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!

Click here to give us feedback!
YOUR NEXT NETFLIX SHOW: THE HOME EDIT

Environmental Wellness
by Lauren Parker
Junior, Psychology

Disorganization can lead to stress. The Netflix series, Get Organized with The Home Edit, helps clients, including celebrities like Reese Witherspoon, organize their homes.

Whether you need to organize your closet, pantry, or fridge, The Home Edit gives you helpful tips to organize your space and alleviate stress. When you need to organize your closet, they recommend that you donate any clothes you haven't worn in over a year to help with decluttering. To organize your pantry, fridge or bathroom, The Home Edit recommends the usage of labeled bins and containers that will help you feel more organized while also improving the aesthetic look of the space.

These tips can be extremely helpful to people who are seeking to organize their home environment as it can eliminate stress and increase productivity.

GREEN FLAGS IN RELATIONSHIPS

Social Wellness
by Madison Mattingly
Senior, Fitness, Conditioning & Performance

We've all heard of red flags in relationships, but what about green flags? As important as it is to be aware of threatening red flags, I think it can be equally as important to be able to recognize healthy green flags in relationships.

Some of these green flags include the ability to openly communicate and attain compromise, both sides respecting each other's boundaries, supporting each other's individual growth and the ability to be self-sufficient. Recognizing green flags can be a great way to identify strengths in your relationship and even see what needs some work.

Green flags are a great tool to use to address what each individual should expect from a healthy relationship. Not every relationship will be strong in every category, but with the knowledge of green flags it can help to work on the positive aspects of a relationship. Odds are, the more green flags there are in a relationship, the less red flags there are!
Whether you’re talking with a friend, romantic partner, family member, or colleague, being honest with others about how you feel can be difficult. Entering life as a young adult often means dealing with higher emotional complexities in your relationships, a challenge that can be daunting for many of us. However, being truthful about the way you are feeling is an important communication skill. While sometimes it can feel like the closest people in our lives can read our minds, the final verdict on our emotional wellbeing comes down to one person: ourselves.

Many of us are worried about hurting or offending people or even damaging the relationship over all. However, being open about the way we are feeling is one of the strongest building blocks of trust in communication. It’s not only fair to the other party in the conversation, but to yourself as well. If you feel like you are having to be dishonest about your emotions in the major relationships in your life, you can feel trapped or as if you are not being truly authentic to yourself. Just like with any communication skill it takes practice to be able to overcome the anxiousness of being vulnerable with others, but given enough time, repetition, and sometimes help if needed, sharpening that skill can be a powerful cornerstone to your emotional wellness.

If you are having trouble overcoming the stress of these types of interactions with someone, try talking to a person in your life in which you are comfortable doing so or try talking it out with a professional therapist at the Auburn University Student Counseling & Psychological Services.

Deion Sanders, former NFL superstar said it best, “If you look good, you feel good, if you feel good, you play good, if you play good, they pay good.”

Looking good and feeling good can be as simple as starting a repeatable morning routine. Creating small habits that you can repeat easily and often, creating a routine, are the most valuable. Creating a routine where you wake up the same time each day, doing the same thing each morning, creates stability and a sense of accomplishment each morning. Your morning routine can be whatever you desire it to be. For example, mine has become the following, wake up at 6 AM, read 30 minutes, workout, eat breakfast and then my day begins. Having this set-in stone every morning gives me something to fall back on and a way to let out excess energy that could become negative and hurt me later.

Creating a physical routine for yourself, built only for you is invaluable. No matter what it is, you will feel better by having a battle you can win every morning, while building your discipline to be better each day.
DIMENSIONAL SPENDING

Financial Wellness
by Ashlyn Dallas
Senior, Nutrition/Dietetics

“Too many people spend money they earned...to buy things they don’t want...to impress people that they don’t like.” – Will Rogers. Wow – this quote really makes you think about how you spend your money! We are constantly under pressure to buy certain products, take certain trips, wear certain clothes, and the list goes on and on. If you’re like me, you don’t have unlimited funds, so it’s important to strategize your spending.

Auburn University recognizes 9 dimensions of wellness – emotional, spiritual, physical, environmental, intellectual, occupational, financial, cultural, and social. The purchases you make fall into one or multiple dimensions.

For example, purchasing a tennis racquet may fall into physical wellness and social wellness if purchased for the reasons of increasing fitness and spending time with friends. My challenge to you is to look at your latest bank statement and try to categorize your purchases from the past month into a dimension, or several dimensions, of wellness. This task should reveal to you where and why you spend your money, and hopefully serve as a time for reflecting on what’s really important in life.

TIME BLOCKING

Intellectual Wellness
by Chase Chaplin
Senior, Fisheries

Block out your time on a calendar to study. Both a physical or digital calendar could work great for this purpose. If using a physical planner, try and switch up colors and purchase a planner that has a schedule of the day printed in it to fill in the exact times you have class, work, personal time, and study time!

A great cheap way to try out this method is using google calendar to block out times of your day. Google has a lot of great features for time management such as the ability to color code the events and make them repeat so you only have to input it once!

Overall, time blocking can be a great tool to ensure that you set aside enough time for all of the things you need to get done that day.
COACH SPOTLIGHT: MADISON MATTINGLY
Senior, Fitness, Conditioning & Performance
Gadsden, Alabama

"Studying health and wellness throughout college has led me to pursuing wellness of all dimensions in my own personal life. After learning what systems and habits work for me, I am eager to share with others how to attain personal wellness for themselves. Educating my fellow peers on how to be their best selves has pushed me to reach for higher personal goals and fulfilled me."

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

Emotional  Cultural  Spiritual  Intellectual