October is Mind Body Connection Month!

As a society, we live more in our heads due to high levels of overwhelm and stress, and thus we have become incredibly disconnected from our bodies’ wisdom. When we move towards a place of connecting our mind and body, we can reduce anxiety, understand ourselves better, and have better overall health outcomes.

Check out this month's featured article about why people are so burnout and overwhelmed right now (primarily Millennials)- this reflects the huge need for us to slow down, and focus on our body's signals.

Breathing Exercise of the Month

When's the last time you've taken a deep breath? It may sound counterintuitive- when you inhale, you

Upcoming Events

Wednesday, October 2: Student Stress Relief Yoga 1-1:30p T211E

Monday, October 7: Week of Wellness Activity, L Building Lobby, 10:00-12:30pm

Tuesday, October 8: Student Physical Yoga Class, T113C 5:00-5:45pm

Thursday, October 10: Depression Screening, L Building Lobby 4:00-7:00pm

Friday, October 11: Student Stress Relief Yoga, CTC302 1:00-1:30pm

Wednesday, October 16: Mind-Body Connection Event, T113 12:00-2:00pm

Thursday, October 24: Student Physical Yoga
Should feel your stomach expanding. As you exhale, you should feel your stomach decompressing. You can place your hands on your stomach if that feels comfortable, and feel your stomach expand like a big balloon as you breathe in, and letting the balloon deflate as you breathe out.

Want to do meditation/chair yoga, yet this time/day doesn't work for you? Let me know what does! Sphwell@bu.edu

What is the Mind-Body Connection?

This is the knowledge that our mind and body are inextricably connected, what happens in the mind impacts the body, and what happens in the body impacts the mind. For example, when your shoulders are up to your ears, your stomach is in knots, you’re not sleeping, your digestive system is off— you might want to check in to see what’s going on emotionally and mentally for you. This is probably your body’s way of telling you you’re really stressed out, even when you don’t slow down to notice that in yourself. Everyone’s experiences are unique and different, which is why working towards listening to our own internal compass is vital, compared to listening to society’s expectations. You may be a "go go go!" type person, who frequently gets a cold or a sore throat— this may be your body’s way of saying "please slow down! Pay attention to me! We are moving so fast and I don’t have time to relax or process!" And it is certainly a hard balance, when you have many expectations and responsibilities and activities to keep up with. And yet slowing down enough to tune in to your body’s signals will be more beneficial and productive for you in the long run. Click here to learn how to develop a more in tune mind-body connection.

Student Question of the Month

I am feeling overwhelmed. Between classes, work, homework, studying, clubs, relationships, feeding myself, trying to exercise, and also trying to sleep, I’m feeling burnt out already. I feel like I’m just pushing through, never giving my all to anything, feeling like I’m just masking it until finals are done and then I can crash and relax. Any suggestions?

Hi Overwhelmed Student! First off, I want to validate that THAT SOUNDS REALLY CHALLENGING, and like you have a lot on your plate. Let’s take a deep breath together, shall we? Okay, good. Here are a few tips I have that can hopefully be helpful:

Create a self-care plan. It doesn’t have to be anything fancy or expensive. Think about what helps you relax and distress and take care of your emotional needs. Is it calling a friend? Reading a book? Baking cookies? Crying? It can include listening to music, watching a weird Netflix show, taking a walk, taking a breath, turning your phone off, napping, journaling. Make sure to write down whatever comes to mind, so you can keep it on hand and look at it when you’re majorly overwhelmed and can’t remember any healthy ways you know of to take care of yourself.

Take a walk. Wait, really, you’re putting something else on my plate?!!? Well…. Yes, yet no. Taking a walk outside, especially now that the air is crisp and cool, will allow your body to move, which in turn calms your mind, which allows you to go back to tasks more focused and clear-headed.

To read the full answer, check out our Health and Wellness Page today!

Have a question for November that you want featured in the newsletter? Email sphwell@bu.edu!
**October Journaling Prompts**
*Every month, you will be provided with journaling prompts to get you started with, in order to reflect on the theme of the month, understand yourself better, and slow down mentally and emotionally.*

Where does stress show up in your body, and how does it show up in your mind?

What messages do you typically avoid or deny from your body, and why?

Explore a time where you recognized your mind impacting your body, and your body impacting your mind. How can you learn from these experiences?

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**Let's Form Community!**

Thanks to everyone who submitted answers surrounding SPH Book Club. (And thanks for being patient with the technical difficulties!)

*Starting next semester, we will have a school-wide book club. Stay tuned!*

Make sure to follow us on [Facebook](#) and [Instagram](#)! (While also being mindful of your social media use!)

*Ilana Schlesinger, Wellness Coordinator*  
*office hours: Tuesdays, 12-2pm - come say hi!*

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**Feeling Homesick?**
*Totally understandable and valid! Here are some suggestions to manage these feelings:*

**First off, acknowledge that these feelings are fair and normal** and that there is nothing wrong with you. Transitioning to graduate school is hard on its own, let alone moving here from a faraway state or country (or even a few towns away!). You can enjoy Boston and BU while also missing your home, routines, culture!

**Carve out time** to talk to your people from home.

**Make food from your culture** - Boston is full of markets, restaurants, grocery stores with foods from all cultures. Please reach out to sphwell@bu.edu if you want help finding a place to get your favorite foods!

**Talk about it.** Be honest with friends, family, a support person, your journal, yourself. The further you push these feelings down, the

**Mind-Body Care: Putting Together Treatment Team**
*Check out [this website](#).*

**Figure out which doctor you need to be seeing.**

**Reach out to your insurance.** Yes, calling them may involve a lot of time on hold or getting transferred a million times, however the folks can be very helpful! They can give you lists of names ranging from primary care doctors, to specialists, to dietitians or psychiatrists.

**With that, know your benefits.** Your plan may offer something you don’t realize, such as acupuncture.

**Looking for a therapist or medication prescriber?** Go to [BU's Counseling Site](#) or [Psychology Today](#).

**Know your options.** There is on campus care for those experiencing mental health
sadder or more anxious you may become. Let it out! I'm sure once you do, you'll find people experiencing similar feelings to you!

**Find a group** or club, and/or join a community of folks from your home. SPH has a good amount of groups, so does BU, and so does the larger Boston area! Again, please feel free to reach out if you want support finding a place for yourself.

Symptoms, substance use issues, disordered eating, LGBTQ matters, graduate student specific groups, international student groups. There are also an abundance of support groups that are independent from BU. Click the "Boston Community Resources" tab here for more resources.

Mindfulness Resources

- **Insight Timer** - free meditation app
- **Yoga With Adriene** - free online Youtube videos
- **Track Your Happiness** - app that asks you questions throughout the day so you can understand your mood, thoughts and behaviors better
- **Forest** - app for staying focused and present by not touching your smartphone and planting a tree for you staying accountable

Boston University Medical Campus Wellness Resources

- **On-Site Counseling**
- **Fuller Gym & Medical Campus Fitpass**
- **SPH Wellness**
- **Sexual Assault Response & Prevention Center**
- **A Guide for Medical Campus Students**

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