



May is Mental Health Awareness Month

Did you know that 19% of people in the United States are living with a mental health condition and up to 50% of students will experience at least one mental health event during their time in college? COVID-19, assignments, and life disruptions are just a few of important reasons having awareness about mental health is important in 2022. Mental health can look different for each person and there is no shame in needing support. Should you feel the need to speak with someone please utilize the resources provided to you by OSU-OKC.

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

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. 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:

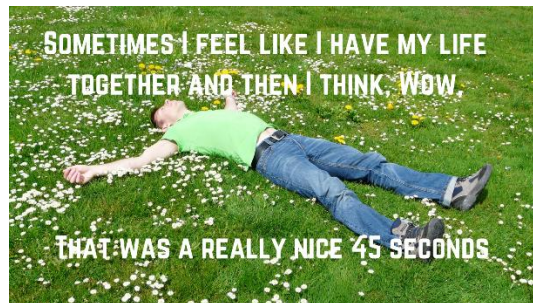
- <https://www.theshineapp.com/shine-at-work>
- <https://www.instagram.com/letstalkaboutmentalhealth/?hl=en>
- <https://letstalkmh.com/>

WHAT'S SNACKIN' IN PETE'S PANTRY?

Brain-Boosting Snacks to help with Finals

1. Blueberries
2. Hard-boiled eggs
3. Apple with almond butter
4. Nuts
5. Salsa with fresh veggies
6. Whole-grain crackers and cheese

<https://www.mindful.sodexo.com/brain-boosting-snacks/>



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