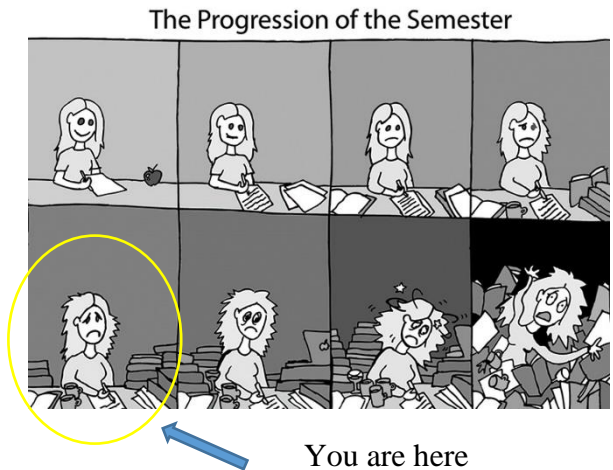




OSU-OKC STUDENT Wellness

Reaching the middle of the semester is an exciting time. However, you may find yourself feeling stress from midterms, world events, COVID, or just daily life. As a reminder, it is important to take care of yourself and your mental health. OSU-OKC is proud to offer various resources to ensure you are doing okay. Please find a list of available resources below:

Health and Wellness Counselor
Ross Duren, LMSW
Administration Room 101
(405)945-3346
Walk ins welcome and visits are free



CallSAM 1-855-225-2726 - 24/7 free mental health support for students

TAO- Therapy Assistance Online offers free self-paced therapy models. These are available for faculty, staff, and students. Login using O-Key
<https://thepath.taoconnect.org/local/login/index.php>

Walk with Ross!

Did you know that walking outside can help reduce stress, help with your mental well-being, lower your blood pressure, improve sleep and energize you!

When: Every Wednesday from 12:00pm-12:15pm

Where: Meet in the Hub in front of the bookstore

No RSVP required just come and walk!

Rain backup: Walk in Wellness Center

Coming in April

Medi-TEA-tion

Starting April 5th through May 4th

Every Tuesday from 12:30-1pm with Kevin Galloway, Wednesday from 10-10:30am with Ross Duren.

Come and practice breathing exercises and mindfulness with a cup tea.

OSU-OKC
WELLNESS CENTER
PRESENTS:

MEDI-TEA-TION

Beginning April 5th through May 4th.
Bring your own mug and we will supply the tea!

Tuesdays 12:30pm-1:00pm with Kevin Galloway AD115A	Wednesdays 10:00am-10:30am with Ross Duren AD115A
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Participants will practice breathing exercises and mindfulness with a relaxing cup of tea!
Everyone is welcome!
Questions? Contact Phung Yip at 405-945-3238



Mental Wellness check in

OSU-OKC has resources available if you need someone to visit with during this stressful time.

- Health and Wellness Counselor, Ross Duren x346, Ross.Duren@okstate.edu. Located in AD 101. <https://osuokc.edu/counseling-and-support>
- Call SAM program for students: <https://osuokc.edu/counseling-and-support/student-resources>.
- Wellness Center: <https://osuokc.edu/wellness>

Other resources:

- <https://www.theshineapp.com/shine-at-work>
- <https://www.instagram.com/letstalkaboutmentalhealth/?hl=en>
- <https://letstalkmh.com/>

WHAT'S SNACKIN' IN PETE'S PANTRY? 15 Healthy Snacks you should always have at home

1. Coconut Chips
2. Walnuts
3. Ginger Chews
4. Dried Mangoes
5. Apple with Almond Butter
6. Veggie Sticks (The chips)
7. Chocolate covered Roasted INCHI seeds
8. Sliced Tomatoes sprinkled with Feta and Olive oil
9. Dark Chocolate (90% Cocoa)
10. Hummus Dip with Vegetables
11. Celery and Peanut Butter
12. Zucchini Pizza Bites
13. Strawberries dipped in yogurt
14. Pickles in a blanket
15. Edamame Sprinkled with Sea Salt

<https://www.lifehack.org/articles/lifestyle/15-healthy-snacks-you-should-always-have-home.html>

me telling my friends mental health is important and they should take care of themselves

how i deal with my own mental health



OKLAHOMA CITY

