

# PHYSICAL & MENTAL WELLNESS

## FUN FACTS

- Studies have shown that exercise supports the health of brain cells.
- Exercise helps you achieve better memory.
- Those who live active lives are less likely to develop disorders like Alzheimer's or dementia.



- A churning feeling in your stomach.
- Feeling light-headed or dizzy.
- Feeling restless or unable to sit still
- Headaches, backache or other aches and pains.
- Faster breathing.
- A fast, thumping or irregular heartbeat.
- Sweating or hot flushes.
- Sleep problems.
- Grinding your teeth, especially at night.

## GAME ZONE

### MATCH-UP ACTIVITY



#### MENTAL HEALTH

	Anxiety Depression Mental Health	Psychotherapy PTSD(Post Traumatic Stress Disorder) Schizophrenia	Bipolar Disorder Social Anxiety Disorder
1	<input type="text"/>	An emotion characterized by feelings of tension, unease, worried thoughts and possible physical changes such as sweating or increased heart rate.	
2	<input type="text"/>	Feelings of intense despair and sadness that lasts more than days and interferes with activities of daily life.	
3	<input type="text"/>	An individual's state of mental well-being that enables the person to cope with the normal stresses of life, work or learn productively and fruitfully and contribute to their community.	
4	<input type="text"/>	A variety of treatments that are geared towards helping a person identify and change troubling emotions, thoughts and behaviors.	
5	<input type="text"/>	A mental health condition characterized by intense and disabling fear of social situations.	
6	<input type="text"/>	A condition that may develop in some people after extremely traumatic experiences.	
7	<input type="text"/>	A serious mental health condition characterized unusual shifts in mood, energy, activity levels and concentration ranging from extreme highs (manic episode) to lows (depression episode).	
8	<input type="text"/>	A persistent severe mental health condition that affects the way a person thinks, acts, expresses emotions, perceives reality, and relates to others.	

Answer key below!

- Nausea (feeling sick).
- Trouble concentrating or thinking about anything other than the present worry.
- Feeling nervous or tense.
- Having a sense of impending danger, panic or doom.

## COACHING WITH OREO



## FACT OR FICTION?

*Individuals with mental health conditions can live healthy lives.*

**Fact! Recovery is possible and with treatment, an individual with a mental health condition can live a healthy life. Having mental health conditions does not have to hold you back.**

## RECIPE OF THE MONTH BY COACH BHUMIKA

This is the best guacamole toast recipe as it's simple to make and uses fresh, high-quality ingredients. All you need is avocado, onion, tomato, black pepper, lime juice, salt and garlic powder. Easy and delicious!



#### HOW DO YOU MAKE GUACAMOLE TOAST?

Slice 1 ripe avocado in half, remove the pit and scoop them into a mixing bowl. Then use a fork to gently mash them to your desired level of chunky or smooth. Add the 1/4 chopped onion, 1/2 chopped tomato, 1/2 tbsp lime juice, some black pepper, garlic powder and salt and stir everything together. Spread the guacamole on slices of toasted bread. That's it. The most delicious, easy guacamole toast is ready!

## GET TO KNOW THE COACHES

- Bhumika:** I like to play tennis or go for a swim for my physical wellness, and journaling helps me keep track of my mental wellness.
- Vamshi:** I play cricket with friends to maintain physical and mental wellness.
- Gania:** I like to write down my thoughts and go on walks to clear my mind.
- Mrunmayi:** I like walking (big surprise!) and reading to maintain physical and mental wellness.

## RESOURCES ON CAMPUS

- C-CAPS Office: <https://www.njit.edu/counseling/>
- Peer Wellness Coaching: <https://www.njit.edu/healthservices/peer-coaching>
- Campus Health Services: <https://www.njit.edu/healthservices/>
- Dietician: <https://dineoncampus.com/NJIT/meet-our-dietitian#:~:text=Gourmet%20Dining%27s%20Nutrition%20Services%20at,palates%20and%20improving%20food%20choices.>
- Gym: <https://www.njit.edu/life/gyms-facilities>

#### Answer Key

1. Anxiety
2. Depression
3. Mental Health
4. Psychotherapy
5. Social Anxiety Disorder
6. PTSD
7. Bipolar Disorder
8. Schizophrenia