



STUDENT
ENGAGEMENT

Weekly Newsletter

September 27, 2021 | My Wellness Week



Your First
8
Weeks!

We know that starting classes can be overwhelming. Your attention is pulled in a lot of directions; most of you are working and going to school, and many of you have family responsibilities as well. Getting back into school can be a challenging transition, whether it's been 3 weeks, 3 months, or 3 years since your last class.

To help you stay focused and get connected, we've put together a guide to help you focus on what is important throughout the first half of the semester to set you up for success now and into the future. See below to find a guide to your fourth week!

Week 4: My Wellness



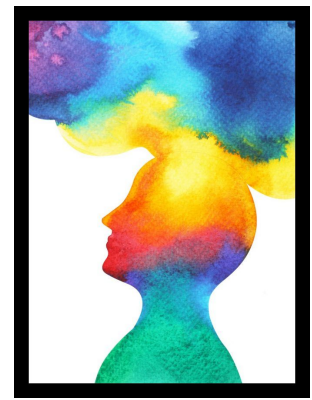
Self-Care is more than a trend! College students lead incredibly busy and stressful lives and it is important for you to prioritize your emotional, mental, and physical health so you can stay focused in school. Especially now that we are all spending more time on computers and are still somewhat physically distanced from others, it is important to maintain a routine, be physically active and find ways to manage your stress.

THIS WEEK YOU SHOULD FOCUS ON:

MENTAL & EMOTIONAL HEALTH

College is hard. Life is hard. Make sure you aren't making it harder by ignoring your own mental health. Take breaks, go outside, ask for help, and talk to someone when you need it.

- Connect with our Counseling Services. Our professional counselors help students overcome interpersonal, emotional, and psychological barriers to academic success. Counseling services are confidential, free, and here to help you succeed www.massbay.edu/counseling
- Participate in Mindful MassBay every Monday and Thursday at 3:00pm (email counseling@massbay.edu for an invite) Counseling Services creates space for students and staff to practice mindfulness, distress, and take a break. Check out a session.
- **Attend a Wellness Week Event this week:**
 - **Mindfulness & Clay event on September 29 @ 1pm!** *Drop in and chat about mindfulness and managing Stress with MassBay Counseling staff while playing with clay!* Must sign-up by **Friday, September 24th at noon** in order to receive the clay in time for the event. *If you have your own clay or just want to attend the event without getting supplies, you can register anytime.* 😊 Click [HERE](#) to sign-up!
 - **Stress Reduction for Students on Monday, September 27 @ 1 – 2:30pm** *ShaQuan Read, Licensed Mental Health Counselor, will be leading this 2-part interactive workshop on how students can understand and manage the stress of college.*
 - **Understanding Racial Trauma on Friday, October 1 @ 1 – 2:30pm** *ShaQuan Read, LMHC will be leading this interactive workshop on how students can understand and cope with the effects of racial trauma.*
- **Explore free virtual apps:**
 - **Meditation and Mindfulness:**
 - [Mindfulness Coach](#) Self-Guided Program to help you develop a mindfulness practice
 - [Stop.Breath.Think.](#) Fit mindfulness seamlessly into your daily life, with meditation, breathing, yoga, guided journaling and more with over 400 free short activities.
 - [Insight Timer](#) Library of free guided meditations and yoga for sleep, stress and anxiety
 - **Stress and Anxiety:**
 - [Savello](#). Clinically validated techniques for coping with stress, anxiety and depression.
 - [Mindshift CBT](#) Free tools and strategies to help reduce worry, social anxiety and perfectionism
 - [COVID Coach](#) The COVID Coach app was created for everyone, including Veterans and Servicemembers, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.
 - [Happify](#)
 - [SAM](#) Self-Help for Anxiety Management helps you identify what impacts your stress and anxiety and create a personalized stress management tool-kit





Staying physically active is important to leading a balanced life! Although exercising indoors and being physically active while going to school online can be more challenging, we also know being physically active can reduce stress and clear your mind so you can focus more and sleep better!

- **Join the MassBay Fitness Challenge on the MoveSpring app!**
 - Massbay Wellness Week's Go the Distance Challenge! Join us on MoveSpring and get moving and grooving. You can walk, run or jog your way to the week's goal! Download on your mobile through App Store or Google Play.
 - The challenge will start on Monday, September 27th and ends Sunday, October 3rd.
 - Participants who reach the goal will receive a special prize.
 - There is very Limited space available for each challenge. You have the choice of 4 levels to choose from, click the link to join.
 - [Beginner \(10 miles\)](#)
 - [Pro \(15 miles\)](#)
 - [Advanced \(20 miles\)](#)
 - [Legend \(25 miles\)](#)
- **Follow our Athletics Department on Social Media**
- Challenge Yourself this week to try a different kind of activity every day, being active is about overall health and moving your body!
- **Try out Free Virtual Work-Outs**
 - [J&J Official 7-Minute Work-Out](#) Library of exercises and work-outs designed to fit your schedule!
 - [Nike Training App](#) Train at home, in the gym, or on the road, with everything from bodyweight sessions, yoga flows, cardio, HIT classes, and full-equipment gym workouts for all fitness levels.
 - [Fit On](#) Quick & Effective Workouts from Celebrity Trainers that You Can Do Anywhere!
 - [Evolve21](#) Inclusive exercise app for people of all abilities
 - [Daily Yoga](#) More than 100 yoga and meditation classes to help people from all levels.
- **YouTube Channels:**
 - [OrangeTheory](#)
 - [POPSUGAR Fitness](#)
 - [Yoga with Adriene](#)
- **Get some fresh air**
 - Whether it's a 15 minute walk outside or a 10 mile run, make sure you are continuing to get outside for fresh air, and moving around.
- **Turn Off your Electronics!**
- **Learn about our Food & Housing Resources**
 - We know it's hard to focus in class when you are hungry, so MassBay staff, faculty, and students have worked to create a wide variety of food resources for our students.
 - Check out what is available to you at www.massbay.edu/snacc.
 - [Food and Housing Resource List](#)
 - Need more help? Contact Marybeth Fletcher, LCSW Case manager/resource specialist mfletcher@massbay.edu, she is here to help!

Join LEAD!

LEAD (Leadership Engagement And Development) is a program at MassBay designed to develop leadership skills that will benefit students throughout college, career, and life. The LEAD program exists to inspire all students to effect positive change through self-exploration, including the positive impact they can have in a group and our community, and why it's vital for our future.



Benefits of the Leadership Program

- Gain practical experience in cooperative teamwork, creative problem solving, and being an effective leader
- Further develop self-awareness and interpersonal skills, and learn about group dynamics
- Develop relationships with other students, faculty, staff, and administrators

Visit www.massbay.edu/lead for more information and to apply!

Attend the Financial Literacy Workshops!



Earn a certificate of completion by attending 3 of the 4 workshops! Presented by the Babson financial literacy project. *The Babson Financial Literacy Project (BFLP) is a not-for-profit initiative designed to help young adults acquire the financial knowledge and skills necessary for long-term independence and prosperity. The BFLP teaches*

important financial lessons through interactive workshops. The program helps participants build lifelong strategies for budgeting, building credit, saving for retirement, and more. Participants do not need any financial expertise.

Visit their [website](#) to learn more.

- Building a Financial Plan for College: October 1, 2-3:30pm
- Investing to Achieve Your Financial Goals: October 15, 2-4pm
- Tips and Tricks for Managing Your Credit: October 22, 2-3:30pm
- Decisions! Decisions! Everything You Need to Know When On-Boarding at Work: November 12, 2-3:30pm

****Click the heading link above to sign-up!***



Here is a Sneak Peak at Events This Week:

Visit the
**Virtual Events
Calendar**

in OneLogin
for more
events,
event links
and additional
information!



Stress Reduction for Students

Monday, September 27, 2021, 1 – 2:30pm
ShaQuan Read, Licensed Mental Health Counselor, will be leading this 2-part interactive workshop on how students can understand and manage the stress of college.

Mindful MassBay (Guided Meditation)

**Monday, September 27, 2021, 3-3:30pm &
Thursday, September 23, 2021, 3-3:30pm**
All are welcome to join us for this free 15-minute guided mindfulness meditation for health and wellness. No experience is necessary.

JINDO Musical Bingo

Wednesday, September 29, 2021, 7 – 8pm
IT'S BINGO WITH A BEAT!
Jindo is the music bingo party game of skill and luck that's FUN for everyone! Join the CCSLA and your fellow Massachusetts Community Colleges for a game that mixes name-that-tune with bingo.

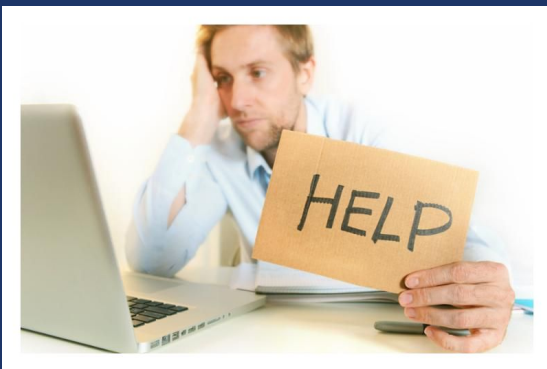
Business Career Panel

Thursday, September 30, 2021, 11am – 12pm
Meet professionals in a variety of business fields. Panelists will share their career journeys, answer questions and provide an opportunity for you to hear about jobs and internships.

Understanding Racial Trauma

Friday, October 1, 2021, 1 – 2:30pm
ShaQuan Read, LMHC will be leading this interactive workshop on how students can understand and cope with the effects of racial trauma.

Also, make sure to check out the Library's Fall Workshops and LibGuides:
[Link to Library News, Events & LibGuides](#)



**NEED HELP?
HAVE QUESTIONS?**

VISIT THE VIRTUAL Q & A CENTER!

*Connect virtually with a member of our Support Squad through WebEx.
The MassBay Support Squad is available to answer a wide range of questions!*

www.massbay.edu/ask

