

May 2020
Special Edition #3



THE WHALE WATCH

"Looking Out for Yourself and Others"

Destress Fest Follow-Up

You're off to
GREAT
PLACES!
Today is your day!
Your
MOUNTAIN
is waiting
So... get on your
WAY!

Earlier this week in our Whale Watch Newsletter, we sent you some cyber destress fest ideas.

We challenged you to do things that were
on our list of

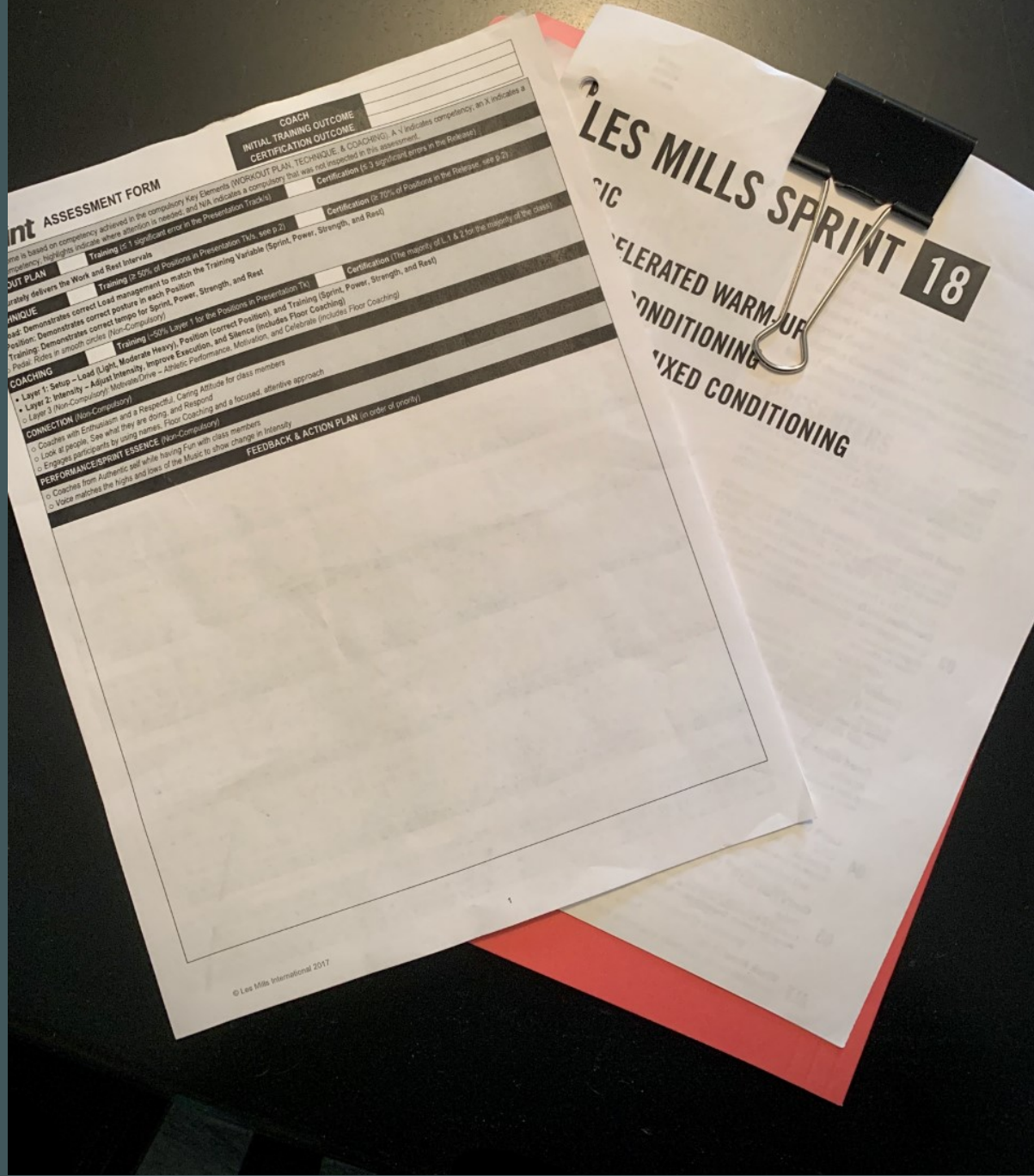
People, Places, and Things!

We would still love for you to share what you have done this week.

Here is what we've been up to:



Dr. D-"Trying an egg roll recipe from *Nadiya's Time to Eat* show on Netflix. Mmmmm delish!"



Stephanie- "Waiting to get certified in Les Mills Sprint and missing sweating in front of people. See you soon, Sequoia!"



Jessica- "Cycopath (noun): A person suffering from chronic bike riding disorder with abnormal urges to ride and feel free."



Dana- "Loving a trip to the Italian store for some of my favorite traditional foods."



Stephanie-"Spending time at *Orwick Fitness*... aka my basement."



Dana-"Experimenting with changing up an old secret family recipe for Ricotta Cheese Pie. Yum!"



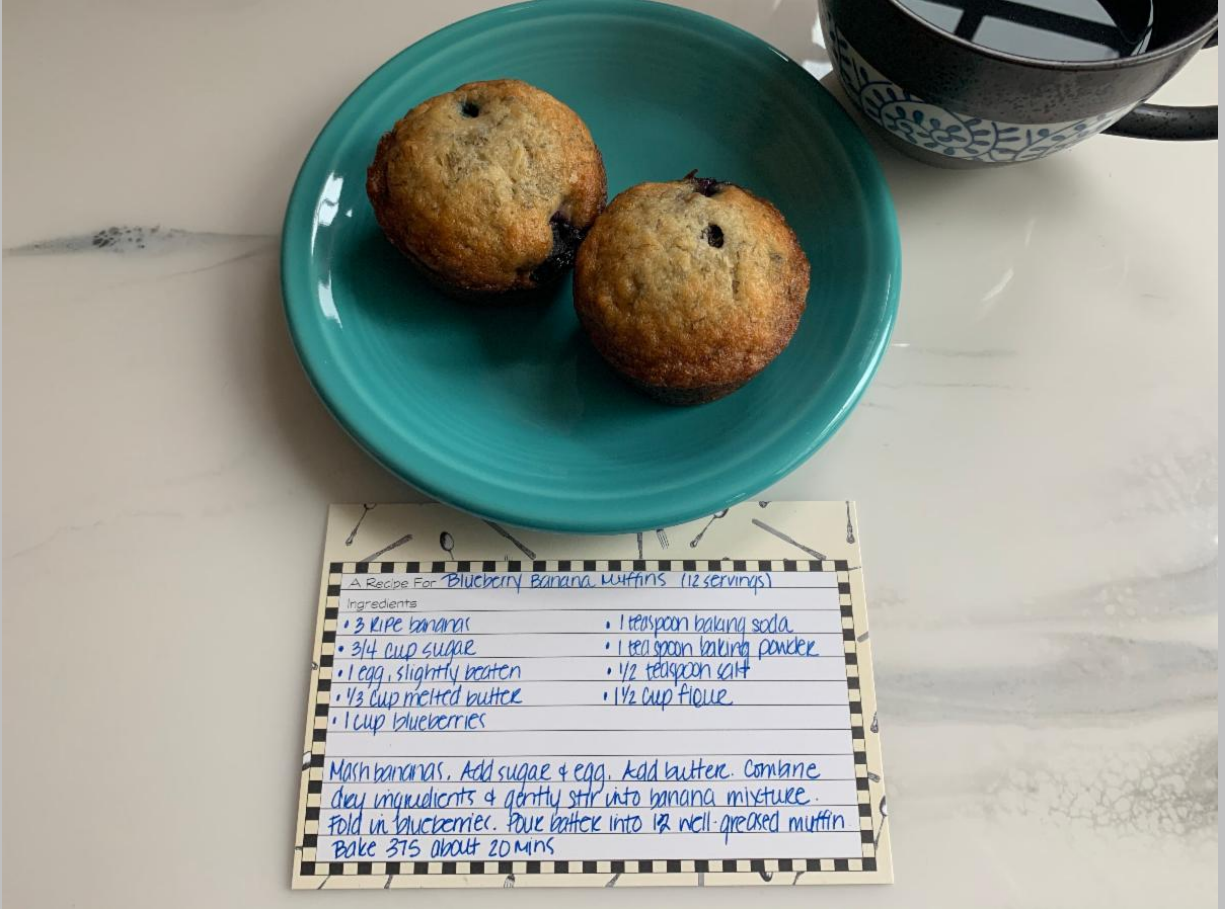
Jessica- "Forever unpacking a new house."



Dr. D making masks- "Gotta look '*DOPE*' when going back to campus!"



Stephanie-"Supporting local businesses and enjoying aromatherapy. Thanks Hope Soap!"



A Recipe For Blueberry Banana Muffins (12 servings)

Ingredients

- 3 Ripe bananas
- 3/4 cup sugar
- 1 egg, slightly beaten
- 1/2 cup melted butter
- 1 cup blueberries
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 cup flour

Mash bananas. Add sugar & egg. Add butter. Combine dry ingredients & gently stir into banana mixture. Fold in blueberries. Pour batter into 12 well-greased muffin tins. Bake 375 about 20 mins

Jessica-"Enjoying leftovers from a new muffin recipe."



Dana-"Shhh, don't tell my hairdresser!"



Dr. D-"A stroke of random art genius...from boring to fabulous!"

Visit our [CSWCS page](#) for more resource links, lighthearted videos, and self-help tools. Please continue to monitor your NEOMED email for more information from the University and/or our Center as it pertains to changes in our campus operations.

**The Center for Student Wellness
and Counseling Services**

330.325.6757

neomed.edu/cswc

counseling@neomed.edu

(Local) [Coleman Professional Services](#) 330.296.3555

National Suicide Hotline 800.273.8255

Crisis Text Line 741-741