



The Women's Outcomes Research & Knowledge Study

NEWSLETTER

Spring 2024

Hello and Welcome Spring!

Recently we've been hosting "Pop-up" educational events in the Flint area led by our W.O.R.K. Community Outreach Specialist, Quiana Powell.

Quiana has been talking with community members about period pain, pelvic pain, and menstrual health. She has been sharing women's health resources, including W.O.R.K. merchandise, period products, and affirmation stickers. A special *thank you* to Quiana for talking about health topics that girls and young women live with but don't often talk about!

Another topic that's often hard to talk about is mental health. We would like to take a moment to highlight Mental Health Awareness Month, May 2024. The world is constantly changing, and it can be overwhelming to deal with everything going on around us. By taking care of our own well-being and building our coping toolbox, we can learn to manage stress, difficult emotions, and deal with challenging situations.

Mental Health America's 2024 Mental Health Month toolkit provides free resources including DIY tools. To download the toolkit, visit: mhanational.org/mental-health-month



ATTENTION PLEASE!

All W.O.R.K. Study surveys must be completed by Friday, August 30, 2024

- ◆ Please **check your survey queue** to see if you have any surveys to complete.
- ◆ You will **receive an Amazon.com eGift card** claim code for each survey you complete.

If you have any questions or need us to email or text you the link to your survey queue, please contact the W.O.R.K. Study Team:

Email: letswork@msu.edu
Phone: (616) 234-2858

Thank you!

How to Practice Mindfulness

Mindfulness is becoming more aware of where you are and what you're doing, without becoming overly reactive or overwhelmed by what's going on around you. Mindfulness is about being in the moment.

When we practice [mindfulness](#), we're practicing the art of creating space for ourselves—space to think, space to breathe, space between ourselves and our reactions.

You can practice anywhere, there's no need to go out and buy a special cushion or chair—all you need is to devote a little time and space to accessing your mindfulness skills every day.

How to Practice Mindfulness

- 1 Take a seat.** Find a place to sit that feels calm and quiet to you.
- 2 Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.
- 3 Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.
- 4 Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.
- 5 Notice when your mind has wandered.** When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.
- 6 Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



By Mindful Staff

Other ways to practice mindfulness:

- Plant flowers
- Do yoga
- Take a walk or hike
- Curl up with a good book
- Walk the dog
- Savor a cup of tea
- Knit or crochet
- Write in a journal or notepad
- Treat yourself to a pedicure or Manicure
- Get a massage
- Watch the sunrise or sunset
- Listen to classical music

Source: mindful.org

Thank You For Staying Connected!
YOU are the key to improving women's health

Phone: 616-234-2858 | Email: letswork@msu.edu

Website: go.msu.edu/workstudy



MICHIGAN STATE
UNIVERSITY

Let's Get To
WORK
Women's Outcomes Research & Knowledge