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!

FINANCIAL WELLNESS

Learn how to invest in your financial wellness by applying for a credit card and the benefits most credit cards offer on page 1!

SOCIAL WELLNESS

Are you an introvert but have extroverted friends? Read on page 1 for tips on how to maintain social wellness and set boundaries!

INTELLECTUAL WELLNESS

Advance your intellectual wellness by increasing your study habits through the Pomodoro Technique discussed on page 3!
STUDENT CREDIT CARDS

by Lauren Parker
Junior, Psychology

For a long time, I thought getting a credit card was unnecessary as a college student and would just need to debt. I recently changed my mind and decided it was time for me to get a credit card and would recommend other students to do so if they have the ability to pay the balance every month. A major reason students should get a credit card is to start building credit.

For example, if you want to buy a car, rent an apartment, or get a phone plan, you need to have good credit score to do so. There are many different companies that offer student credit cards. Another benefit to getting a credit card is the rewards. Various credit card companies offer cash back programs so you can earn cash back when you make a purchase.

If a student does want to look into getting a credit card, they should weigh the risks and benefits and decide if they are in the position where they want to apply for one and then they can start building their credit.

INTROVERTS VS. EXTROVERTS

by Chase Chaplin
Senior, Fisheries

Are you an introvert and sometimes overwhelmed by your extroverted friends? Or maybe an extrovert wondering how your best friend could possibly want to stay home when there is 'a whole world to see'? Here are some tips on how to meet in the middle and have healthy and fulfilling social interactions for both people!

Tip #1: Find a low energy activity such as watching a movie or a sports game, and come to an agreement on where to do the activity before it happens.

Tip #2: Don’t be afraid to express how you feel about the plans, if they are a true friend they will care!

Tip #3: Communicate!! Start communicating and setting boundaries with your friends on what you would like to do, when you want to, and where you would like to it. Maybe set some ground rules like no loud bars, or no staying at home to do it!
INDOOR CYCLING BENEFITS

by Madison Mattingly
Senior, Fitness, Conditioning & Performance

Cardiovascular health is one of the most imperative aspects of physical wellness. Our hearts must be healthy in order to carry out all of their essential functions. Indoor cycling is a challenging, fun and engaging way to improve your heart health and in turn your physical wellness.

Indoor cycling is easier on your joints than traditional running, more fun than running, increases your leg and core strength and gives you that euphoric endorphin rush after a great workout. You can attend an indoor cycling class through the rec’s group fitness option, or you can ride the indoor cycling bikes on your own time to your own music. While you ride you are simultaneously working your lower extremity muscles and building your heart strength, which results in calories being burnt which can help you improve your body composition. There is also a social side to cycling. If you participate in the group classes then you could take a friend and have a friendly competition of who can bike the most miles, or just challenge yourself and make goals of increasing your milage each class!

Physical wellness is the practice of adopting habits which benefit you physically, and indoor cycling is both strenuous and enjoyable, making it the quintessential addition to anyone’s physical wellness routine.
THE POMODORO TECHNIQUE

by Ashlyn Dallas
Senior, Nutrition/Dietetics

Studying is defined as “the act of texting, eating, and watching TV with an open book nearby,” (unknown). As funny as this quote is, chances are, you know all too well the consequences of this harsh reality. Studying can seem so challenging and insurmountable at times, but what if I told you there was a better way? What if I told you that you can truly learn instead of memorizing information for the sole reason of performing well on an exam?

The Pomodoro Technique is designed to reduce distractions while studying, allowing for maximum efficiency and utilization of time. Here are the 5 steps to incorporating the Pomodoro Technique into your study routine:

1. Pick one task to accomplish
2. Set a timer for 25 minutes
3. Work exclusively on the task for until the time goes off
4. When the timer goes off, put a checkmark on a piece of paper
5. Take a break!
   a. If you have 1, 2, or 3 checkmarks, take a short break of about 5 minutes, then repeat step 2
   b. If you have 4 or more checkmarks, take a longer break of about 30 minutes.

Practicing the Pomodoro Technique can help develop skills of time management and focus, enhancing your studying sessions and helping you to learn more comprehensively!
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

Cultural

Emotional

Spiritual

Intellectual

COACH SPOTLIGHT: ASHLYN DALLAS

Senior, Dietetics/Nutrition Auburn, Alabama

“I have always had a passion for wellness and a passion for serving others. When I heard about Wellness Coaching, I knew it would be a practical way for me to combine those two passions! Since becoming a Wellness Coach, I have enjoyed developing relationships with the other coaches and clients as we all strive toward wellness together! My favorite thing about Wellness Coaching: I am constantly presented with learning opportunities and have come to a better understanding of the interconnectedness of all dimensions of wellness!”

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