



STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION

VOLUME 11, TISSUE 7 | Be Clean, Eat Smart, Just For the Health of It | wku.edu/crw.hep (270) 745-4491

The Stall Street Journal is intended for fun, education and promotion of wellness, not as a formal scholarly publication

Mental Health and Well-being

- Mental Health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others and make choices.
- Many factors can contribute to mental health such as genes or brain chemistry, life experiences, trauma or abuse, family, work, and school.
- 1 in 3: College freshmen in the US show symptoms of a mental health disorder
- 51.2%: The number of WKU students who reported feeling overwhelming anxiety within a year
- 12%: The number of college students who admit to using drugs and alcohol to help them cope with stress
- 30%: The number of college students who reported that stress negatively affected their academic performance
- Members of the LGBTQIA+ community are twice as likely to have a mental health condition compared to straight individuals
- 70-90%: The number of individuals who have a significant reduction in symptoms after seeking appropriate mental health help

What are Mental Health Disparities?

Racial/ethnic, gender, and sexual minorities often suffer from poor mental health outcomes due to multiple factors including inaccessibility of high-quality mental health care services, cultural stigma surrounding mental health care, discrimination, and overall lack of awareness about mental health

Historical facts about Mental Health Disparities

- Black and African American people living below poverty are twice as likely to report serious psychological distress than those living over 2x the poverty level.
- Adult Blacks and African Americans are more likely to have feelings of sadness, hopelessness, and worthlessness than adult whites.
- Despite progress made over the years, racism continues to have an impact on the mental health of Black and African American people.
- Suicidal thoughts, plans, and attempts are also rising among Black and African American young adults while still lower than the overall U.S. population aged 18-25.

Early Warning Signs of Mental Health Problems

- Eating or sleeping too much or too little
- Pulling away from people or usual activities
 - Feeling helpless or hopeless
 - Smoking, drinking, or using drugs more than usual
 - Inability to perform daily task like getting to school or work
 - Feeling numb or like nothing matters

Creating Healthy Coping Mechanisms

- Start small. Pick one small thing each week to work on. It could be adding something new and positive, or cutting out a bad habit. Small changes add up.
- Create a routine that is right for you. Healthy routines should include eating a nutrition-rich diet, exercising, and getting enough sleep, but no two routines will be exactly the same.
- Practice self-care. Make time for things you enjoy. Even if it's just 15 minutes a day, set aside time to do something you find fun or relaxing.
- Reward yourself with small victories. Set goals and celebrate when you reach them. Treat yourself! Watch a movie you've been wanting to see or try out that new video game.
- Maintain a consistent sleep schedule. Taking melatonin supplements as a sleep aid can be beneficial in improving your sleep cycle and can help you fall asleep faster
- Challenge negative thinking. Stop and evaluate thoughts that may be reinforcing negative ideas and behaviors. Find small things to be grateful for in yourself or in your surroundings. Writing down what you are grateful for every day can also help serve as a positive boost during the day.
- Practice deep-breathing exercises. Aim for at least 10 deep-breaths. You will quickly feel the physical effects this has on the body and is a great way to regain self-control
- Life gets hectic but stressing over your heavy workload only adds to the fire. Write out each assignment you need to complete and check off the list as you go.

Get Involved with Black History Month!

- Educate yourself about the African-American experience through watching the following documentaries and movies based on real stories and events:
 - 12 Years a Slave: a free black man from upstate New York, is kidnapped and sold into slavery in the South
 - 13th: this documentary explores the history of racial inequality in the United States, focusing on the fact that the nation's prisons are disproportionately filled with African-Americans.
 - Self Made: Inspired by the Life of Madam C.J. Walker: A chronicle of the incredible story of Madam C.J. Walker, who was the first African American self-made millionaire.
 - The Black Power Mixtape 1967-1975: This film focuses on the freedom songs sung by protesters on picket lines, in mass meetings, in paddy wagons, and in jail cells, this film celebrates the vitality of the music and the infectious energy that it provided.
 - When they See Us: This 4-episode depiction details the events of what led to the wrongful conviction of a handful of teens from Harlem who were wrongfully accused of the assault of a New York banker

Upcoming Events

- Black History Month Grocery Bingo February 3rd at 6:00 PM in the Preston Center Multipurpose Room
 - Rec Day Grocery Bingo February 22nd at 3:00 PM, Preston Center Multipurpose Room
 - FREE HIV Testing Event February 9th from 9:00 AM – 12:00 PM, Health Services Building Room 1064
- Be sure to follow @wkuisec on all social media platforms to get involved in upcoming Black History Month events on campus and online!

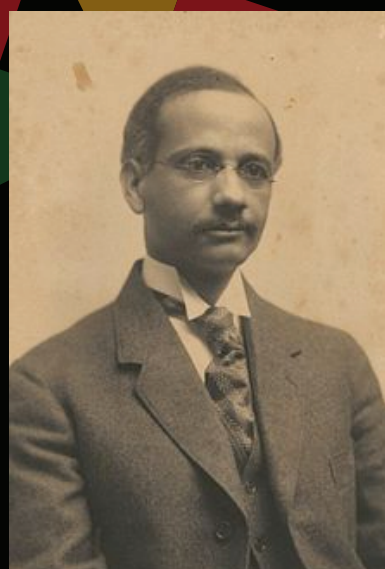
Spotlight



- Francis Cecil Sumner is known as the "Father of Black Psychology". He was the first African American to receive a Ph.D. in psychology in 1920.

History

Black



- Dr. Solomon Carter Fuller was a pioneering African American psychiatrist who made significant contributions to the study of Alzheimer's disease.

- Mamie Phipps Clark was the first African American woman to earn a doctorate degree in psychology from Columbia University. Her dedication and passion for adequate mental health services for all prompted Dr. Clark to open her own agency to provide comprehensive psychological services to the poor, blacks, and other minority children and families

Campus Resources

- Intercultural Student Engagement Center (ISEC) Academy, DSU 2041
- WKU Counseling Center located in Potter Hall, Room 409
- Title IX Office located in Potter Hall, Room 425
- Health Education and Promotion, Health Services Building Room 1064

