

# Ivy Be Well & Fit

## WHAT'S IN THIS MONTH'S ISSUE:

- Emotional Wellness
- Stair Climbing Challenge
- American Heart Month, Heart Healthy Snack Recipe, and more!

### Emotional Wellness

How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. How you react to your experiences and feelings can change over time. Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.

Signs that a person is emotionally well: Feeling content most of the time, having a strong support network, being able to relax, and having a sense of meaning and purpose.

#### Strategies for improving emotional wellness

- Practice mindfulness: Be aware of the present moment without judgment
- Be kind to yourself: Accept your feelings without judgment, and try to replace negative thoughts with positive ones
- Exercise regularly: Even 30 minutes of walking a day can improve your mood
- Get enough sleep: Go to bed and wake up at the same time each day

- Practice gratitude: Write down things you are grateful for
- Stay connected: Check in with friends and family, or join a support group
- Make time for self-care: Take a bath, read a book, or do something you enjoy
- Set goals: Set priorities and celebrate your achievements

If you are overwhelmed by stress, anxiety, or sadness, you can consider making an appointment with a counselor.

Leah Doughty, Youth First Mental Health Counselor, provides free counseling for Ivy Tech Evansville students. She is located in the Lamkin Center, Room 238.



Mental Health  
FIRST AID  
from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

NIMH  
National Institute  
of Mental Health

February  
**AMERICAN HEART MONTH**

Heart Disease is the leading cause of death in the United States.

**Protect Your Heart**

- Don't smoke or use tobacco
- Get moving: Aim for at least 30 to 60 minutes of activity daily
- Eat a heart-healthy diet: DASH or Mediterranean diet
- Maintain a healthy weight
- Get good quality sleep
- Manage stress
- Get regular health screenings: Blood pressure, cholesterol. (Healthy BP: Less than 120/80)



Random Acts of Kindness Week  
 February 9 - 15

Kindness has many benefits, including:

- **Improved mood:** Kindness can boost feelings of well-being, satisfaction, and happiness
- **Increased self-esteem:** Kindness can help you feel better about yourself
- **Greater empathy and compassion:** Kindness can help you feel more understanding and caring towards others
- **Better relationships:** Kindness can help you feel more connected to others, which can improve your relationships
- **Reduced stress and anxiety:** Kindness can help you feel less stressed and anxious
- **Improved coping skills:** Kindness can help you cope better with difficult time
- **Increased trust and acceptance:** Kindness can help you build trust and acceptance in your relationships
- **Contagious:** Kindness can inspire others to be kind as well
- **Physiological benefits:** Kindness can increase levels of serotonin, dopamine, and endorphins, which can positively change your brain
- **Stress management technique:** Kindness can be used as a stress management technique, similar to meditation and exercise

**KINDNESS**



**BODY & MIND**  
**FITNESS CLASSES** Spring 2025



Welborn Foundation  
 Wellness & Fitness Center

- Mindfulness Mondays 11:30
- Ivy Trekkers Tuesdays 11:00 and Thursdays 1:00
- Work It Circuit Wednesdays 11:30

@IVYTECHWELLANDFIT

**Stair Climbing Challenge**

**Take the stairs instead of the elevator.**

Each time you make a trip to the third floor, put a hashmark next to your name on the poster board. Poster boards are located on the 3rd floor on the bulletin board located closest to each of the five stairwells.

If you have a disability which prevents you from taking the stairs, you can walk a lap around the first floor or use an arm bike or Nustep in the Fitness Center.

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 Wellness & Fitness Center

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 www.ivytech.edu/wellandfit



Click on an  
emotion



Heart Healthy  
Snack Attack

## CRISPY PARMESAN GARLIC EDAMAME

- 2 cups edamame
- 1 tbsp extra virgin olive oil
- 1/4 cup parmesan cheese (grated)
- 1/4 tsp garlic powder
- 1 pinch sea salt
- 1 pinch black pepper

### Instructions:

1. Preheat oven to 400 degrees. Line baking sheet with parchment paper.
2. In a bowl, add parmesan cheese, garlic powder, salt, and pepper, then mix together.
3. In another bowl, add fresh (or thawed) edamame. Add olive oil and toss to coat.
4. Pour parmesan cheese mixture on top of edamame and mix well.
5. Spread edamame evenly on baking sheet. Bake in oven for 12 - 15 minutes or until cheese is melted and browned to your liking.
6. If you have an air fryer, cook on 360 degrees for 7-8 minutes or until browned.



FOR MORE INFO VISIT:

February Wellness Calendar

Cardio Machine Orientation

Valentine-Themed Workout



Welborn Foundation  
Wellness & Fitness Center