



WELLNESS WEDNESDAY

Summer Edition



Summer is a great time to focus on self-care as classes wind down. However, after we have put so much attention into work and/or school the thought of trying something new can seem overwhelming. When we become overwhelmed we can reach for old activities or those that are less than ideal. So how do we select and be motivated for healthy self-care activities?

Utilize the following list below to ensure you are selecting quality self-care activities:

- Will the activity cost an excessive amount of money or put a financial strain on me?
- Will I be doing my body more harm than good by participating in the activity? Ex. Drugs or alcohol in excess.
- Will the activity have a short or long term benefit? In general long term benefit is ideal.
- Is there anything I have wanted to do for more than two months but have not been able to?

Hydration Bingo!

Staying hydrated in the summer is critical! To make things more fun, try a Hydration Bingo Challenge with friends or coworkers!

B I N G O

Squeeze a lemon into your water instead of drinking a sweetened beverage	Drink water before and after exercise	Eat an extra serving of vegetables	Eat 6 vegetables - one for each color of the rainbow	Eat a piece of fruit or vegetable for a snack
Keep water at your workstation so you drink more throughout the day	Drink 100% juice instead of fruit flavored drinks	Get at least 7 hours of sleep each night	Do 10 extra minutes of exercise	Take a 20 min walking break
Choose whole wheat instead of white grain (pasta, bread)	Cook with Olive oil instead of butter	Free!	Drink water instead of soda or alcohol	Choose grilled instead of fried
Eat a piece of fruit as your "something sweet"	Cut back on caffeinated beverages	Drink a glass of water before reaching for a snack	Get up and stretch	Replace salt with another seasoning or spice
Drink 64 oz of water per day	Drink an extra glass of water with dinner	Eat only fresh foods today	Use a reusable water bottle/cup	Try a new healthy recipe



10 Outdoor Fun Ideas

1. Make your own slip n slide
2. Family campout
3. Stargazing
4. Make sponge bombs
5. Visit the Western Heritage museum
6. Create a tiny tornado
7. Plan your next vacation
8. Bubble art
9. Luau!
10. Grow your own vegetable or herb garden



<https://www.metrofamilymagazine.com/step-into-summer-fun/>

100 + Free or cheap summer activities in Oklahoma:
<https://shapeyourfutureok.com/cheap-summer-activities/>

July Wellness Center classes

Monday/Wednesday @12:10pm: Cardio Pound

Tuesday/Wednesday@12:10pm: Introduction to Circuit Training

Are you doing ok? Mental Wellness check in

OSU-OKC has resources available if you need someone to visit with during this stressful time.

- Health and Wellness Counselor, Ross Duren x346, Ross.Duren@okstate.edu. Located in AD 101. <https://osuokc.edu/counseling-and-support>
- OSU-OKC's Employee Assistance Program (EAP): <https://hr.okstate.edu/benefits/guidanceresources.html>
- Call SAM program for students: <https://osuokc.edu/counseling-and-support/student-resources>.

4 ways to improve your mood with mindfulness:

https://shapeyourfutureok.com/4-ways-to-improve-your-mood-with-mindfulness/?utm_source=facebook&utm_medium=social&utm_campaign=branded&utm_term=organic_content&utm_content=4_ways_to_improve_your_mood_with_mindfulness&fbclid=IwAR2cRuE1jYw236LfcS5HX8DfCaJTMFZg-xuXII3YIhUcCvwNN879HcKg2k

Therapy 101: What you should know about getting mental health care:
<https://connect.bcbsok.com/health-and-wellness/b/weblog/posts/therapy-101>

WHAT'S COOKIN' IN PETE'S PAN?

Hot Dog Cubans

Ingredients:

- 6 hotdogs, halved lengthwise
- 6 slices black forest ham
- 2 loaves Cuban bread or hero rolls, split lengthwise
- ¼ cup yellow mustard
- 4 slices if Swiss, halved
- 6 slices stacker dill pickle
- 2 tbsp. butter, softened



Directions:

1. Preheat a sandwich press or a large cast iron skillet or grill pan over medium-high. Add hot dogs and ham and cook, turning one time, until lightly charred and warmed through, about 4 minutes for the hot dogs and 1 minute for the ham. Set aside on a plate.
2. Lay bread on a work surface, open sides up, and spread both halves with mustard and top with Swiss. Add hot dogs, pickles, and ham to the bottom half of each bread. Close sandwiches and gently press. Spread butter all over the outside of the sandwiches and return to press,

skillet, or griddle, flipping one time, until the outside is golden and the cheese is melted, about 5 minutes. If using a cast iron skillet or grill pan, use a second pan to press the sandwiches.

3. Slice in half and serve.



Wellness Wednesday Newsletter will come out every first Wednesday of the month for the summer. We will be back in to your regularly scheduled bi monthly newsletter in September.

CONTACT

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Summer Hours

Monday/Wednesday

8 a.m.-6 p.m.

Tuesday/Thursday

8 a.m.-5 p.m.

Friday

9 a.m.-3 p.m.

Saturday-Sunday

Closed

*Hours are subject to change
during interim periods.*

