

# OFFICE OF HEALTH PROMOTION NEWSLETTER

WINTER 2018 EDITION

With winter term behind us and spring term ahead, the Office of Health Promotion continues focusing on our four priority areas: **mental health, stress, sleep, and alcohol**. During winter term, we held our annual Winter Wellness Challenge as well as continuing popular programs such as SWAdog and Happy Hour sessions. We also welcomed a full-time GLS Coordinator, Jenny Ortiz. We are excited to share our progress with you!

## MENTAL HEALTH

The OHP continues to address the focus area of mental health through ongoing Happy Hour sessions, Mental Health First Aid Sessions, and new training programs such as QPR and Kognito.

**BIG NEWS:** Hiring GLS Grant Coordinator, **Jenny Ortiz**. Read more about Jenny on page 4.

## KOGNITO

The LGBTQ population at Carleton experiences higher levels of depression and anxiety (2015 CIRP Freshman Survey). With this in mind, the OHP launched KOGNITO at Carleton. This training session is designed for faculty and staff in supporting students and creating a more inclusive campus environment.

## QPR: QUESTION, PERSUADE, REFER

QPR is an online training program that empowers participants to recognize the warning signs of suicide and respond appropriately.

The OHP also held a pilot session to gather feedback from Carleton students regarding the efficacy of this online training and its fit for Carleton.

## TRACKING POSITIVE PSYCHOLOGY

The Carleton Track and Field Team participated in a set of four sessions covering positive psychology topics (positive emotions, character strengths, goal setting, and learned optimism) in application to practice, meets, or in their own personal lives.

# WINTER WELLNESS CHALLENGE

The Winter Wellness Challenge aims to equip students with the skills to reduce stress. This year, students could download the Winter Wellness Challenge app and choose a track to follow. Each track offers activities and reminds individuals to partake in these activities multiple times per week. The WWC lasted from week 3 to 6.



## MINDFULNESS TRACK

Set a Mindful Goal, Time to Meditate Sessions, Buddhist Meditation, Mindful Eating, Mindful Walk



## EXERCISE TRACK

Glowga, Outdoor Adventuring, Self-Scheduled Exercise



## SOCIAL CONNECTION TRACK

Active constructive responding, gratitude letter writing, Shared identity, acts of kindness



## SWA DOG:

Continues on campus - with times scheduled weekly to allow for all students to “paws” their work and de-stress. (Featuring Smudge, our newest SWAdog staff member)

## JUNIOR SELF-CARE FAIR

The OHP partnered with the Alumni planning board to provide the junior event for 2018: The Junior Self-Care Fair! Hosted in the Great Hall, juniors were invited in to gather information and take time to think about self-care.

The SWAs and OHP staff hosted a table where students could make stress-relief balls, grab some gratitude cards, a large self-care activity map, and other OHP goodies

## FOLLOW US TO STAY UPDATED ON OUR EVENTS!



carletonswas



Carleton SWAs

# SLEEP

The OHP continues to address sleep on campus concurrently with an ongoing study to guide our future programming. Current sleep freebies include eye masks, ear plugs, and caffeine-free teas, and sleep information is disseminated through SWA stalls and tabling.

## ONGOING SLEEP STUDY:

The OHP has partnered with athletic teams to measure how their quality and quantity of sleep affects athletic performance throughout the season. Each team received an informational lecture on sleep, specifically as it pertains to athletic performance. Captains then led a team discussion in which the members collectively established goals for their sleep habits. Data collection included asking participants how much sleep they get, how consistent their sleep is from night to night, and how their sleep impacts their mood. Stay tuned - data will be analyzed this summer.

### Teams that participated:



The OHP aims to reduce the percentage of students who report binge drinking and believes the way to accomplish this is through a culture shift. The OHP disseminates alcohol information through active (CUES, tabling, alcohol talks) and passive programming (SWA stalls).

# ALCOHOL



## CUES

The CUES program continues, addressing the injunctive norms surrounding alcohol use with: swim team, women's golf, baseball, and rugby.

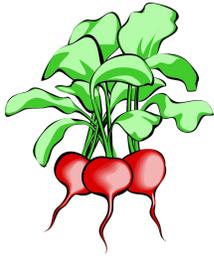
## ALCOHOL TALKS

The OHP has given talks covering the stats of alcohol use on campus from 2015 to present - showing our work has been making an impact. The following groups have received the talk: Tuesday Group, Board of TRustees, All Heads of Staff, all library staff.

# WELCOMING JENNY ORTIZ

Jenny Ortiz is the G.L.S. Coordinator

The Garrett Lee Smith (G.L.S.) Grant was awarded to Carleton in 2017 and is focused on increasing programs and educational information to promote the overall mental health and well-being of all students.



Fun Fact: Jenny's favorite snacking vegetable is radishes!



As for Jenny, her specific goals in implementing the grant are centered around *innovation, collaboration, and sustainability.*

## LOOKING FORWARD...

PEER EDUCATION CONFERENCE  
*HOSTED BY CARLETON COLLEGE*  
*APRIL 7TH, 2018*

We are excited for our upcoming move in the Fall 2018 to the very central location of...

SAYLES!

### WELLNESS RECOVERY ACTION PLAN (WRAP)

We are piloting a program that will give students the opportunity to work on creating their own wellness plans. The focus will be on giving students wellness tools that relate specifically to mental health, but can also be used for overall well-being.

### HAPPY HOUR BOOSTER SESSIONS

Starting this upcoming spring, the OHP will be hosting booster sessions for Happy Hour. This provides the time and place to continue skills and practices introduced during Happy Hour. The sessions will be focused on creative writing and reviewing skills from Happy Hour.