



Promoting Student-Athlete Wellness  
and Substance Misuse Prevention

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## Gratitude & Mental Health

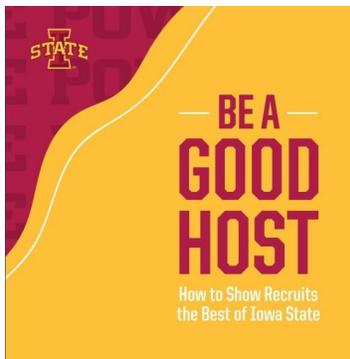
The month of November provides us an opportunity to focus on the act of giving thanks. Did you know that the simple act of gratitude can have a tremendous impact on mental health? People who think daily about what they are grateful for have increased determination, attention, enthusiasm, optimism, and energy. Student-athletes who are grateful have increased team satisfaction, lessened athlete burnout, and greater overall well-being.\* What are 3 things you are thankful for today? Try writing them in a journal or share with a friend/teammate. Check out this [poster](#) for a simple way to promote gratitude within your department.

\*Chertok, G. (2011, November). The power of gratitude. American College of Sports Medicine



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## Iowa State University: Be a Good Host



The 2020 Iowa State APPLE Team (DI, Ames, IA) focused their action plan on education and recruitment. One of their first steps was to meet with SAAC to share what they learned at APPLE and present their action plan. As a part of their presentation, the APPLE team decided to gather input from student-athletes in order to create a tangible educational resource tied specifically to recruiting. The "[Be a Good Host](#)" brochure directly impacts current

and prospective student-athletes and enhances the recruiting process by informing and educating student-athletes on how to host recruits safely while showing them the best version of Iowa State.

During the initial SAAC meeting, the team collected suggestions on appropriate activities to do, places to go and rules to follow when hosting a recruit. The team connected virtually throughout the spring to put together the "Be a Good Host" brochure which includes Dos and Don'ts as well as appropriate suggestions for entertaining recruits on campus. The team set up timelines for working on the recruiting brochure individually and then met virtually to share updates. These brochures have been printed and will be provided to student-athletes when they pick up their per diem in preparation for hosting a recruit. It is also available to all



## New Videos to Support Your Educational Efforts

The Gordie Center continues to debut new videos in our short prevention video series for students and educators. Our newest video focuses on measuring a **standard drink**, to help anyone who chooses to drink alcohol make more informed choices about how much they drink. The second helps students understand the **5 steps of bystander intervention**, specifically as it relates to hazing.

All of our videos are available free of charge--we encourage you to view them, insert them in class presentations, and share them on social media. We roll out new videos every few weeks, so be sure to subscribe to our **YouTube Channel** to be alerted when we post new content!

