment! Keeping it clean and friendly will in turn benefit your physical and emotional health, keeping you happy and healthy!

BOOK REVIEW: GET OUT OF YOUR HEAD

by Lauren Parker
Junior, Psychology

This week, I began a new semester of small groups at the church that I attend. The small group that I am in started reading Get Out of Your Head: Stopping the Spiral of Toxic Thoughts by Jennie Allen.

The book presents the following idea: how we think shapes how we live. While this book is targeted for Christian readers, the lessons in this book are useful for people of all religions as well as those who do not consider themselves religious.

The Mind Map

One activity from the book I found useful was the Mind Map. There are three steps to making this "map":

Step One: get a blank piece of paper and write the primary emotion you are feeling in that moment and draw a circle around the word. Outside of the circled word, write whatever you feel is contributing to that emotion, which for example could include a stressful school assignment, a roommate issue, financial troubles etc.

Step Two: Take time to pray, meditate or think about what you wrote down and why you wrote it.

Step Three: Look for patterns and common themes in your circles.

While this is a simple and quick activity, it can be incredibly helpful for people to identify and visualize negative thought patterns they may have, confront them, and practice self-reflection, all of which help maintain spiritual wellness.
QUARAN-ROUTE

by Mike Kissels
Sophomore, Aerospace Engineering

During our time in quarantines and primarily online school, we have more time at home than ever before. And it seems like with all this time it would be easy to have a lot of control over your physical fitness and wellness along with your environment. But with the workloads of online courses, and the amount of time you end up sitting in front of a screen, it is much harder than it seems to control your physical and environmental wellness.

There is a fix however, and it is to do what you can to get yourself into a daily routine.

If you give yourself a specific schedule of what to study and when, when you have free time, and workout time or whatever time you may need for an activity; write it down and make a schedule. With all the time we spend at home it is easy to end up working in spurts after getting distracted by something else. So hold yourself to a schedule, every morning make a to-do list to guide you throughout your day as well, and when you work, focus just on that. And for your time you spend free, spend your time only thinking about whatever you do to relieve your stress.

APP REVIEW:

CENTR BY CHRIS HENSWORTH

By Hunter Best
Senior, Aviation

If you are looking for a well rounded fitness app, I recommend the “Centr” app by Chris Hemsworth.

The original inspiration of this app was to put together Chris’s personal team of experts that helped him achieve his fitness and wellness goals and bring all their resources into one, easy to use app. He commented that he was getting more questions about his fitness regime than his acting or movie related activities. So he figured it must be time to indulge his fans with that information.

Personally I have had the app for about a year and found it especially useful. It can help you if you’re looking to mix up your training, eating or lifestyle.

The Training offers coached and self guided workouts that consist of body weight and weighted exercises and can be adjusted depending on personal preference and what your goals might be.

The Eating section of the app provides meal and snack ideas with recipes depending upon what one is limited to eating. The recipes are all easy to make and packed full of nutrients to support recovery.

The Lifestyle portion is supported with articles and unique videos from the fitness experts including Chris himself in which they share their opinion on various wellness related topics.

The app offers a free week trial when you first sign up so you can explore it and determine if it is right for you before you subscribe!
INVOLVEMENT OPPORTUNITY: EMERGE

by Chase Chaplin
Senior, Fisheries

Emerge at Auburn is a leadership training organization that takes place in three distinct phases: Explore (and Explore Spring), Spark, and Transform.

Each phase of Emerge offers a different focus from interpersonal relationship formed in Explore, to giving back to the community through Spark projects. Transform works primarily on personal growth and pairs each student with a staff or faculty mentor from the area of their interest.

All members of Emerge will have ample learning and leadership opportunities through various Emerge sponsored events. Emerge this semester has been moved primarily online, for more information please search Emerge on AU Involve.

PODCAST REVIEW:
THE CHARLIE ROCKET SHOW

by Jacob Petro
Senior, Business Management

Have you ever woke up with the thought, ‘Ugh its going to be one of those days’?

As humans we like to be right, and find ways to be right. So with that thought starting our day, we are going to look for ways throughout our day to be right and have a bad or rough day.

Let me share a tip that I use every day that I learned from the Charlie Rocket Show called ‘Winning Streak’. My belief and outlook on today is where can I win. My can mind point out the good in my day that is already there but I only notice because I am looking. If you want to buy a yellow car, you may notice that you start seeing yellow cars everywhere now. But the yellow cars were always there, you just changed your mindset and you notice them now.

“The Yellow Cars Were Always There, You Just Changed Your Mindset and You Notice Them Now.”

I started counting the blessing in my everyday life. Months after doing this my number of blessings and good things in my everyday life had tripled. I’m on a 28 winning streak just today at 3 pm. When you are on a winning streak of 28, the only thing that you are thinking about is 29.

Having the emotional mindset of a winning streak helps tremendously in everyday emotions.
CAREER BUILDING
THOUGH VOLUNTEERING

by Mallory Wood
Senior, Psychology

Looking for a place to volunteer that is a great cause? Look no further than Rape Counselors of East Alabama. RCEA is a nonprofit organization that provides support to sexual assault survivors. They are currently looking for new volunteers!

This is a great resume builder, especially if you are interested in working in a nonprofit or a mental health field. I gained invaluable experience completing my internship with RCEA and had 10/10 occupational wellness. Some volunteer duties include providing medical advocacy to survivors and answering the crisis hotline. More duties are listed in the graphic below. If you are interested in this great opportunity, email rceoutreach@gmail.com and feel free to ask me any questions you have about volunteering!

CAMPUS RESOURCE
SHOUT OUT:
CAREER CENTER

by Molly Morris
Senior, Biomedical Sciences

With the advent of quarantine before the start of the summer, many planned summer jobs, internships, research opportunities, and volunteer programs were put on indefinite hold for the sake of keeping us all as safe as possible. However, there are so many opportunities this semester throughout campus to focus on building occupational wellness, and a great place to start is with the University Career Center.

Through the “My Campus” tab on AuAccess, you can access Handshake, a platform for Auburn students to search for available jobs, to browse future employers, to apply for internships, and to make appointments with the University Career Center.

Once on Handshake, you can click on the “Career Center” tab in the upper right-hand corner to reach the “Appointments” option. From there you can schedule a variety of appointments including but not limited to general career counseling, career exploration, and resume material review. If you scroll to the middle of the list of possible appointments, you will find a variety of mock interviews ranging anywhere from an interview for a student leadership position to an interview for graduate school to an interview for a full-time job.

Once you pick the type of mock interview that would be most helpful to you, you are able to schedule for a meeting over Zoom. The interviewer gives valuable feedback on each question you answered and your overall demeanor during the interview. So while we are all being safe and staying home for the good of our community, consider taking some time to put on your best business professional top and sharpen your interview skills!
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
- Financial
- Occupational
- Environmental
- Social
- Emotional
- Cultural
- Spiritual
- Intellectual