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!

FINANCIAL WELLNESS

Though it may seem against all social norms, talking about money is actually healthy! Financial health covers many topics such as savings, spending, debt, investments, financial freedom, and so much more. Read more (p.4)

SOCIAL WELLNESS

How can you know if you’re in a healthy relationship? Do you find yourself wanting to ensure that your partner is a good, healthy fit for you? Besides just intuition, the “three c’s” are a good guide to ensuring that you’re in a healthy relationship. Read more (p. 2)

ENVIRONMENTAL WELLNESS

Have you ever wanted to start taking care of plants as a hobby, but are scared that you might kill them? With only a little education, you can be on your way to becoming a responsible plant parent! Read More (p.3)
THE THREE C'S OF HEALTHY RELATIONSHIPS

by Chase Chaplin
Senior, Fisheries

How can you know if you’re in a healthy romantic relationship? Do you find yourself wanting to ensure that your partner is a good, healthy fit for you? Besides just intuition, the “three c's” are a good guide to ensuring that you’re in a healthy relationship.

COMMITMENT: Are you and your partner committed to common goals within the relationship and committed to each other?

COMMUNICATION: Do you and your partner have good communication? Can you talk to them about anything, or do you feel restricted with what you can bring up to them? Free flowing and clear communication is critical to the success of a healthy relationship.

COMPROMISE: Compromise is also a critical aspect of a healthy relationship, if you find yourself or your partner unable to reach a common ground, or if someone in the relationship is controlling the decisions this may be a sign of an unhealthy dynamic within the relationship.

If these three elements are present in your relationship then you are on the right track!

CAMPUS RESOURCE HIGHLIGHT: OFFICE OF INCLUSION AND DIVERSITY

by Lauren Parker
Senior, Psychology

Auburn is a diverse community and it is important for students to practice cultural wellness to be more aware of their own culture as well as accepting and respecting the diverse backgrounds of others in the Auburn community.

The Office of Inclusion and Diversity is a key component in ensuring that Auburn is an accepting and inclusive campus. Their mission statement reads:

The Office of Inclusion and Diversity serves as a vital resource for building unity, equity, and inclusion in the Auburn University community.

One way to get involved with the Office of Inclusion and Diversity is the Cross Cultural Center for Excellence, which is located on the second floor in the student center. This center serves a specific purpose to help students who are underrepresented at Auburn have a more smooth transition and engage with their peers. Specific groups that the center seeks to serve include African American, Asian American, Hispanic, American Indian, international students, students of faith, and those in the LGBTQ+ community. This is done through various events and programs that the office sponsors. There are many student organizations associated with the center including Spectrum, Chinese Student Organization, American Indigenous Organization, Women’s Advocacy Group, Muslim Student Association, African Student Association, to name a few.

To get involved or learn more about the Office of Inclusion and Diversity and their Cross Cultural Center for Excellence, go to diversity.auburn.edu.
Time management is a great skill to have or to learn. In college we have to juggle school, friends, parties, hobbies, and for some, jobs. Just school alone can overwhelm you to the point where you feel like you don’t have a life outside of it.

One tip I would give to gain time management skills, but more importantly to not get overwhelmed, would be a calendar; a paper calendar. Find a spot in your room where you would see it every day. Maybe your desk or hang it up next to your door. On Sundays, the beginning of the week, write out every mandatory task you have for that week in red. That includes assignments, tests, work, church, etc. With the same amount of assignments, having a written out calendar can alleviate so much stress because in your head those assignments are all stacked on top of each other. This is more of a stress relieving tip, and time management is learned after this step of planning out your week. Regardless, having a written calendar of your things to do gives you, ultimately, more time and energy for each assignment. Do not let your assignments or things to do to pile up in your head to the point where you feel like you cannot complete any of them. Plan out your week on your calendar.
STUDENT ORGANIZATION SPOTLIGHT: CAMPUS KITCHEN

By Molly Morris
Senior, Biomedical Sciences

According to the Division of Student Affairs, in 2018, 27% of Auburn students have recently experienced or currently are experiencing food insecurity. ‘Food insecure’ is the term used to describe individuals who do not know when or where their next meal is going to occur.

Campus Kitchens at Auburn University (CKAU) works to fight (or as more commonly toted in the organization, “fork”) hunger on Auburn's campus and in the community. CKAU is one of my favorite volunteer groups on campus because it combines meeting the needs of the people with meeting the needs of the environment. CKAU actively reduces the food waste on campus by collecting leftovers from dining halls, Greek life houses, and local restaurants. Then they package that food into nutritionally balanced meals to distribute to Auburn students and community members experiencing food insecurity.

CKAU is completely student run! Volunteering with CKAU is an amazing opportunity to meet other students interested in being involved on campus all while making a difference in the lives of others. For me, being a part of CKAU is a way to give myself a designated time to work on social, emotional, and spiritual wellness each week.

If you are interested, you can sign up for shifts through the link on their AU Involve page. Fortunately, there are shifts of all sorts at all different times of the day, so finding a shift that works for your schedule will be just as easy as to falling in love with the work this organization does. Fork hunger!

FINANCES FOR THE AVERAGE COLLEGE STUDENT

by Ashlyn Dallas
Senior, Dietetics

Though it may seem against all social norms, talking about money is actually healthy! Financial health covers many topics such as savings, spending, debt, investments, financial freedom, and so much more. Here are some tips, specific to college students, to improve financial health:

- Save more money than you spend
- Don't spend money that you don't have
- Know your credit score
- Create an emergency savings fund
- Live below your means
- Apply for any and all scholarships for which you qualify

While talking about money may seem taboo, and certainly is in some contexts, it is healthy to facilitate constructive conversation about financial wellness as it can impact your health at large. Talking to those whom you trust about your financial wellness may enable you to reach your goals and find support along the way!
THE POWER OF A PODCAST

By Hunter Best
Senior, Aviation

If you’re reading this, you’ve probably heard of podcasts. What you might not know is that studies have proven, “that podcasts stimulate mental imagery more intensely than watching or reading, and cause listeners to have to pay more attention. Since people listen to podcasts instead of watching them, “it forces listeners to use their imagination and build the pictures in their mind.”

Usually I will listen to a podcast when on a walk or doing dishes, cleaning my apartment, etc. During this time I’m completing tasks that do not require much of my attention and I am able to really zone into what I’m listening to. This helps me feel more efficient then lets say reading about the same issue because I am able to multitask and do two things at once. This saves time and energy while learning about something new.

Podcasts have helped me become a more knowledgeable person about all sorts of areas that I find interesting and have been useful in engaging in conversations with other people about various topics. I also feel that podcasts have taught me how to become a better listener. This is because instead of thinking about what I would be wanting to say in a normal conversation, I am forced to just listen and digest what the speakers on the podcasts are saying and ponder the implications. There are thousands of podcasts available that discuss all sorts of topics.

My personal favorite is the Joe Rogan podcast where Joe discusses seemingly every topic imaginable. If you want to save time and energy while learning about something new and stimulating your brain in a fun new way, then I highly suggest finding a podcast that you enjoy!

CHECKING IN WITH YOUR FEELINGS

by Mike Kassels
Sophomore, Aviation

Emotional wellness as you could guess is a large part of how many people, including myself, judge our wellness wholesomely. A great way to judge your wellness is through your own feelings and thoughts of feelings throughout your days.

Emotional wellness as important as it is can be brought out of our control due to changing environments and circumstances like schooling, or work, or moving, literally anything can push our emotions to the side. But staying in touch with them is a must, and they can become a good measure of your wellness entirely.

A great way to get yourself in touch with your own wellness is by taking a daily count of your feelings and day as whole. This can seem daunting, but there are apps you can even get on your phone, like Calm, that can make this even easier.

Rating how you feel each day and you overwhelming feeling throughout the whole day can really give your insight into your wellness, and what things affect you in a positive and negative way.
COACH SPOTLIGHT:
CHASE CHAPLIN

Senior, Fisheries
Mobile, Alabama

“I became a wellness coach because I realized the importance of wellness in my own life, and how I can help others with their goals.”

In addition to being a Wellness Coach, Chase is the Secretary for Active Minds, a Team Leader for the BeWell Hut, a Peer Instructor for an FYS Learning Community and is part of EMERGE.

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

Interested in receiving this Newsletter weekly by email? Contact Markie Pasternak at mrp0055@auburn.edu