**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.

**MATCH-UP ACTIVITY**

<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Depression</th>
<th>Mental Health</th>
<th>Psychotherapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed emotions</td>
<td>Feelings of sadness, emptiness, hopelessness, or worthlessness</td>
<td>Problems in various areas of life, such as work, school, or personal relationships</td>
<td>Therapy to help individuals understand and manage their feelings and behaviors.</td>
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<tr>
<td>Difficulty sleeping</td>
<td>Feeling overwhelmed by life's challenges</td>
<td>Coping strategies and techniques to help manage stress and anxiety.</td>
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<tr>
<td>Fatigue</td>
<td>Difficulty concentrating or remembering things</td>
<td>Techniques to help individuals relax and manage stress.</td>
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<tr>
<td>Nervousness</td>
<td>Difficulty making decisions.</td>
<td>Group therapy to help individuals interact and build relationships.</td>
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<tr>
<td>Irritability</td>
<td>Difficulty managing anger or frustration.</td>
<td><strong>Facts!</strong> Recovery is possible and with treatment, an individual with a mental health condition can live a healthy life.</td>
<td></td>
</tr>
</tbody>
</table>

**Answer Key**
1. Anxiety
2. Depression
3. Mental Health
4. Psychotherapy

**FACT OR FICTION?**
Individuals with mental health conditions can live healthy lives.

Fact! Recovery is possible and with a 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 Bhumiia**

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!

**CHECK THE COACHES Scroll down to check out more!**

**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/](https://www.njit.edu/counseling/)
- Peer Wellness Coaching: [https://www.njit.edu/healthservices/peer-coaching](https://www.njit.edu/healthservices/peer-coaching)
- Campus Health Services: [https://www.njit.edu/healthservices/](https://www.njit.edu/healthservices/)
- Gym: [https://www.njit.edu/life/gym-facilities](https://www.njit.edu/life/gym-facilities)