Welcome

Meeting Logistics:
Robb Faust, Education Manager, NACS

Note: this session will be recorded and the video and transcript will be available at nacs.org/educationevents
Top-rated CAMEX 2020 Session

Campus Hairdresser

How Human Connections Take Stores Beyond Transactions

Inspiration

Partnerships with Relevant Organizations

OnCampus Research

Young Invincibles

NASPA Student Affairs Administrators in Higher Education

If it's important to you, it's important to us. NACS is your source for industry-specific educational programs and events.
Presenters

Ashley Hinton-Moncer
Director of Student Wellness
University of Kentucky
Lexington, KY

Brittany Conley
Research Analyst
OnCampus Research
Oberlin, OH

Emily Campbell
Bookstore Services Manager
Lethbridge College
Alberta, Canada
Today’s Topics

• Baseline: How Are You Feeling?
• Research: Students’ Mental Health
• Mindfulness & Self-Care
• Small Discussion Groups & Sharing Time
Poll

How are you feeling?
Poll Results

*Not all attendees participated

<table>
<thead>
<tr>
<th>1. How Are You Feeling?</th>
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<tbody>
<tr>
<td>Uncertain &amp; Anxious</td>
<td>(28) 61%</td>
</tr>
<tr>
<td>Annoyed</td>
<td>(2) 4%</td>
</tr>
<tr>
<td>Isolated</td>
<td>(3) 7%</td>
</tr>
<tr>
<td>Sad</td>
<td>(2) 4%</td>
</tr>
<tr>
<td>Angry</td>
<td>(0) 0%</td>
</tr>
<tr>
<td>Depressed</td>
<td>(2) 4%</td>
</tr>
<tr>
<td>Just Fine</td>
<td>(9) 20%</td>
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</table>
45% of college students say their mental health has been effected a significant amount by the COVID-19 situation.

How Are You Feeling?

- 80% UNCERTAIN & ANXIOUS around school
- 74% ANNOYED
- 69% ISOLATED
- 68% SAD
- 52% ANGRY

Source: OnCampus Research Students Panel Survey conducted between May 7, 2020 and May 14, 2020
76% of students are taking the COVID-19 situation very or extremely seriously.

80% are following social distancing recommendations either “a lot” or “a great deal”.

Over the past month...

- 62% Trouble finding basic necessities in stores
- 48% A change in level of employment
- 42% Increased family responsibility (taking care of children, etc.)
- 38% Temporarily relocating (moving back with parents, etc.)
- 22% Trouble affording basic necessities

Source: OnCampus Research Students Panel Survey conducted between May 7, 2020 and May 14, 2020
**Recording Note**

*Due to technical issues, the session recording was interrupted and caused issues with video and audio. We apologize for the inconvenience.*
Ashley Hinton-Moncer
Director of Student Wellness
University of Kentucky
Lexington, KY
Information Overload

- Pick two reliable informational sources to check only 1-2x per day
- When possible, set boundaries with friends, family, and important others about the amount of time daily spent discussing the pandemic
- Limit social media time, as coronavirus posts are frequent
Eat Mindfully and Deliberately

- Changes in routine and stress often lead to anxious, mindless eating
- Eat regularly as part of your schedule
- Challenge yourself to make a meal from scratch
- Eat slowly, and turn off all screens
MINDFUL EATING
aka:
SLOW THE HELL DOWN

- sit at the TABLE
- put the fork DOWN between bites.
- CLOSE YOUR EYES. SAVOUR
- IGNORE HEALTH CLAIMS
- EAT WITH YOUR NON-DOMINANT HAND
- TAKE SMALLER BITES
- FOCUS ON TASTE!!!
- CHEW MORE 25x
- FROM: SUMMER TOMATO.COM + NICE EAT

BEANS/GRAINS
PROTEIN
VEGGIES

10-25 cm
Mind Full, or Mindful?
Mindfulness Exercise

**Recording stopped at this point. Please refer to resources included in the following additional slides.**
Take Your Dog On A Walk
Be Social From A Distance

Social Distance ≠ Social Isolation
Additional Resources

- **OnCampus Research**  [oncampusresearch.org/student-perspective](http://oncampusresearch.org/student-perspective)
- **NASPA**: Student Affairs Administrators in Higher Education ([naspa.org](http://naspa.org))
  - [naspa.org/blog/dear-world](http://naspa.org/blog/dear-world)
- **ACA**: American Counseling Association ([counseling.org](http://counseling.org))
Hotlines

- **National Runaway Safeline**
  
  (800) 786-2929
  1800runaway.org

- **National Parent Helpline**
  
  (855) 427-2736
  nationalparenthelpline.org

- **National Domestic Violence Hotline**
  
  (800) 799-7233
  thehotline.org/help

- **Disaster Distress Helpline - SAMHSA**
  
  Substance Abuse and Mental Health Services Administration
  (800) 985-5990
  samhsa.gov/find-help/disaster-distress-helpline

- **National Suicide Prevention Lifeline**
  
  (800) 273-8255
  suicidepreventionlifeline.org

- **Poison Control**
  
  (800) 222-1222
  poison.org

- **Rape, Sexual Assault, Abuse and Incest National Network – RAINN**
  
  (800) 656-4673
  rainn.org

Source: American Counseling Association (counseling.org)
Join us next week for:

Leading & Taking Care of Others
Mental Health & Wellness Part 2
Friday, June 12 at 2:00pm EST
THANK YOU
Panelists and Attendees!
nacs.org/educationevents