

WellRead

with the William Magee Center



Who We Are

The William Magee Center for AOD & Wellness Education is dedicated to transforming students' lives by providing education, intervention, and support services to enhance wellbeing and foster success at the University of Mississippi.

We host programming and offer services related to holistic wellbeing, substance use and harm reduction, and disordered eating and body positivity. Our goal is to create a culture of wellness at the University of Mississippi by improving access to campus resources and supporting students on their journey to holistic wellness.

In this issue of WellRead, you'll learn about the size of a standard drink and the principles of intuitive eating, find a recipe for an easy Halloween-themed snack, discover how to request a presentation from the WMC, and more!

Upcoming Events

October

18

Triple Table Tuesday

Visit the WMC's tables for information on our wellness programs & services, and to donate supplies to a shelter for Domestic Violence Awareness Month.

Union Plaza, 11am-1pm

October

19

#UMListens Board (with CICCE)

The WMC is partnering with the CICCE on the #UMListens Board this month in recognition of International Pronouns Day.

Union Plaza, 11am-1pm

October

27

Terror in Town: Haunted House (with OPD)

Join the WMC at Oxford Police Department's annual haunted house this weekend (Thursday the 27th-Saturday the 29th)

10 Industrial Park Drive, 6pm-9pm

November

1

Triple Table Tuesday

Visit the WMC's tables for information on our wellness programs and services.

Union Plaza, 11am-1pm

November

2

In the Kitchen: Cooking Demonstration

Join the WMC to learn how to make an easy, dorm-friendly meal. Registration required.

Whitwell Kitchen (SCRC), 6pm - 7pm

November

8

Triple Table Tuesday

Visit the WMC's tables for information on our wellness programs and services.

Union Plaza, 11am-1pm

November

8

CEDP Scale B.A.S.H

Join the WMC's Comprehensive Eating Disorder Program for an event focused on body positivity and self-love at every size.

Union Plaza (daytime) & Grove Stage (evening), all day

To access our full list of upcoming events, [click here!](#)

COLLEGIATE RECOVERY COMMUNITY WEEKLY FALL SCHEDULE (8/15-12/7)

Sunday
6:00pm-7:00pm
Suggested NA Meeting
Church of Nazarene

Monday
9:00am-10:00am
Mindful Mondays
Via Zoom
<https://olemiss.zoom.us/j/95639925068>

Monday
5:30pm-7:00pm
Y12SR Yoga
OUUMC Room 226

Tuesday
10:00 AM - 11:00 AM
Agenda Meeting
*Closed Meeting

Tuesday
5:30 PM-6:30 pm
Suggested Oxford Young
People AA Meeting
OUUMC Room 240

Wednesday
12:30pm-1:30pm
Suggested AA Meeting
Jaywalkers
St. John's Catholic Church
Lower Community Room

Thursday
3:00pm-4:00pm
SMART Recovery
Turner Game Room

Friday
2:00 PM - 3:00 PM
Book Club
Grove Stage

*This meeting is closed to CRC Members only. All other events are open to all!
For more information, please contact
Kyle Loggins at kloggins@olemiss.edu

UNIVERSITY OF MISSISSIPPI
COLLEGIATE RECOVERY
COMMUNITY

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Wellness Tip: Size of a Standard Drink

A "standard drink" is the amount of alcohol
the body can metabolize in 1 hour.

Did you know that a disposable
plastic cup can help you measure
your drinks?

Check the lines and pour
according to what you're drinking.

Remember that mixed drinks
might have the equivalent of more
than one standard drink. Always
keep track of what you're
consuming & alternate with water.

12 oz or
355 mL of beer

5 oz or
148 mL of wine

1 oz or
30 mL of liquor



Wellness Tip - Intuitive Eating

Intuitive eating is a form of self-care focused on changing your relationship and thoughts around food. The ten principles of intuitive eating are:

- Rejecting a diet mentality
- Honoring your hunger
- Making peace with food
- Challenging the "food police"
- Discovering satisfaction factors
- Feeling your fullness
- Coping with your emotions
- Respecting your body
- Feeling the difference through movement
- Honoring your body through gentle nutrition

Intuitive eating is NOT a diet plan. Practicing the principles will help you to create a connection between your physical and psychological needs, which allows you to feel satisfied with what you eat.

You are worth more than a number on a scale!

[Click here](#) for more information on intuitive eating, and [click here](#) for more information on the WMC's Comprehensive Eating Disorder Program.

In the Kitchen - Pizza Mummy.

Ingredients

- Toasted bread, 1 slice
- Pizza sauce, 2 tablespoons
- Mozzarella cheese, 1-2 slices torn into strips
- Black olives, 2 slices

Steps to Assemble

- Spread pizza sauce onto toast.
- Lay strips of cheese on top of the sauce, so they look like the mummy's bandages.
- Microwave to melt the cheese.
- Add black olive slices to look like eyes.

What Have We Been Up To?



Presentations

David Magee, the Director of Operations for the William Magee Institute for Student Wellbeing, along with Lucy Waller spoke to over 1,500 new Greek students about finding joy without using substances.



#UMListens Board

Students joined us in the Circle for the #UMListens Board event to talk about how they were feeling and take an emotions button. Openly discussing mental health, especially among college students, is vital and we are glad we can help start a conversation.



In the Kitchen

On September 27, the WMC hosted cooking demonstrations sponsored by the Student Activities Association for Homecoming. The budding chefs learned how to make an easy meal of pasta salad in a jar.



Sober Tailgate

Magee Center staff and members of the Collegiate Recovery Community enjoyed a substance-free tailgate on September 24 before cheering the Rebels to victory at the Tulsa game!

Staff Shoutout!

COMPREHENSIVE EATING DISORDER PROGRAM Educating the UM community on physical health & body image



Elizabeth Porter

Graduate Assistant

Year: 1st-year Master's

Program: Clinical mental health counseling

"I love being part of the WMC because I now have the opportunity to actively educate and support students in different aspects of their lives. "



Magan Perry

Student Wellness Representative

Year: Sophomore

Program: Psychology, Minor in Applied Gerontology

"I love having the opportunity to help students, create better opportunities, and share resources with my community."



Autumn Robbins

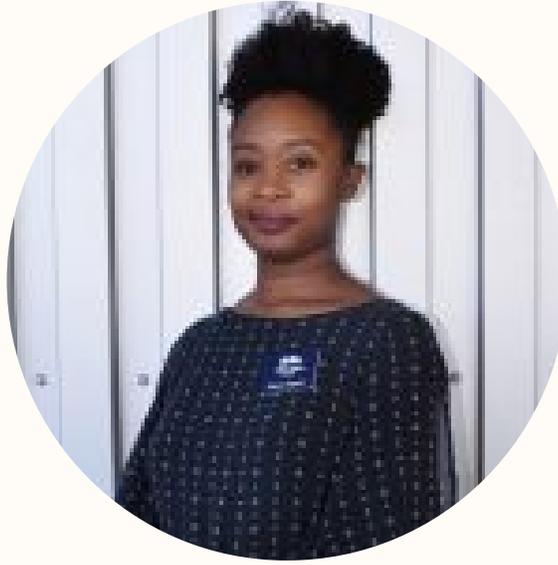
Student Wellness Representative

Year: Junior

Program: Public Health and Health Sciences, Minor in Disaster Sciences

"I enjoy being able to actively partake in educating and supporting the community I live in."

Wellness Champion Highlight



Sierra Elston

Coordinator of Wellness Education
(Student Services)

Last month, wellness coordinator Sierra Elston was the reward recipient of a \$145,000 grant from the Mississippi State Department of Health.

The grant funds will be used to expand mental health and substance use trainings, to fund the provision of mental health and substance use services and outreach, and to increase utilization of these services within traditionally marginalized populations.

Congratulations, Sierra!

Want a Presentation from the WMC?

Is your class, campus department, or student organization interested in receiving a wellness presentation from the William Magee Center?

We are available to host presentations and workshops for members of our campus community on a variety of health and wellness-related topics, including substance safety, sexual wellness, mental health, and body acceptance.

For more information and to request a presentation, [click here!](#)

Getting Involved with the WMC

Student Wellness Ambassadors

The Student Wellness Ambassadors are a registered student organization supervised by the WMC who host health-related programming and serve as peer health educators on campus.

For more information about SWA, connect with them on [the ForUM](#) and follow them on [Instagram](#).

Employment with the WMC

The WMC periodically hires new Student Wellness Representatives. Follow us on social media to be notified about when we are hiring!

For information about assistantships, internships, site rotations, and practicum experiences for graduate students, please visit our [website](#).

Connect with us!



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