



Wellness Commons Newsletter



Sewanee's Home for Student Wellbeing September 2023

[CAPS](#) [UHS](#) [FitWell](#)

UPCOMING EVENTS

DBT Skills Group

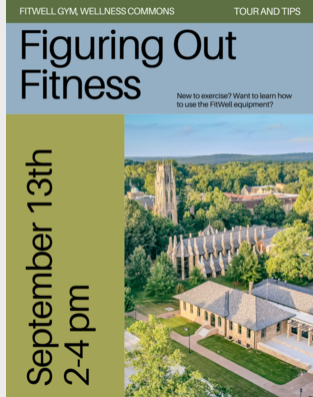
Every Monday this semester from 4:30 p.m. to 6 p.m. starting **Sept. 11** Sewanee undergraduate and School of Theology students can learn to regulate their emotions, improve relationships, and practice mindfulness in our DBT Skills Group. Dialectical Behavior Therapy is an evidence-based talk psychotherapy meant to help people accept their reality and behaviors, while at the same time giving them tools to change harmful or unhelpful behaviors.

For those with questions or wanting to sign up, call (931) 598-1325 or email Molly Ellson at moellson@sewanee.edu.

Molly Ellson is a Staff Clinician at Sewanee and will be co-leading the group this semester with Rob McAlister, a counselor-in-training with CAPS. Pizza and snacks will be provided every week!



Figuring Out Fitness



Are you new to joyful movement? Do gyms intimidate you? Never lifted a weight before? Undergraduate and School of Theology students are invited to stop by FitWell anytime from 2-4 p.m. on Wednesday, **Sept. 13** for a tour of the facilities, as well as an introduction to the equipment and fitness in general.

FitWell supports physical and mental health by offering a space for exercise. Our mission is to be inclusive of all fitness levels, body types, and abilities. Come learn more about the group exercise classes, cardio machines, and weights.

DONOR SPOTLIGHT & LET'S TALK



We are so grateful to the generous donors that allow us to develop creative programming in order to best meet the needs of our students. This month, we would like to give a special thanks to a Sewanee family who made an anonymous donation to help us rebuild the CAPS Let's Talk program.

Here is the story behind this gift:

"Our Sewanee student took a walk with her Dad in December of 2021 and asked for self-defense classes for Christmas. As parents, we were heartbroken to hear that she did not feel safe and secure in her surroundings, but we were also very proud that she knew what she needed and felt comfortable enough to talk to us about it. Not taking her request lightly, her Dad reached out to an organization called Five Star Global Security. On Tuesday, January 4, 2022, two retired US Army Officers spent eight hours with our family in our home and forever changed our lives. Not only did they immediately put our daughter at ease, they also carefully listened to everything she had to say and then thoughtfully came up with training specifically for her. By the end of the day, we were part of the Five Star Family, and Five Star was part of ours. This past March, we learned that the individual our daughter specifically bonded with, Sergeant Major (Retired) Michael A. Eitniar – known to us as Ike – lost his battle with cancer in January. This was almost exactly a year after he graced us with his reassuring presence and unlimited

knowledge. A line from his obituary reads: 'Michael had a way of making everyone he met feel comfortable and important to him.' Our daughter was important to him. And so we want to honor Ike by making a memorial gift in his name to the Let'sTalk Mental Health Campaign at Sewanee. Asking for help and talking brought Ike into our lives and created a positive outcome for our Sewanee student. We want nothing but positive outcomes for all Sewanee students."

Thankfully, the Sewanee student mentioned here did not experience a direct threat of harm on campus, but her story highlights the need for all of our students to feel safe and secure and to know to whom on campus they can turn when they need help. This gift will help tremendously with our efforts towards that goal.

Let's Talk is a counseling outreach program designed to engage students in a way that is more relaxed than traditional counseling. It involves informal conversations with a clinician in environments that feel comfortable and safe to students.

Let's Talk was created in 2006 at Cornell University with the goal of reaching students who might be unlikely to seek traditional mental health services. Currently, over 100 university counseling centers across the United States offer Let's Talk programming. It is an evidence-based practice that is nationally recognized for its success in increasing student access to mental health care.

At Sewanee, CAPS staff clinicians partner with theme houses and other student organizations to bring wellness and mental health discussions into spaces where students feel most comfortable. If your organization would be interested in partnering on a Let's Talk event, please contact Molly Ellson, at moellson@sewanee.edu.

Note: Last year, Peer Health hosted events also named "Let's Talk." Due to Covid restrictions, CAPS had temporarily suspended its own Let's Talk, so this was not a problem. This year, in order to avoid confusion, Peer Health has agreed to rename their program. We wholeheartedly support the excellent Peer Health program!

COUNSELING & PSYCHOLOGICAL SERVICES

The staff at Counseling and Psychological Services (CAPS) works to promote the mental health and wellbeing of our students and our community. Students are invited to make an appointment to meet with a CAPS clinician to discuss any mental health concerns.



All CAPS sessions are free and confidential.

How to Schedule an Appointment

New Clients: New clients (or previous clients who wish to meet with a different therapist) can schedule a 30-minute triage counseling appointment online or by calling the front desk at (931) 598-1325. To schedule online, visit your [patient portal](#). Click on the "Appointments" tab, then select "Schedule an Appointment."

Returning Clients: If you saw a CAPS therapist in previous years and wish to continue working with that same therapist, OR if you have already been seen this academic year, you do not need to schedule a triage appointment. Please call the front desk at (931) 598-1325 to schedule.

See [our website](#) for more information and emergency counseling resources.

UNIVERSITY HEALTH SERVICES

University Health Services (UHS) is a primary healthcare facility that provides general medical services for students who are injured or ill. We also provide physical exams for employment, study abroad, and yearly wellness exams. Students can fill prescriptions at our in-house dispensary, or they can be sent to a local pharmacy.



Make a UHS appointment today!

How to Make an Appointment

To make an appointment, call (931) 598-1270 or walk in during business hours. You may also schedule online on your [student portal](#) or email uwc@sewanee.edu to request an appointment. Keep in mind that email is not a secure means of communication, so please do not include private details. See [our website](#) for more information and our emergency medical resources.

The University's COVID-19 Policy

On August 18, 2023, the University announced its [updated COVID-19 policy](#). Check the University's COVID-19 Information [website](#) for the most up-to-date announcements.

For the 2023-24 academic year, the following measures will be in effect:

- All visitors to University Health Services (UHS) who display COVID or flu symptoms must wear a mask, according to stated policies.
- Faculty may choose to require masks be worn in their classes, laboratories, studios, or offices.
- Staff members may require masks to be worn in their personal workspace.

FITWELL

FitWell supports physical and mental health by offering a space for exercise and joyful movement. Our facilities are inclusive of all fitness levels, body types, and abilities. Our staff will help you customize workouts to meet your needs. Our gym includes group exercise, cardio equipment, and strength training.

FITWELL GROUP CLASS SCHEDULE FALL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRETCHING- FLEXEXERCISE 7:30AM-8 AM KAYLEIGH	WAKE UP WEDNESDAY SPIN 7AM-7:45 AM CAROLINE	TAL CHI 7:30AM-8 AM KAYLEIGH			
	PARTY ON A BIKE 5PM-5:45 PM ANNIE BETH	INTERMEDIATE YOGA 12:30 PM - 1:30 PM JOSIE		VINYASA FLOW 11:45 AM- 12:15 PM LIZ		
FULL BODY CIRCUITS 5PM-5:45 PM CATHERINE	TWO-S-DAY SPIN OFF 6PM-6:45 PM CATHERINE + CAROLINE	CYCLE POWER HOUR + CORE 5:45PM-6:45 PM CATHERINE	THEMED THURSDAY SPIN 5PM-5:45PM ANNIE BETH	INTERMEDIATE YOGA 2PM-3 PM JOSIE		SUNDAY SPIN 5PM-5:45PM CATHERINE
INTRODUCTORY YOGA 6PM-6:45 PM KATE	INTRODUCTORY YOGA 6PM-6:45 PM KATE	WIND DOWN WEDNESDAY SPIN 6PM-6:45PM ANNIE BETH	GOING FOR A SPIN 6PM-6:45PM CAROLINE			GENTLE YOGA 5PM-6 PM LIZ

Group Class Schedule Fall '23

Stay Up to Date

Be sure to check out our [website](#) and [social media](#) for our most up-to-date hours and group exercise class schedule and descriptions. Currently, FitWell is only for students (both undergraduate and SoT).

Waiver

Any students interested in using the FitWell facilities must sign the required waiver by signing in at the top right of [this page](#) using their Banner login.

WELLNESS CALENDAR

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4 Labor Day	5 SSSDU Narcan Training @ Library	6	7	8	9
10	11 DBT Skills Group Starts @ CAPS	12	13 Figuring Out Fitness @ FitWell	14 Mocktails @ Wellness Commons	15	16
17	18	19	20	21	22	23 Shake Day: Activities @ Wellness Commons
24	25	26	27	28	29	30

September
Challenge

Be Your
Best Self

Sewanee Wellness Calendar

Monthly Challenge: September

BE YOUR BEST SELF

A fresh start with the new school year means developing good habits, challenging yourself, and most importantly doing what makes you happy and improves your wellbeing. Celebrate a small win. Move your body. Volunteer to help someone. How will *you* use September to be your best self?

Email:

uwc@sewanee.edu and fitwell@sewanee.edu

Phone:

(931) 598-1270

Location:

Wellness Commons

604 University Ave., Sewanee, TN 37383

CAPS and UHS Hours:

Monday-Friday, 8:00 a.m. to 4:30 p.m.

Closed for lunch daily from 12:00 p.m. to 1:00 p.m.

FitWell Hours:

Monday - Thursday 6:00 am - 10:00 pm

Friday 6:00 am - 8:00 pm

Saturday - Sunday 12:00 pm - 7:00 pm

Visit out [website](#) for more information!



The University of the South 735 University Ave. Sewanee, Tenn. 37383

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[Subscribe](#) to our email list.