



Be Well Panthers

The support you need to succeed at Georgia State.



ISSUE: March 2024

Dear Georgia State University Student:

We have some great wellness program opportunities which are provided by our Integrated Health Team: The Counseling Center * Nutrition Services * Student Health Clinic * Student Health Promotion * Student Victim Assistance * The Access and Accommodations Center * Recreation Services.

Please find below the wellness programs and services we are offering (March 1st – 31st). Also, check out our BeWellPanthers YouTube Channel for videos and playlists from previous weeks and our [PIN news page](#) for health and wellness articles. You can also reach out and follow us online via our social media handle, @BeWellPanthers and our hashtag #BeWellPanthers on Facebook, Instagram, and Twitter. We look forward to seeing you in person and out in the virtual world. To stay more connected with our programs & services, we encourage you to go to <https://pin.gsu.edu/organization/bewellpanthers> and click the Join button.

March Healthy State: Safer Spring Break

A Safer Spring Break with some self-care is the focus for this month. The Counseling Center will lead virtual vacations and share YouTube videos for #TakeCareOfYouPanthers. Student Health Promotion will be sharing highway safety information during observational seat belt checks on each campus, new videos to ensure correct use of safer sex supplies, and sleep tips to prevent drowsy driving #SleepWellPanthers. Follow [#PanthersGamePlan](#) for highway safety tips to avoid drowsy driving. Online health screenings, to promote the awareness of excessive gambling behaviors, through [Mindwise](#) will be available throughout the month #MindWisePanthers

Students will be able to have the opportunity to complete the [PIN Health Care Preference Survey](#) to receive a [Spring College Pack](#). New this year, after spring break students will have a chance to test their knowledge with the ThinkFast program on the Clarkston and Atlanta campus.



Each month we provide opportunities for students to **Learn, Reflect, and Act** on the Healthy State them.

LEARN

Participate in trivia & Instagram polls throughout the month of March with Student Health Promotion.

In-person

- [Wednesday, March 6](#): Alpharetta
- [Thursday, March 7](#): Newton
- [Tuesday, March 19](#): Dunwoody
- [Wednesday, March 20](#): Clarkston
- [Thursday, March 21](#): Decatur

Online

[Tuesday, March 5](#): Safer Spring Break Trivia Instagram Live #HealthyStatePanthers

REFLECT

Share your thoughts on Health Care preferences for students at Georgia State University by completing a brief [Qualtrics survey](#).

ACT

[Complete a MindWise Mental Health Screening](#).

Request a safer sex pack, [here](#).

Follow [BeWellPanthers](#) and [#HealthyStatePanthers](#) on Instagram to learn more.

The Counseling Center

The Counseling Center (CC) is available virtually and in person to support students. If you have a concern about your mental health, please call 404-413-1640 to consult with a staff member or make an appointment. After hours the counselor on-call can be reached for crisis consultation by calling 404-413-1640 and following the prompts.

Wellness programs will also be taking place @BeWellPanthers on [Instagram](#), Twitter, and Facebook along with Teams.

Quick Information:

Same-Day Consultations: The Counseling Center now offers same-day consultations (either in-person at 75 Piedmont or virtual via Teams) from 9 a.m. - 4 p.m. for students across all campuses. The up-to 30 minutes consultation appointment is designed to help our counselors understand your unique situation and need, and to help inform



recommendations for the best support plan. You can also make an appointment if you don't feel you need ongoing counseling, but just want to talk. The same-day consultation appointment can be scheduled by walking into the Counseling Center and speaking with our front desk staff, or by calling (404) 413-1640.

The Counseling Center is available 24/7 if you're in crisis. During business hours, call [404.413.1640](tel:404.413.1640) and let our support team know that you'd like to speak with someone urgently. You can also reach a crisis counselor after business hours by calling [404-413-1640](tel:404-413-1640). Call this line if you feel that you're in crisis, are having suicidal feelings, or if you're in danger of doing harm to yourself or others.

*Counseling services are available at no additional charge (covered by your student fees), confidential, and are not linked to your academic record in any way.

Uwill: The Counseling Center at Georgia State University is pleased to announce a partnership with Uwill, the leading student mental health and wellness solution. Uwill offers students free immediate access to teletherapy through its easy-to-use online platform. **To schedule a teletherapy appointment:**

- [Create a profile](#) with Uwill
- Choose a therapist based on your preferences including *availability, issue, gender, language, ethnicity*.
- Choose a time that fits your schedule with *day, night and weekend availability*

Updated Resources for Panthers: Learn more about [Uwill](#), a platform for students to immediately access teletherapy and get a refresher on all the supplemental resources available to you through the Georgia State University Counseling Center in this [BeWellPanthers YouTube video](#).

Weekly Activities:

- [Pounce on Joy](#): Sunday messages of hope to inspire you through the week.
- [#TakeCareOfYouTuesday: Let's Make Daily Inspiration Cards](#): Emotional safety is part of Safer Break month too! Tune in to the BeWellPanthers Youtube channel starting **March 5th** for a video to learn how to use art for daily inspiration. Log PIN attendance [here](#).
- [Peaceful Place Meditation](#): Start off your week 'peacefully' with a 15-minute meditation to relax and unwind your mind with a Counseling Center Graduate Assistant.
 - [March 4](#) –Join us to it with feelings of resistance and process its impact.
 - [March 11](#) – Spring break is here! Join us for a guided breathing meditation to start your break off on a calming note.
 - [March 18](#) – The end of the semester is coming. You're almost there! Join us as we meditate on the semester this far and look to the future.



- **March 25** – Self-Care is an action phrase. Tune in to process the importance of self-care and its impact
- **Journal Time Panthers:** Listen to relaxing music and connect with yourself through journaling with a Counseling Center Graduate Assistant.
 - **March 5** – Describe a recent challenge you faced. What strategies did you use to overcome it, and what did you learn from the experience?
 - **March 12** – Think of two to three self-care activities that bring you joy or relaxation. Why do these activities make you feel joyful or relaxed?
 - **March 19** – Recall a happy memory and describe it in detail. How can you recreate elements of that positive experience in your current life?
 - **March 26** – List five accomplishments, big or small, that you're proud of. Reflect on the effort, skills, or qualities that contributed to each success.
- **Pounce of Thankful Thursdays:** Weekly Thursday posts to help you use gratitude to cope with life's stressors.
- **Walk for Wellness Panthers:** Walk for Wellness Panthers has been cancelled for the month of March. Please watch past walks on our IGTV and stay tuned for our return!

More Resources to Support You:

- **Togetherall:** Log onto [TogetherAll.com](https://togetherall.com) for anonymous online peer-to-peer support that is monitored by a counselor to keep the community safe. Register using your GSU student email.
- **PantherStrong:** Want to learn how to Build your resilience with PantherStrong in just 5 minutes a day? Download the Free "Driven" app from the Google or Apple Store. Your Health and Wellness access code is: PORAJE. Take a 4-minute resilience check and then begin building your resilience.

Student Health Promotion:

In-Person

In collaboration with the Georgia Governor's Office of Highway Safety and the Young Adult Grant, Student Health Promotion will be facilitating observational seat belt checks on all campuses.

Tuesday, March 26: ThinkFast Trivia Clarkston

Thursday, March 28: ThinkFast Trivia Atlanta

Online

- Request a safer sex pack, [here](#)
- Watch a YouTube video to learn about [Consent 101: #YesToConsentPanthers](#)



- Complete the [Naloxone Training 101 iCollege Course #PanthersStopOverdose](#) to learn about the opioid overdose epidemic, instructions for administering naloxone, and information about naloxone kit availability in Georgia.
- Complete the [#YesToConsentPanthers: Consent 101 iCollege Course](#) which provides an overview of consent, the resources available for survivors at Georgia State University, and an opportunity for students to create content for the BeWellPanthers Instagram page.

Weekly programs on [@BeWellPanthers](#) Instagram Live include:

#HealthyMondayPanthers a Monday Mile Walk or other Movement for about 15 minutes - to help embrace the benefits of physical activity.

- [March 4](#): Join us for a walk and a conversation about spring break safety. Topics discussed will include safer sex, lower risk substance use, and highway safety.
- [March 11](#): Priyanka, a Graduate Assistant with Student Health Promotion shares one of her favorite ways to move in a #MoveItMondayPanthers Instagram Reel.
- [March 18](#): Have you ever wanted to move, but don't know what to do? Let the dice decide. Join Margaret for a quick, equipment-free, dice workout.
- [March 25](#): Enjoy a beginner friendly yoga practice with the BeWellPanthers team. Yoga is a great way to improve your strength, balance, and flexibility while also managing your stress and encouraging relaxation.

#WellnessWednesdaysPanthers: Join us every Wednesday at 11am on BeWellPanthers Instagram Live for different health topics with a health educator from Student Health Promotion.

- [March 6](#): Join us for Wellness Wednesdays! This week, we're teaming up with the Georgia State University Police to bring you "GOHS: Safer Spring Break Tips" Mark your calendars and we hope to see you all on Instagram Live. Don't miss out!
- [March 20](#): Panthers, get ready for another Wellness Wednesday! Join us @ 11am to learn about our "We Got You Covered program" Learn about our condom distribution program and other STI prevention strategies.
- [March 27](#): Dive into mental health with us on Instagram live @ 11am! This week's theme is "MindWise: Mental Health 101 & How to help a friend" Let's explore the MindWise online self-assessment program and discuss ways to support each other's mental health journey.

Student Nutrition Services

Student Nutrition Services provides nutrition, wellness and short-term food support to students at Georgia State University.

Our Healthy Habits programming offers:

- Individual Nutrition Counseling
- Group Nutrition Classes



- Group Nutrition Presentations
- Food Demonstrations
- Nutrition Education & Outreach Events

For more information on programs & events, or to schedule an appointment visit our website: nutritionservices.gsu.edu and follow us at @gsuhealthyhabits on Instagram and YouTube.

Panther's Pantry provides short-term food & hygiene support to the Georgia State Community. Students, faculty and staff in need can visit 1x/week to receive 1 food + 1 hygiene bag and additional items. For more information on programs & events, or to schedule a pickup appointment, volunteer or donate visit our website: pantherspantry.gsu.edu and follow us at @pantherspantry on Instagram and Facebook.

Student Nutrition Services & Panther's Pantry events for March:

Healthy Habits Cooking Class

Friday 3/08/24 @ 11:30 am -2:00 pm

In Person: RSVP on PIN

Enjoy cooking or always wanted to learn? Here's your chance! Join Nutrition Services Chef & Nutrition Coordinator Destiny! You can learn basic knife skills and nutrition education and create delicious meals that you can make anywhere!

Foodie Friday Live Cooking Demonstration

Friday 3/15/24

Virtual: Instagram @gsuhealthyhabits

Every Friday @gsuhealthyhabits you can find delicious recipes to try and add to your collection! We have recipes that are plant based, vegan, or meal prep ideas perfect for breakfast, lunch and dinner! Don't forget to bookmark for later!

Mindful Movement Yoga

Monday 03/18/24 @ 6:00PM

VIRTUAL: Instagram Live @gsuhealthyhabits

This class provides gentle stretching and movement, breath work, standing poses, chair poses, seated and supine poses. This is not a high intensity class; this is a slower yoga class to help you ground and center. Bring a mat, blanket, towel and any props to make you more comfortable.

Beyond the Table Tasting Event

Monday 03/25/24 @ 1pm-4pm

In Person: RSVP on PIN

March is National Nutrition Month, and this year, we are highlighting sustainability in taking our produce beyond the table! Here at GSU, we are using ingredients at our hydroponic farm and



using it to make grain bowls with your own salad dressing! Join us at both Central and Piedmont North for this event!

Panther's Pantry Presents Bite Sized Series

Tuesday 3/26/24 @ 3:30pm

Join us on IG Live @pantherspantry to see our new episode of our bite sized series!

Virtual: Instagram Live @pantherspantry

March is National Nutrition Month, and during this Bite Sized Series we discuss our Budget Friendly food demo series Budget Bites. We'll also discuss the commonly found food categories in the pantry bags and how to make a balanced meal with them!

The Student Health Clinic

The Atlanta Student Health Clinic is currently located at 75 Piedmont Ave. on the lobby level. Please visit the [patient portal](#) or email healthclinic@gsu.edu for assistance.

Student Victim Assistance

Student Victim Assistance offers crisis intervention, advocacy, and support for students. Student Victim Assistance can assist students to determine their options and provide information related to their experience, even if they have no idea what they need or what they intend to do, which is a normal response to trauma. Students who seek victim assistance services are not obligated to pursue criminal or university charges. Students who would like more information or would like to schedule an appointment to speak with Student Victim Assistance staff can call 404-413-1965. Staff is also here to help students who have experienced any type of recent or past victimization regain a sense of control over their traumatic experience, so that they may resume their academic and personal pursuits. Student Victim Assistance can help students who know someone who has been victimized or would like to learn more about student victimization.

Student Victim Assistance programs are listed on the [BeWellPanthers](#) Health & Wellness PIN page.

The Access and Accommodations Center

The Access and Accommodations Center (AACE) is committed to providing access to campus resources and opportunities to allow students with disabilities to obtain a quality educational experience at Georgia State. If you had a 504 or an IEP in High school and are interested in classroom accommodations visit us online at <https://access.gsu.edu/> for information on How to Register, documentation needed, and other Student Resources.



Art in the Dark – 11:00 a.m. – 3 p.m.

ENGAGE with AACE at this unique event where participants will explore the link between touch, intuition, and visual expression by experimenting with paint, sculpting, and more, while blindfolded. This immersive experience will provide a glimpse into the experience of those who navigate the world without sight.

[March 19](#) -Atlanta

[March 20](#) – Clarkston

[April 1](#) - Alpharetta

March 25 - Create a Vision Board Planner, Notebook or Journal: Dunwoody

Join us for an event where you'll have the opportunity to transform the cover of your notebook, journal or planner into an extraordinary vision board! The goal is to create a cover that will reflect your unique vision for the semester ahead. You will take great pride in completing this process from start to finish from designing, or choosing your template, printing the planner, choosing your coil, laminating your preferred pages and binding the notebook together. Whether it's academic goals, personal aspirations, or a blend of both, our Panther Planner Printer LAB has all the tools you need to bring your dreams to life.

RSVP [here](#) for more details.

Recreational Services

Our department is dedicated to providing a safe environment and we strive to promote a healthy lifestyle through our exceptional recreational programs, services and facilities. Find a list of our March events below:

Waterside Team Building

March 7

3-4pm

Student Recreation Center Pool Patio

Our clinic offers a relaxed yet immersive environment where you can learn how to facilitate games that foster teamwork and fun.

Barbell Lifting Development - Deadlift

March 18

6-7 p.m.

Student Recreation Center

Are you looking to advance or improve your form and barbell technique? Join our Personal Training team in this lifting development clinic. Register [here](#).

3v3 Aqua Volleyball League

Registration ends March 22

League Begins March 27

Student Recreation Center Aquatics Center



Register [here](#).

Tie Dye & Zipline

March 23

11:30 a.m.-2p.m.

Indian Creek Recreation Area

Join us at the Georgia State University Challenge Course for tie dying and ziplining!

Register [here](#).

Stroke Development Clinic – Breaststroke

March 25

5-6p.m.

Student Recreation Center Aquatics Center

Are you a recreational swimmer looking to advance your lap swimming skills? Join our stroke development clinics to fine-tune your intermediate swimming skills. Register [here](#).

Bolly X

March 27

4-5 p.m.

Student Recreation Center Aerobics/Dance Studio

Get ready to embrace this Bollywood-inspired dance fitness experience! Combining dynamic choreography with high energy music, this lively workout is sure to leave you sweating and smiling. No registration required. Drop in participation.

Group Fitness classes are in session!

Classes and times vary.

Visit <https://recreation.gsu.edu/programs/fitness-classes/> for the full group fitness schedule.

Visit our website (<https://recreation.gsu.edu/>) for full schedule, registration and more information. Follow @gsurecreation on social media for our daily updates, workouts, resources, and more.

