



### **Stress Awareness Month**

April is Stress Awareness Month and this is a great time to ensure we are keeping our stress in check. From a personal level we all know what stress is, but defining it can be difficult. In general stress is the emotional, physical, or psychological response our body has to something that is going on around us. When our levels of stress are elevated that is when we feel negative effects. It is also important to remember that everyone is impacted by stress differently. Utilize these following tips to ensure you are keeping your stress at a manageable level:

- Make sure you are getting enough good quality rest.
- Find a least one positive about every day.
- Have an outlet or hobby.
- Be intentional and proactive about reducing your stress.
- Watch your nutrition.
- Avoid alcohol and drugs.
- Keep yourself moving.

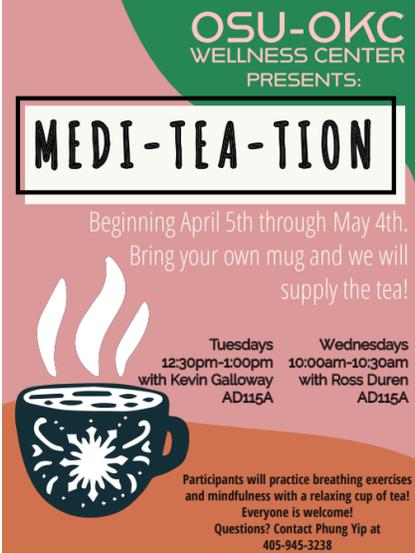
Health and Wellness Counselor  
Ross Duren, LMSW  
Administration Room 101  
(405)945-3346



Medi-TEA-tion  
Starting April 5<sup>th</sup> through May 4<sup>th</sup>

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

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](mailto:Ross.Duren@okstate.edu). Located in AD 101. Walk ins welcome and visits are free.

<https://osuokc.edu/counseling-and-support>

- Call SAM program for students: <https://osuokc.edu/counseling-and-support/student-resources>.
- 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>
- 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/>

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## WHAT'S SNACKIN' IN PETE'S PANTRY?

### Food to eat while studying for a test: Brain Food

1. Fatty Fish
2. Gum
3. Coffee
4. Dark Chocolate
5. Green Tea

<https://www.uopeople.edu/blog/what-to-eat-the-night-before-a-test/>

