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!

SOCIAL WELLNESS

Page 3 gives us wisdom on how to be a good friend and maintain friendships even during the busy times of college!

EMOTIONAL WELLNESS

Read about gratitude journaling and how this can improve your emotional wellness on page 1!

ENVIRONMENTAL WELLNESS

Gain inspiration on page 3 on how to be a more sustainable person by reducing your carbon footprint!

Click here to give us feedback!
HOW TO STICK OUT WHEN APPLYING TO JOBS

**Occupational Wellness**
*by Molly Morris*
*Senior, Biomedical Sciences*

Technology has completely revolutionized the way the hiring process functions in almost every aspect, and while this can be advantageous to efficiency, it can also be a hurdle for potential job candidates.

Applicant tracking systems (ATS) are artificial intelligence-based systems that many companies use to pre-screen resumes before they even reach the hands of an actual hiring manager. In fact, some job search companies estimate that only about 30% of submitted applicant resumes are actually reviewed beyond the initial tracking system. ATS definitely speeds up the process for hiring managers by eliminating a large portion of applicants with just the click of a button, but on the other side it can prevent your chances of even being considered for a position.

To get around this issue, it is recommended to use keywords in the job description somewhere in your resume. This of course does not mean to copy and paste full phrases, but making your vernacular match that of the ATS helps to increase the chances of you making it through the initial screening. There are many other ways to make a resume ATS friendly, and fortunately as an Auburn student you now have access to a program that will help you make all those changes to your own personal resume. Quinncia is a virtual resume and interview platform where you can download your resume for free virtual feedback that will help you to make it through the ATS barrier into your dream job. Check it out on the Auburn University Career Center website today!

EMOTIONAL BUDGETING

**Financial Wellness**
*by Chase Chaplin*
*Senior, Fisheries*

Although it may seem counterintuitive, budgeting may just be the next great self-care activity for you!

Budgeting can help relieve stress by giving you better control of your finances and taking away the mystery of your own money. A simple way to begin budgeting as a form of self-care could be to incorporate it in your daily habits. For example, keeping a spending tracker is a great way to be mindful of your money flow, and you can even track your mood along with it!

By tracking both mood and spending habits you can begin to notice trends, such as emotional spending, before they have a negative impact. Once you are mindful of your moods and feelings relating to money, the next step can be to build a plan for both good days and bad days, as well as dealing with unexpected costs!
This week I had the opportunity to virtually attend the Active Minds National Conference. One speaker, Abraham Sculley, spoke about the importance and benefits of gratitude journaling. A gratitude journal can help you develop a gratitude mindset and is a way to practice mindfulness. The speaker shared six steps one to start gratitude journaling.

Step one is to pick a time you are able to set aside to journal. Step two is to pick 2-3 days where you are able to journal consistently. Step three is to schedule it to ensure you follow through on journaling. This helps to make journaling a habit and allows you to easily incorporate it into your daily routine. Step four is to pick a journal. Sculley recommends picking a colorful journal that makes you excited to open and write in it. Step five is to pick a space where you are able to journal. This can be anywhere you feel comfortable, whether it be your bedroom, somewhere outdoors etc. Step six is to start journaling.

Finally, you are able to write down 3-5 things you are grateful for that day. It is so easy to focus on all of the negative aspects of life, gratitude journaling ensures you reflect on your day and acknowledge the positives, which improves emotional wellness.

Spiritual Wellness
by Mike Kassels
Sophomore, Aerospace Engineering

Spiritual Wellness can be a bit of a strange or abstract dimension of our wellness. Many people consider religion to be a large part of this, which it can be, but it is most importantly your relationship with yourself. Religion is a great way to externalize this relationship and get to know yourself, but that does not make religion solely spiritual wellness.

Religious or not, there are many things you can do to improve your spiritual wellness. Improving your spiritual wellness falls through all other dimensions. Creating habits through physical wellness like exercising daily can give your self-relationship a bright spot through knowing you challenged yourself and got through something difficult every day. You can also approach your spiritual wellness by improving your emotional wellness by starting a journal. Keeping a daily journal and writing down your experiences, thoughts, and feelings over time can show a lot of self-growth that you can’t always see in larger chunks of time.

One way to directly attack spiritual wellness outside of religion is through meditation. Meditation is often seen as an abstract concept, but it is simply the art of doing nothing. Taking a moment to sit or lay down and let your mind take a break from the constant stimulus it goes through each day. Having thoughts and urges is natural to have during meditation, but the key to meditation is to let these things not affect you. Viewing your thoughts and urges as a flowing river and yourself a bystander on the shore. And once you can do that it becomes easier to manage your emotions and become much more deeply rooted in your identity and values. Greatly improving your spiritual wellness.
BUSINESS AND FRIENDSHIPS

Social Wellness
by Ashlyn Dallas
Senior, Nutrition/Dietetics

College can be such a busy time with so many things pulling at our attention. With class, work, meetings, exams, and all the other things that fill our days, it can be challenging to throw friendships into the mix. However, friendships are so important and should never be neglected!

Here are some practical ways to prioritize friendships even in the midst of a busy schedule:

- Go on a walk with a friend
- Ask a friend to go get coffee
- Send a text to a friend and ask how their week is going
- Form a study group with friends in your classes/major
- Call a friend you haven’t seen in a while
- Send a care package to a friend

Even on our busiest weeks - especially on our busiest weeks - we need our friends the most. Take every opportunity you can to build relationships with those around you. You will never regret time spent strengthening a friendship!

HOW TO REDUCE YOUR CARBON FOOTPRINT

Reducing your carbon footprint is crucial for the state of our planet and the generations to come. You can easily improve your environmental wellness by reducing your carbon footprint!

Throughout our lives we produce certain amounts of greenhouse gases, which is what our carbon footprint is. Like anything in excess, too many greenhouse gas emissions can be treacherous for our planet’s health. Good news! There are many practical ways you can reduce your carbon footprint in your daily life.

For starters, cut out meat from your diet several times a week. Livestock production is responsible for a huge chunk of greenhouse gas emissions. Aim for meatless Monday’s! Reduce your food waste by meal prepping and following a grocery list while at the store to prevent over purchasing. While also at the store, use reusable grocery bags instead of the plastic ones. Turn any and all lights off when possible and try to use less AC during the warmer months and opt for ceiling fans and open windows, as both use less energy than the traditional air conditioning. Take a bike or try to walk instead of taking your car, weather and location permitting!

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

Environmental Wellness is crucial for the state of our planet and the generations to come. You can easily improve your environmental wellness by reducing your carbon footprint! Throughout our lives we produce certain amounts of greenhouse gases, which is what our carbon footprint is. Like anything in excess, too many greenhouse gas emissions can be treacherous for our planet’s health. Good news! There are many practical ways you can reduce your carbon footprint in your daily life.

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COACH SPOTLIGHT: MOLLY MORRIS

Senior, Biomedical Sciences
Birmingham, Alabama

"Hello, I am a junior in Biomedical Sciences from Birmingham, AL, and my favorite part of being a Wellness Coach is getting to meet so many wonderful students! I love to talk with and meet new people, especially if we can work together to reach positive outcomes. When I'm not coaching, studying, or working, you can find me watching comically bad movies with friends or exploring the parks of Auburn."

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

- Environmental
- Physical
- Occupational
- Social
- Financial
- Intellectual
- Emotional
- Cultural
- Spiritual