



## August 2019

SWOSU Bulldog Wellness Committee

### Description

#### **National Immunization Month**

We all need shots (vaccines) to help protect us from serious diseases. This protection is called immunization and it is in place to help keep our community safe. Shots can prevent serious diseases like the flu, measles, and pneumonia. It's important to know which shots you need and when to get them.

Follow this and additional works at: <https://dc.swosu.edu/wellness>

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# SWOSU

## Wellness Newsletter

August 2019

### National Immunization Month

We all need shots (vaccines) to help protect us from serious diseases. This protection is called immunization and it is in place to help keep our community safe. Shots can prevent serious diseases like the flu, measles, and pneumonia. It's important to know which shots you need and when to get them.

- SWOSU's policy states that all entering students are required to submit proof of required immunizations to Health Services. All students must comply with the Tuberculosis (TB) Testing Policy. Students not completing these requirements will be subject to an enrollment hold.
- If you are in a position that oversees students as they enroll this upcoming fall semester then you may use this link <https://www.swosu.edu/administration/shs/immune.aspx> to find all of the information about SWOSU's Immunization Policy's.

### National Health Awareness Week

National Health Center Week (August 4th-10th) is an annual celebration with the goal of raising awareness about the mission and accomplishments of America's health centers over the past five decades. This year, the National Association of Community Health Centers and the Health Center Advocacy Network invites you to celebrate the ways that health centers are "Rooted in Communities."

SWOSU will be partnering with the Chamber of Commerce to host a Health Fair on August 23<sup>rd</sup> in the Wellness Center from 5:00PM to 8:00PM. They invite everyone to come out and bring their families to enjoy face painting and entertainment provided by local cheer and gymnastics group. The fair will provide free health screenings that will include cholesterol, bone density, and blood pressure as well as a blood drive.

### Mental Health First Aid

Mental Health First Aid provides means for faculty, staff (and some student leaders) who directly work with students to understand mental health issues that students experience and how to respond if they are in a situation where a student has disclosed their struggles.

Although, it doesn't replace counseling, but rather gives faculty and staff the tools and confidence to respond to mental health issues by referring to resources and utilizing services to intervene when necessary. Counseling is often the resource that faculty/staff will refer a student to after having these conversations.

Metro Tech in Oklahoma City offers **free** trainings over a 2-day period with classes being 4 hours per day. The training is state funded and delivered each Fall and Spring semester. The dates for upcoming trainings are scheduled for September 3-4, October 15-16 and December 3-4.

Registration can be found by clicking this link <https://www.metrotech.edu/course-programs/health-science/mental-health-first-aid>

## Reading Resources

*Change Anything* by Kerry Patterson is a transformative new approach to how individuals can not only change their lives for the better in the workplace, but also their lives away from the office, including (but not limited to) finding ways to improve one's working relationship with others, one's overall health, outlook on life, etc.

Based upon the latest research in a number of psychological and medical fields, the authors of *Change Anything* will show that traditional will-power is not necessarily the answer to these strivings but that people are affected in their behaviors by far more subtle influences. *Change Anything* shows how individuals can come to understand these powerful and influential forces, and how to put these forces to work in a positive manner that brings real and meaningful results

## Diabetes Prevention- August 2019

The Diabetes Prevention program will be starting this August. The class is proven to prevent diabetes by 58%. Contact Sarah Yount at [sarah.yount@swosu.edu](mailto:sarah.yount@swosu.edu) for more information about how you can get enrolled!

## App of the Month



Headspace is your guide to health and happiness. It's the simple way to let go of stress and get a better night's rest. Learn to relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day.. "Many scientific studies have demonstrated how beneficial meditation is for our health. The Headspace app is a winner as far as bringing the practice of meditation to the masses." Chirag Shah, MD, tells *MensHealth.com*. "Look out for improved mental acuity, patience, productivity and sleep with daily use."

## UPDATE:

The Bulldog Wellness page is has undergone an update featuring a new tab titled "Wellness Programs & Events" There, you will find upcoming programs and classes offered by the Wellness Committee and other departments on campus, plus more information regarding health and wellness provided by SWOSU.

<https://www.swosu.edu/bulldog-wellness/index.aspx>