



University of New Haven

March 2024 Vol 1. Issue 6

HOLISTIC WELLNESS NEWSLETTER

Office of the Dean of Students

DISCOVERING HOLISTIC WELLNESS



NATIONAL NUTRITION MONTH

SUPPORTING YOUR BODY

UPCOMING EVENTS



Contact Information : dpolo@newhaven.edu or 203-932-7238

NATIONAL NUTRITION MONTH

Nutrition for Chargers is vital to supporting their holistic well-being inside and outside the classroom. College students have busy schedules between classes, homework, clubs and organizations, jobs, and time to be social; they often lack the luxury of allocating time for sit-down meals multiple times a day. For 2024, the theme for National Nutrition Month is Beyond the Table, where nutrition and meals are not just around a dinner table but also on the go, in schools, restaurants, games, and events. Here are some tips for prioritizing nutrition from our campus dietitian, **Samantha Zajac Standish '21 MHA, MS, RDN, CDN**.

One simple way people can prioritize their nutrition when on the go is to ensure they have well-balanced meals and snacks throughout the day.

- Think ahead, prepare snacks and/or meals to take throughout the day, or plan out when to use on-campus resources such as the dining halls, cafes, and retail food options.
- Know that nutritious choices can be found on any menu. What works for one individual may not be what another needs. There is no one-size-fits-all plan for nutrition.
- The key to success for anyone's plate is to ensure the foods is enjoyable! All foods can fit on a well-balanced plate, and if you are unsure about your hunger and fullness cues, working with a registered dietitian to identify hunger and fullness cues is a fantastic way to manage your nutrition.

As the campus dietitian, Samantha likes to meet students at their level to provide nutrition, health, and wellness support, whether in on-campus dining venues or through meals prepared at home. Her office is located in the Marketplace in the Bartels Student Center. Students can book complimentary in-person or virtual 1:1 nutrition counseling sessions to discuss individual nutrition guidance. Appointments can be booked online through [bookings](#).

SODEXO DINING SERVICES

WE ARE COMMITTED TO ENSURING THAT YOU HAVE AN EXCEPTIONAL DINING EXPERIENCE!



Dining Services
we want your feedback!

We are dedicated to providing you with an outstanding dining experience. If you have any questions, feedback, or concerns, we encourage you to contact us.

There are various ways to reach out to us, such as calling us, sending an email, visiting our website, or scanning the QR code to access our webpage directly.

  (203) 479-4893
 Diningservices@newhaven.edu
<https://Newhaven.sodexomyway.com>

SUPPORTING YOUR BODY

When you stop labeling food as “good” or “bad,” “healthy” or “unhealthy,” you allow your body to do what it does best: exist. As infants, we knew when we were hungry or full. The difficulty with being where we are now is we have influencers, diet culture, and society telling us what is “good” or what is “bad” for us – because what we eat and how we look, can make us “acceptable” or “unacceptable” in the eyes of our social circles. Here are some tips from Counseling and Psychological Services clinician **Sam Kent '18, '20 M.A. (She/ they)- LPC, NCC, CIEC.**

- Please repeat after me: All foods fit, all food supports your body, and all bodies are good bodies. Size is not an indicator of health.
- You may be struggling with nutrition – because other people (who don't live in your body) tell you what your body needs.
- If your body sends you a craving for something, honor it. Whatever it is, please give it to your body. Scientifically, there is something, or many things, within that craved item that your body needs for support. Your body doesn't know how to tell you, “We need more carbs,” so it tells you, “Pizza, please!” This is your body asking for support.
- Health is not an indicator of size – no matter what body you live in. Many practitioners have adopted a Health at Every Size (HAES) model. Learn more about that here: <https://asdah.org/health-at-every-size-haes-approach/>



RESOURCES

- If you or someone you know is struggling with their relationship with food, we have support services on campus that can help. Samantha Standish, RDN, CDN, our campus dietitian, is available for support sessions and can be found in the Marketplace in the Bartels Student Center. Sam Kent, LPC, NCC, CIEC, one of our clinicians in Counseling and Psychological Services, is an eating disorder specialist. Our team at Health Services can also support you. They're located in Sheffield Hall.
- **Counseling and Psychological Services** – Services are offered to support students manage various mental health challenges and opportunities. Call [203-932-7333](tel:203-932-7333) Monday through Friday, 8:30 a.m. – 4:30 p.m. to make an appointment. If you need us after hours for a crisis, you can call the same number to access an on-call clinician. You can also [schedule online through myCharger.](#)
- **Nicholson Health Center** – The primary provider of on-campus medical care, the Nicholson Health Center is staffed by Yale New Haven Health clinicians from Northeast Medical Group. Students can book an appointment with Health Services at (203) 932.7079 or via myCharger under Book an Appointment.

BE KIND
to yourself

NATIONAL NUTRITION MONTH EVENTS

Join us for a lecture on nutrition by alum **Brianne Brathwaite '15, '18 MS, RDN.**

This workshop aims to educate our community on the interconnectedness of nutrition and mental health, emphasizing balanced nutrition, mindful eating practices, and awareness of disordered eating behaviors. Throughout the session, we will explore the significance of achieving harmony in our relationship with food and adopting a holistic approach to nourishment. Students will acquire the tools to develop a positive mindset toward food and eating through engaging discussions and actionable strategies.



Join us on Thursday, **March 28**, from 11 a.m. to 12:30 p.m. in Bucknall Theater in Dodds Hall.

Participate in the Food and Nutrition Survey

The Dean of Students Office and the School of Health Sciences invite you to participate in our second annual Food and Nutrition Survey. This 10-minute confidential survey will help us understand our campus's food and nutrition needs. At the end of the survey, you will be asked if you want to participate in a prize draw to win gift cards ranging from \$25 to \$50. If you agree to participate in the prize draw, you will be directed to a page that will ask for your email address. The prize draw site cannot be directly linked to your responses to the survey. Thus, your responses to the primary survey remain anonymous.



MENTAL HEALTH TRAINING

QPR Training

The University now offers (Question, Persuade, and Refer) gatekeeper training, which is evidence-based and essential for our community. As a trained gatekeeper, you will be able to recognize when someone is contemplating suicide, offer hope, and appropriately seek help to save a life. The training is two hours long, and once completed, you will earn a certificate.

For more information about QPR, instructors, and training schedules, please visit the [Mental Health Training page](#).