

Peay Professor Resource: "I Care" Messaging

February 2021



Hello Faculty,

COVID-19 has created challenges for all of us. One of the biggest is staying connected with students while face-to-face formats are limited at best. "I Care" Messages provide a quick and easy way to encourage, empathize with, and be a trusted resource for students. It's as easy as 1-2-3...

1. Select any "I Care" Message below
2. Copy & Paste to your D2L Course Shell Announcements (title & content are provided, but feel free to tailor or create your own "I Care" post)
3. Make it a goal to post 1 "I Care" message each week separate from any course content to remind students that we're all in these uncharted waters together.

You will receive a new set of messages to choose from each month.

This is another opportunity to come together during tough times and exemplify what it means to be a part of the APSU family.

"I Care" Messages

Give Yourself a Break

I hope your semester is off to a good start! Finding a great study routine is important but taking care of your health can have a big impact on your success as well. Getting your heart pumping is great for your body and your brain, but sometimes finding the time is tough—I know you have a lot on your plate. A quick [Tabata workout](#) is one of my favorite ways to take a study break, so I thought I would share it with you.

In as little as 4 minutes, you can get your blood moving and clear your head. Tabata is simple interval training that consists of 8 20-second sets of an exercise, with 10 seconds of rest in between. An [interval timer](#) is helpful. You can choose 1 exercise to complete 8 times, or 8 different exercises.

Give yourself a break and a mood boost!! Have a great week.



Take a Breath

I just wanted to check in and remind you that if you're feeling overwhelmed, stressed or anxious about the new semester and new year, you are definitely not alone. There are resources available to help whether you are on-campus or distance learning. The APSU Student Counseling Center is offering free Virtual Drop-in Counseling Monday-Friday, called Let's Talk!

This is a great way to have an informal conversation with an APSU counselor to help with any situation you may be experiencing. Check out this link for more information:

https://www.apsu.edu/health-and-counseling/counseling/lets_talk.php

You Matter & We Are Here to Help!

We are beginning another semester with many unknowns, but be assured you matter, and we are here to help you be successful. Keep communication open and do your best. Use your resources here on campus to include: [Boyd Health Services](#), [APSU Student Counseling Center](#), [Foy Center](#), [Writing Center](#), and many others. Good luck and we are here if you need us!

Too Much Screen Time?

It's great to have instant access to worldwide events to stay connected to larger issues that are happening all the time these days, but mental health professionals have agreed that "doomscrolling" (consuming a mass quantity of negative online news/social media posts in a short amount of time) can lead to excess stress and tension. If you find yourself spending too much time online or on social media, these alternatives might help:

- In addition to following activists and news accounts on social media, add some lighthearted content creators/animal accounts too! Keep the heavy and lighthearted content balanced on your feeds.
- Check out your screen time on your phones/tablets and see if you can limit the amount spent on sites such as, Facebook, Twitter, and TikTok.
- Spend time with family to keep your mind off current stressful events.
- Perhaps read a book or play a game to escape reality for a few hours.

Get Outside

Your calendar is filling up quickly and the days may be short and cold right now, but I hope you take a little time this week to get outdoors. Just a few minutes outside each day can reduce stress, improve our moods, and boost our physical health.

Try building in 15 minutes during your day to go outside and then block off that time in your calendar to make it a habit. Don't forget to bundle up and stay warm!



#GovsWearMasks

Whether you are taking classes on campus or from a distance, know that APSU is taking precautions to ensure your health and well-being. Remember when you're on campus this semester, face masks are required in indoor spaces as well as outdoor spaces when a physical distance of six feet or more cannot be maintained. In addition to wearing masks and distancing, be sure to wash your hands frequently, use hand sanitizer, and check in to classes and campus buildings using your Peay Mobile app.

For additional information on APSU's COVID-19 guidelines and academic changes or resources, visit www.apsu.edu/coronavirus.

Let's keep each other safe!

Tips for Staying Active

Physical activity can help boost your immune system and fight off illnesses! Being physically active doesn't mean you have to spend hours in the gym. Here are some tips on how to stay active throughout the day.

- Go for a walk at the Greenway, or hike at Rotary or Dunbar Cave park
- Park farther away
- Take the stairs when you can
- Find active things to do with your pod. Try rock climbing, axe throwing, escape rooms, geocaching, yoga, or making your own pottery
- At the end of each class, during commercials or top of each hour, walk around your building, do squats/push-ups, or stretch
- Check out the FREE Group Fitness classes at the Foy or sign up for an Intramural sport

"I Care" Messaging is an initiative of the Health Promotion Standing Committee.

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