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SWOSU BULLDOG WELLNESS

Newsletters

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February 2020

SWOSU Bulldog Wellness Committee

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SWOSU

Wellness Newsletter

February 2020

American Heart Month

Heart disease is the leading cause of death for both men and women, with 5.8% of adults in the state of Oklahoma having been told by a health professional that they have angina or coronary heart disease. To prevent heart disease and increase awareness of its effects the SWOSU Wellness Committee is proudly participating in American Heart Month and will provide ways in which you can adopt a healthy lifestyle no matter where you are.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

Diabetes Support Group

The SWOSU Wellness Committee will be hosting a Diabetes Support group on Tuesday, February 18th from 11:30AM-12:30PM in the Bonny Board Room located upstairs in the Student Union. The meetings are free to attend and will be held twice a semester. Future meeting dates are listed below:

February 18 – Diabetes 101

April 14 – Candies, cakes, and carbs – Oh My!

September 22 – Medications and Moving More

November 17 – Health Holiday Habits

NEW! Drinks at the Bulldog Beanery

Fight cold and flu season with a Medicine Ball tea from the Bulldog Beanery. This new addition to the menu is served hot and made with lemonade, honey, peppermint, harmonic mint and calm chamomile tea. Another popular drink this time of year is their London Fog which is made of Earl Grey Tea, steamed milk and vanilla. The Beanery will also be featuring an exclusive Chocolate Covered Strawberry Frappuccino that will be offered during Valentine Week. So, whether you're on your way to class or in need of a mid-day pick me up, stop by the Bulldog Beanery located in the Student Union to grab one of these delicious drinks!

JED initiative

JED helps to create campus-wide prevention and intervention strategies and advises on best-practice mental health policies, programs and services. Below outlines how the JED initiative will be incorporated on the SWOSU campus:

- **Kognito** – SWOSU is receiving suicide prevention training that will be offered to Faculty and Staff. This training is provided by the State Regents and being coordinated by Student Affairs. [Click Here](#) and follow the instructions to participate in online simulations today.
- **Procedure** – a crisis response procedure has been approved to address potential crises that may occur on campus.
- **Active Minds student organization** – SWOSU Counseling Services sponsored Active Minds: a new student organization focused on promoting and supporting student mental health.
- **Self-Care promotion** – Dr. Geo Kelly is collaborating with the JED task force to offer and implement a marketing strategy for student self-care.
- **Mental Health needs in the classroom** – Kelly Morgan, LMFT is offering a training as part of the new Diversity & Inclusion program. This training will focus on mental health issues in the classroom.

The Biggest Loser Competition

Starts Monday, February 3rd and will go until March 13th. Participants will meet in the Kinesiology Lab inside of Rankin Williams Fieldhouse Room 107.

How it works: Each participant will weigh in at the Kinesiology Lab (Room 107) in Rankin Williams Fieldhouse each week. Weigh-ins will be held every Tuesday and Thursday from 12:30-4:00 pm. If these times do not work for you, contact Amber Sturgeon (x3184) and she will schedule a time for you to come weigh-in. The Wellness Committee staff will record only the amount lost or gained. This information will remain confidential and your weight will never be shared.

If you're interested in having a personal trainer for the next 6 weeks, be sure to indicate this when you sign up. You will be paired up with an Exercise Science junior or senior student who will help you accomplish your fitness goals. This event is open and FREE to any faculty, staff, and administrator on SWOSU's insurance.

[Sign up here!](#)

Blood Drive

The Oklahoma Blood Institute will be hosting a Blood Drive in the Wellness Center on Monday, February 3rd from 11:00 am - 4:00 pm and Tuesday, February 4th from 11:00 am - 4:00 pm. All participants will receive a free t-shirt as well as 1 Free Admission ticket to Frontier City.

Stay Connected

Visit the link below to see upcoming programs and classes offered by the Wellness Committee. You can also explore additional information regarding health and wellness provided by SWOSU in the tabs on the left hand side.

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