

Ivy Be Well & Fit

WHAT'S IN THIS MONTH'S ISSUE:

- Mental Health Awareness Month
- Paws 'N Relax
- National Bike Month, Wellness in the Park, and more!

Mental Health Awareness Month

National Mental Health Awareness Month in May focuses on bringing tools, resources, and education to the general public.

Each year Mental Health America, National Alliance on Mental Illness, and other mental health organizations across the country organize events, webinars, and more to improve mental health access across the country.

Mental health is a hot topic. This is good news. It means the stigma for mental health issues is slowly going away. Mental health issues are finally getting the attention they deserve. Healthcare workers and individuals feel they can discuss mental health more openly. However, that doesn't mean there isn't still work to do, however.

As a whole, we often misunderstand mental health because it is hard to define. Additionally, mental health includes several areas. These areas involve one's social, emotional, and psychological well-being. Mental health affects thoughts, feelings, and actions. When one has positive mental health, they are better equipped to handle stress, be more productive, and realize their full potential.

While we focus on our physical wellbeing, the food we eat, exercise, and getting regular check-ups for vision and dental care, we often forget to take stock of our emotional and spiritual needs. Everyday demands take their toll. Taking care of our mental health is as normal as eating healthy, exercising, or even saving for the future.

One way to take care of your mental health is to do a mental health check in. When you're struggling mentally and physically, pause and ask yourself these questions:

- What do I need?
- Am I getting enough sleep?
- Am I eating regularly?
- Who can I talk to?
- How can I move my body?
- Do I need a break from social media?
- Am I being kind to myself and others?
- What am I feeling?

It's important to have this awareness so that you become in tune with yourself and learn to take care of your needs.

Remember, there are resources on campus to help you including the Lamkin Center in Room 238. Leah Doughty is the campus mental health counselor and her office is located there. Leah can be reached at 812-429-9883 or ldoughty5@ivytech.edu.

If you're feeling stressed out, remember:

- Just breathe. Try one of our [meditation exercises](#) or use Headspace or Calm. Also, attend Mindfulness Mondays every Monday at 11:30 in Room 142.
- Include a visit to the [Relaxation Lounge](#) in Room 142B to your weekly schedule. You will find a variety of tools to help you destress.
- Stop by the Koch Student Center on Tuesday, May 7 from 10:00 - 1:00 and 4:30 - 6:00 to pet and play with the therapy animals.
- Pick up a breathing exercise handout on the wellness bulletin board near the library.



Mental Health Days
for Students



TEDDY THE PIG
10:00 - 11:00 AM

 **PET A PIG BETWEEN STUDY SESSIONS!**

PAWS 'N RELAX PET THERAPY

TUESDAY, MAY 7
KOCH STUDENT CENTER

Please no food near the therapy animals and avoid them if you have allergies.

THERAPY DOGS
11:00 AM - 1:00 PM
4:30 - 6:00 PM

 **RELAX DURING FINALS WEEK!**



Join us!

Tuesdays @ 11:30
Thursdays @ 1:00

Walkie Talkies

Promoting physical and social wellness on campus.
Meet at Fitness Center.



 Wellborn Foundation
Wellness & Fitness Center

Relax and Unwind



RELAXATION LOUNGE
FITNESS CENTER RM 142B

Need a space to take a break and relax?

OUR RELAXATION LOUNGE FEATURES

- A quiet, relaxing atmosphere where you can de-stress
- Reclining Massage Chair
- Foot massager
- Heated Massage Pillow
- Weighted Blanket
- Relaxation DVDs & CDs
- Wellness Resource Library
- Creativity Tools
- Mini Zen Garden
- Light Therapy
- Blood Pressure Monitor
- Yoga Mats, Props, and Resources
- And much more to aid you in creating peace

OPEN FOR USE DURING STAFFED FITNESS CENTER HOURS

 Wellborn Foundation
Wellness & Fitness Center

WELLNESS IN THE PARK

Saturday, May 18
10:00 - 12:00

Evansville Riverfront Park

- fresh air
- games
- kite flying
- playground
- skating
- art fest

Register online



 Wellborn Foundation
Wellness & Fitness Center

MAY IS BIKE MONTH

Join us as we bike virtually through New Zealand.

Wednesday, May 22
11:30 - 12:15

Fitness Center Group Exercise Room



Let's Ride

@IVYTECHWELLANDFIT

Bike Share

Your health. Your way.
Upgrade

A PROGRAM OF THE EVANSVILLE TRAILS COALITION

UPGRADE BIKE SHARE

Get started

One Device Per Bike

- Download the App at WalkBikeEV.org/bike-share
- Sign up.
- Choose a plan.
- Scan code to unlock and start your ride.
- Pause anytime and lock with the cable.
- End your rental, lock your bike to the rack.
- Clip cable under saddle during ride.
- Use the cable and axoring to lock bike to rack.

Rates PAY AS YOU GO: \$3 TO UNLOCK - \$5/HR AFTER FIRST HR
STUDENT ANNUAL MEMBERSHIP: \$10, FIRST 2 HRS FREE
ANNUAL MEMBERSHIP: \$40, FIRST 1 HR FREE
www.walkbikeev.org/bike-share

*Beans, beans
the magical fruit...*

BLACK BEAN VEGGIE QUESADILLA

Ingredients

- 1 red bell pepper, chopped
- 1 red onion, chopped
- 2 handfuls of spinach chopped or you can chop up two zucchini
- 2 tablespoons olive oil
- 2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne
- Salt and pepper to taste
- 1 can black beans, drained and rinsed
- Shredded Mexican cheese to taste
- 8-12 small flour tortillas or 4-6 large flour tortillas

Instructions

- Step 1**
Preheat the oven to 400 degrees. In a large bowl combine the bell pepper, red onion, and spinach or zucchini and toss with the olive oil, chili powder, garlic powder, cayenne, salt and pepper. Spread veggie mixture onto a baking tray and cook for 15 - 20 minutes.
- Step 2**
In a small bowl, mash the black beans slightly with a fork and season with salt and pepper to taste.
- Step 3**
Spread a portion of the beans onto one of the tortillas and top with the cooked veggie mixture and Mexican cheese. Top with a second tortilla (see tip). Repeat until all the tortillas are filled.
- Step 4**
Cook on medium-high heat for 2 - 3 minutes per side in an oiled pan or until the outside is crispy.



TIP: Smaller tortillas make for easier flipping if you're using 2 tortillas to make 1 quesadilla. If you're using full size tortillas we recommend folding them in half and only using 1 tortilla per quesadilla.

HAPPY CINCO DE MAYO!



Solving College Student
Mental Health Crisis



May Wellness Calendar

Explore Trails & Parks

FOR MORE INFO VISIT:



Welborn Foundation
Wellness & Fitness Center