

# Wellness InSTALLments

March 2019 — Volume 6, Issue 9

This Month's Author: Allyson Felsburg



## Upcoming Events

### SPRING BREAK 3/2 - 3/10

03/12: Half Way There Fair  
11am-3pm, CC Ballroom

03/13: Spring Back to Success  
11am-2pm, Library Lawn

03/14: Celebrity Cash Cab:  
Alumni Association  
11am-1pm, Main Campus

03/19: STD Roulette  
6pm-7pm, Eagle Hall Lobby

03/20: Healthy Hump Day  
Letters to my Younger Self  
11am-1pm, Student Plaza

03/26: Mental Health Jeopardy  
6pm-7pm, Biscayne 4th fl.

*Please see our online calendar for  
a full, updated schedule*

## WELLNESS TIP

By writing out a budget, you will be able to see where your money is going and ways to implement money saving techniques.

## Question of the Month

What is the name of an app that can help you budget and stay on track of finances?

Email us at [pws@fgcu.edu](mailto:pws@fgcu.edu) with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

Scan the QR for information on our Wellness Coaching.



## Less Stress with Your Success



College students often worry about money, which may lead to excessive stress. According to the National College Health Assessment, most college students rank financial stress as the second highest stressor, following academics. From costly textbooks to living expenses, more and more students are finding themselves in debt while trying to keep up with all of their finances. Though it may seem impossible, taking steps towards financial wellness can alleviate much of the stress brought about by expenses. **To be “financially well” means to have a basic understanding of financial topics, a plan to meet your financial goals, and the ability to manage financial stress.** As a student, one way to do this is by becoming familiar with university resources or “hacks” that can help you save money and enjoy the perks of being a college student.

## Putting the FUN back in Your Fund

With hectic lives, college students sometimes struggle with balancing fun and academics. Every now and then, it is important to take a break and enjoy yourself, but also be mindful of how much you are spending. Here are some tips!

### \$ Save Up

If you want to do something that costs money, budget for that expense ahead of time. Utilize apps like **Mint** or **Every Dollar** to help you establish a budget and stay on track.

### \$ Free Fun

There are always fun events on campus that often offer free food and items! Check Eagle Link regularly to keep up with these events.

### \$ FOMO

Sometimes you will have to say no to going out with friends because you don't have enough money. That's okay! Suggest alternatives like potlucks instead of eating out, Netflix movie nights, or going out on discount days, like Moe's Mondays.



## Eagles on a Budget— On-Campus Hacks and Resources

**\$ CAA and Writing Center**—free tutoring

**\$ Campus Recreation**—free gym membership and low or no cost equipment rental

**\$ CAPS**—free counseling

**\$ Financial Aid Office**

**\$ Food Pantry**—food assistance

**\$ Library Rentals**

**\$ Prevention and Wellness**—free wellness coaching

**\$ Student Discounts** at nearby stores and restaurants

**\$ Student Government Farmers Market**

**\$ Student Health Services**—free routine medical care

**\$ Zip car**—car rental

