



Engineering Student Government

ESG December Newsletter

With the end of the semester quickly approaching, ESG is here to help you get through this tough finals season. Whether it's taking a break to try meditation or learning more about mental health resources on campus, we've got you covered.

Our primary goal is to support fellow Michigan engineers, so please feel free to reach out at esg.executive@umich.edu if there is anything we can do to help. Stay safe, go blue, and see you in 2021!

YOU ARE WORTH IT.

We're here for you.

We know how hard this semester has been, please check out these mental health resources available to U of M students if you are struggling or just need to talk.

[HTTPS://UMICH.INSTRUCTURE.COM/COURSES/402672/PAGES/MENTAL-HEALTH-RESOURCES](https://umich.instructure.com/courses/402672/pages/mental-health-resources)



This semester has brought unprecedented and unexpected hardships on the mental health of all University of Michigan students. As we enter into the last weeks of class and begin finals, please take a moment to access the mental health resources available to you [here](#), and take care of yourselves Wolverines.

We understand that this semester has been a rough ride for all of us, with many overwhelmed by the chaos and uncertainty constantly surrounding us. How about we take a step back? Join us for three 10-minute meditation sessions to escape from all the hustle and bustle as finals week is right around the corner.

Body Scan Meditation -- Sunday, December 6th 19:00-19:15 ET

Body scan meditation is a wonderful way to relax and experience our bodies as ever-changing, dynamic, and more fully alive. It will open the door for new insights about how our bodies are always changing, as solid as they may seem on the surface.

Meditation on Positive Emotions -- Tuesday, December 8th 19:00-19:10 ET

In order to have the resiliency to face difficulties, we need to find and nurture the positive parts of ourselves, and make a point of paying attention to experiences that give us pleasure. Too often we focus on what's wrong with us or unpleasant experiences. We need to make a conscious effort to include the positive in our field of awareness.

Meditation on Negative Emotions -- Sunday, December 13th 19:00-19:10 ET

Mindfully accepting a negative feeling, such as rage or envy doesn't mean that you've given yourself carte blanche to wallow in negative emotions or act irresponsibly. Quite the opposite. By acknowledging a thought or emotion as part of your human repertoire, you can begin to create a healthier relationship to it.

Join us via Zoom at <https://umich.zoom.us/j/4873723490>. We are looking forward to meditating with you!



ESG is celebrating the holidays with a Candy Cane Exchange. Fill out [this form](#) to get a free candy cane and connect with someone with similar tastes!



Raven Shilander

Sustainability Committee
Co-chair

Being in ESG has given me a sense of community and belonging in a time where that feeling is hard to come by. I have met so many bright and highly motivated individuals in ESG that all work together to make the University of Michigan the best it can be. I have been an ESG senator since Winter of 2020, and a member of its Sustainability committee for over a year now. Recently appointed as the committee co-chair, I now help lead projects such as working with Students for Clean Energy to implement more solar-powered structures around campus, working with CoE administration and regional energy managers to increase energy efficiency in north campus buildings, and even starting collaborative efforts with the Student Sustainability Coalition. I have loved working with a diverse array of engineering students to tackle large issues around campus, and cannot wait to see what myself and ESG as a whole are able to accomplish next semester.



As we look forward to next semester, ESG hopes to continue to help engineering students make meaningful connections with each other. Last month, we launched

our **EnginBuddies program**, which is a matching program connecting first-year students to a potential new friend based on a series of basic personality questions.

One of the features of the EnginBuddies program is the continued matching, as each month, participants will receive a new, unique match. Because of the increased difficulty in making initial connections especially with a virtual Winter semester, we are reopening signups with the hope of adding to our pool of potential matches! We will release the first round of new pairs in early January, and continue for the rest of the Winter semester. To sign up (by December 16th), please click here: **ESG EnginBuddies**.

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www.esg.engin.umich.edu

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