

U GOOD EVENT GUIDE

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START HERE.

U Good events raise awareness of mental health and substance misuse among college students. The objective of U Goods is to engage, educate, and encourage students to adopt healthful skills and behaviors that improve mental wellness. This event programming was created and implemented by Kent State University, Center for Public Policy and Health.

This Microsoft Word document details the U Good event titled:

“Make Aromatherapy Dough”

EVENT DESCRIPTION.

The focus of the event is to provide access to aromatherapy through creating own essential oil dough to use in times of anxiety and stress.

The evidence backing reasons for hosting the event:

- According to Johns Hopkins Medicine (2023), “Aromatherapy is the practice of using essential oils for therapeutic benefit” (p. 1).
- According to the Cleveland Clinic (2023), “In the U.S., aromatherapy often complements other treatments for people with conditions like anxiety. People also use aromatherapy to maintain wellness and feel better in general” (p.1).

Those who attended the event were offered to do an activity that consisted of adding scented essential oil (e.g., peppermint oil, lavender oil, sweet orange oil) to premade play dough. Event attendees could then leave the event with their dough and a hot card about the event.

The anticipated event attendees were Kent State University students.

The event entailed students approaching the event table, creating the aromatherapy dough, and then receiving a hot card explaining how to use the aromatherapy dough and where to locate other mental health resources on-campus. This was a free walk-up tabling event located in a common space at the University’s campus that is accessible, convenient, comfortable, and easy to navigate for on-campus students. It took an attendee approximately ~5-10 minutes to participate. Two volunteers were needed to table the event.

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EVENT BUDGET.

There were costs associated with hosting this event. See event itemized budget below.

Event title:	Make Aromatherapy Dough				
Expected number of event attendees:	~50				
Items on-hand that did <u>not</u> need to be purchased:	N/A however able to use typical pantry items if desired				
Event Itemized Budget					
Item	Quantity	Price per unit	Total	Store	Web Link
Flour	1	\$2.24	\$2.24	Walmart	N/A
Salt	3	\$0.44	\$1.32	Walmart	N/A
Vegetable Oil	1	\$1.92	\$1.92	Walmart	N/A
Cream of Tarter	4	\$2.98	\$11.92	Walmart	N/A
Lavender Essential Oil	1	\$8.99	\$ 8.99	Amazon prime	N/A
Orange Essential Oil	1	\$7.99	\$7.99	Amazon prime	N/A
Peppermint Essential Oil	1	\$9.99	\$9.99	Amazon prime	N/A
Food Coloring	1	\$ 3.48	\$3.48	Walmart	N/A
Food Coloring	1	\$3.48	3.48	Walmart	N/A
Containers	1	\$11.99	\$11.99	Amazon prime	N/A
Labels	1	\$ 8.78	\$8.78	Amazon prime	N/A
Gloves	1	\$7.89	\$ 7.89	Amazon prime	N/A
TOTAL	17	-	\$79.99	-	-

*Please note that links to items are subject to change. Some items may no longer be available or have fluctuated in price. In those cases, our recommendation is to browse for items to serve as substitutes for items listed above.

EVENT SCHEDULING.

Event was hosted during afternoon hours in an on-campus area designated for tabling. The event occurred on October 1, 2019.

EVENT ADVERTISING.

Event was promoted on Center's social media and through student organization email listservs. Posting was also made on the university event calendar.

EVENT PREPARATION.

Materials and supplies were built out and organized for the event.

Aromatherapy Dough Recipe:

- Each batch makes: 4 dough balls
- Minimum recommended: 50 dough balls
- Will make: 13 batches

Aromatherapy Dough Materials for 1 batch:

- 1 cup water
- 1 tablespoon vegetable oil
- 1/2 cup salt
- 1 tablespoon cream of tartar
- Food coloring
- 1 cup flour
- Essential Oils

Aromatherapy Dough Event Directions:

1. Prior to the event, create the dough base.
 - a. Mix together the water, oil, salt, and cream of tartar in a saucepan.
 - b. Heat on the stove until most of the salt has dissolved.
 - c. Stir in the flour with a spoon, then wait for it to cool before kneading with your hands until smooth.
 - d. Portion dough into individual balls that can be handed out to participants. Store dough balls in an airtight container or ziploc bag. It does not need to be refrigerated.
2. Set up your table for the event. Be prepared to provide verbal or written instructions to participants outlining how to finish making the aromatherapy dough:
 - a. Have participants add their preferred type of food coloring and essential oils (1-2 drops) and tell them to knead or mix dough with their hands until food coloring and essential oils are thoroughly mixed in the dough.
 - b. Advise participants to store their aromatherapy dough in a Ziploc bag or other airtight container. It does not need to be refrigerated.
3. Offer paper handouts that outline the mental health and wellbeing benefits of essential oils.
4. Offer paper handouts or hotcards that have local, campus, and national mental health resources that participants can take home with them.

See examples of event flyers and hot card below. *Not to scale.



How to Use Your Aromatherapy Dough

- Sit somewhere comfortable and peaceful
- If you desire, play calming music
- Squeeze, pull, and pinch off pieces of your therapy dough
- As you are playing with the dough, envision a peaceful and tranquil scene
- To improve focus, play with the dough while doing a task that requires a lot of concentration
- When finished, seal in an airtight container
- If your dough starts to dry out, add some water
- If your dough loses scent over time, add some more oil



WHAT ARE THE BENEFITS OF ESSENTIAL OILS?

Peppermint Oil

Boosts mental alertness, enhances mood, sharpens focus, alleviates symptoms of congestion, and more

Warning: Can be a skin irritant and avoid contact with eyes. Do not use if pregnant.

Lavender Oil

Used for stress relief and has the following properties: antiseptic, antidepressant, anti-inflammatory, sedative, and more

Warning: Discontinue use if you have an allergic reaction

Sweet Orange Oil

Can help alleviate anxiety, enhance immunity, boost cognitive function, and more

Warning: Avoid use if you have a citrus allergy. Is considered phototoxic and

Resources at Kent State Stark

- Kent State Recreational Services
 - www.kent.edu/stark/recreation-wellness-center
- Counseling Services
 - www.kent.edu/stark/counseling-services

Mental Health Awareness Trainings

- Mental Health First Aid
- Kognito for Faculty and Staff
- QPR Training

For more information on trainings, visit

www.kent.edu/MHAT

MORE AWARE
An Initiative of the Division of Mental Health and Substance Use

Mental Health Screenings

Kent State University provides free and anonymous online mental health screenings to all Kent State students, faculty, and staff
www.kent.edu/mhsu/mental-health-screenings

Stark County 24 Hour Hotline
In crisis?
Don't wait, call now!
330-452-6000
800-956-6630



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References

Cleveland Clinic. (2023). *Aromatherapy*. My.clevelandclinic.org.

<https://my.clevelandclinic.org/health/treatments/aromatherapy>

Johns Hopkins Medicine. (2023). *Aromatherapy: Do Essential oils Really Work?*

Hopkinsmedicine.org.
<https://www.hopkinsmedicine.org/health/wellness-andprevention/aromatherapy-do-essential-oils-really-work>