

THE CAMPUS WELL

Quad 4
Student Wellness Newsletter

PHYSICAL WELLNESS

Physical wellness is a lifelong discipline to work on and adjust as people age. The important thing is to constantly and consistently engage in one's physical wellbeing. Exercise, nutrition, sleep and personal health care are some examples of physical wellness.

The question one needs to ask themselves is, what are my current habits when it comes to physical wellness? As a college student, this is a time of life when habits are forming who one is going to be. As a person gets older, it is harder and harder to change these habits. College is a great time to take the opportunity to look at one's physical wellness habits and make the changes one needs to make.

Exercise is one of the areas of physical wellness. What are you currently doing for exercise in your life? We are made to move. Movement and exercise is different for everyone. Don't compare oneself with anyone. What do you like to do for movement? What would you like to try? Do what you enjoy so you will do it. If you have ten minutes or one hour something is better than nothing. Everyone has excuses. It is important for people to make the time for themselves to move.

As a student at Gordon, there are a plethora of ways to improve or start the journey to better physical wellness through movement and exercise. Some of these opportunities at Gordon are working out at the Bennett Center fitness center, taking a swim in the Bennett Center pool, running or walking around the indoor track at Bennett, the outdoor track at Brigham or enjoying the trails around Coy Pond, participating in Rec-IM activities, going to a free ZUMBA, YOGA or mat pilates class in the Wellness Studio in Tavilla. People can also, play pickleball, shoot baskets, one can be creative and do activities on the quad or the ferrin field. A great thing about creating good exercise habits is you don't need to do it alone. Exercise or movement can be done as a social experience, with just one other person or by yourself. Once you start this journey in exercise physical wellness keep it going. Don't stop. We are made to move.

This Month's Focus: Physical Wellness

- Physical wellness ft. Greg Scruton
- The Health Center
- Faculty encouragements ft. Professor Smith, Dr. Daley, and Lauren Becker
- Tips for seasonal wellness



Greg Scruton,
Director of Campus Recreation



Health Center

Visit the Health Center's website to request a visit in advance. If you have a question or need to schedule a visit, stop by and ask! We're happy to help. Or email us at HealthCenter@gordon.edu

Hours

Monday - Thursday:
9 am to 2 pm

Friday:
9 am to 12 pm

1st floor of Lane Student Center, left of the mailroom

8 DIMENSIONS OF WELLNESS

MENTAL

An active process of thinking, feeling, connecting and functioning that helps you build resiliency, grow and flourish.

INTELLECTUAL

Relates to creative abilities and ways to expand your knowledge and skills.

PHYSICAL

Relates to caring for your physical health, safety and quality of life.

ACADEMIC

Relates to expanding your knowledge and creating networks to support lifelong learning. Relates to your academic understanding, process and outcomes.



EMOTIONAL

Relates to knowledge and skills to identify and manage your personal feelings.

VOCATIONAL

Relates to your calling and career path, aligning your values with meaningful work.

SPIRITUAL

Relates to the search for purpose and meaning in life and your connection with God.

RELATIONAL

Establishing and maintaining connections, networks, relationships and interactions with yourself, other individuals, groups and communities.

What the Health Center offers:

- Nurse visits - when you're sick, injured, or have a medical question
- Prescription medicines (such as antibiotics) depending on your condition
- Pre-participation physical exams (must be scheduled in advance)
- Mental health medication (contact for more details)

We charge per-visit fees, which we can charge to your student account, or you can pay online. We do not accept health insurance.

Health Center Fee Schedule (charged to your student account)

RN Visit	\$20
RN Visit w/ point-of-care testing and/or medication given	\$30
RN Visit - Follow-up	\$30
NP Pre-participation Physical Exam	\$75
NP Med Eval - Follow-up	\$25
NO SHOW	\$20

Center for Student Counseling & Wellness

Crisis walk-in appointments:

10:15 - 11:00 am M - F

Non-urgent walk-in appointments:

9:15 - 10:00 am M - F

Visit the CSCW website to request individual counseling services.



Faculty Encouragements

At Gordon, we are lucky to have professors who care about students' wellbeing beyond the classroom. Hear some encouragement and advice from faculty:

One of the constants in my life for maintaining my well-being has been remaining physically active (although the forms of exercise have changed over the years). I have found that having some consistent physical outlet—walking, running, playing a sport, hitting the gym, etc—clears my mind, lowers my stress, and increases my productivity. Being disciplined and structured helps build consistency in this area. For me, the morning is the best time to do this. Believe me, there are mornings I would rather stay in bed, but I am always glad when I make it a point to get up and get out. I would encourage you, in both school life now and future work life, find a way to do something physically active 4 or 5 days a week. It will be hard sometimes to fit it in but worth it.



Professor Greg Smith



Dr. Ryan Daley

Physical wellness in my life involves doing some form of cardio exercise on a regular basis. So frequently in the evening I find my mind distracted by the noise of the day. For me, running and biking slow everything down, both mentally and emotionally. I use cardio as a tool to prepare my body, thoughts, and emotions to even begin to approach the passage, "Be still, and know that I am God." (Psalm 46:10). Exercise doesn't resolve discord in my thoughts or emotions, but it puts me in a state that allows me to listen.

When I think about physical health, I remember that Maslow's Hierarchy of Needs places physiological needs as the most basic, foundational human requirement. Simple as that is, it's easy to forget. So often, we run our bodies on empty and wonder why we're exhausted, stressed, or sick. We'd be wise to remember the basics. Adequate sleep, nutrient rich foods, and physical activity all play a vital role in overall wellness. And when we need more, our bodies will let us know. The Health Center is ready to help.

Director of Student Health Services



Lauren Becker

Quad 4 Physical Wellness

With the busyness of finals and end-of-year, it can be easy to cut corners in regard to physical health. Hunkering down can mean less sleep, less nutrition, less time outside, and less time in relationships. Read the tips below to be reminded of how to prioritize physical wellness during such a busy time.

TAKE BREAKS, AND TAKE THEM WELL

If you want your study routine to be sustainable, it's important that you take breaks for both rest and rejuvenation. During your breaks, make sure that you refresh your body and mind by enjoying the spring weather with movement outside. Go for a walk around the quad, play a sport with friends, or stretch by your workspace. Even 10-minute movement breaks will help your body and mind.

CHECK YOUR FUEL

The intensity of finals season likely means more caffeine, less time preparing nutritious meals, and quickly grabbing (or not grabbing) snacks. Although time is tight, it is very important that you still prioritize a balanced diet, as well as keep caffeine consumption within reason. Your body and mind will be more efficient and effective if they're getting the proper fuel that they need.

SLEEP!

Sleep is usually one of the first things to go when studies ramp up. While it's sometimes necessary to close the library down, it's also important to know when it would actually be more beneficial to call it a night and get a good night's sleep. That sleep will then help your mind function more clearly for the next day.

Something of God... flows into
use from the blue of the sky,
the taste of honey, the
delicious embrace of water
whether cold or hot, and even
from sleep itself.

C.S. Lewis



Happy end-of-
year &
congrats to the
seniors!

