

mindful in October



- 10/1 Beacon Wellness Walk, Quad
- 10/28 Be Your Own VIP, Dining Commons Lunch

Self-Care Isn't Selfish

College life can be busy. Between classes, work, extracurriculars, relationships, and future plans, it's easy to focus on everything and everyone else before yourself. But self-care isn't selfish and it isn't a luxury—it's an important part of staying healthy, managing stress, and having more energy for the things that matter most.

Simple Ways to Prioritize Self-Care

Give yourself permission to recharge.

Taking a break doesn't mean you're falling behind. Rest helps improve focus, energy, and productivity.

Find what helps you reset.

Whether it's a walk, a workout, your favorite coffee, music, reading, or time with friends, make space for activities that help you feel refreshed.

Enjoy the small things.

A favorite snack, a good playlist, a funny video, or a few minutes outside can help boost your mood and reduce stress.

Stay connected.

Spending time with supportive friends, family, classmates, or mentors can help you feel grounded during busy or challenging times.

Ask for help when you need it.

You don't have to handle everything on your own. Reaching out for support is a sign of strength, not weakness.

Know your resources.

Being familiar with campus resources before you need them can make a big difference. Counseling services, wellness programs, academic support, and student success resources are available to help you navigate challenges and thrive both inside and outside the classroom.

This Month's Challenge

Choose one small act of self-care each day. Small, consistent habits can have a powerful impact on your overall well-being.

Meet Your Dietitian



Gabrielle Mele RD, LDN, IFNCP Campus Dietitian

Gabrielle's focus as a dietitian is on helping others understand how to enjoy a diverse array of foods, as all types of foods can fit into a healthy lifestyle. She works with the campus dining team to ensure students' dietary needs are met and has an open-door policy for any concerns students may have. Feel free to contact her at gabrielle.mele@sodexo.com

Mindful Recipe

Nutrition Facts: Calories: 310, Carbs: 49 g, Protein: 15 g, Fat: 7 g, Sat. Fat: 1 g, Sodium: 85 mg, Fiber: 7 g

Prep Time: 8 to 10 minutes plus 6 to 12 hours to set oats

Yield: 4 servings; 1 parfait per serving

Difficulty level: **EASY**

Raspberry Chia Overnight Oats

Ingredients

Prepare

Raspberry Chia Overnight Oats

- 2 $\frac{3}{4}$ cups [Chia Raspberry Overnight Oats](#)
- 1 $\frac{1}{2}$ cup nonfat plain Greek yogurt
- 1 kiwi, peeled and thinly sliced into half moons
- 8 fresh raspberries
- 8 fresh mint leaves

1. Spoon $\frac{3}{4}$ cup overnight oats into each serving glass or bowl.
2. Add about $\frac{1}{2}$ cup Greek yogurt over the oats.
3. Top with 4 half-moon slices of kiwi, 2 raspberries, and 2 fresh mint leaves.
4. Enjoy immediately or cover and refrigerate until ready to enjoy!

