

113: The Cultural Degree

LINDSEY WHISSEL FENTON: Welcome to *12 Degrees*, the podcast that offers real life strategies for nurturing full spectrum wellness. I'm Lindsey Whissel Fenton.

CHRISTINA LIGHTNER: I'm Christina Lightner

DESHNA NAGAR: And I'm Deshna Nagar.

LINDSEY WHISSEL FENTON: Together, we explore the twelve areas of wellness that influence how we feel and function.

CHRISTINA LIGHTNER: We share our own personal experiences and the research-backed strategies we find helpful and give thoughts for how you can adapt them for your life.

DESHNA NAGAR: We want to empower you to make informed choices across the full spectrum of wellness. In this episode, we're going to be looking at the cultural degree of wellness and what we can do both at the individual and community level to support it. Christina, help us get started. What is cultural wellness?

CHRISTINA LIGHTNER: So cultural wellness is about appreciating, respecting, and actively engaging with diverse cultures. It encourages self-awareness, open mindedness, and a sense of belonging. So, this degree involves that continuous learning, reflection, and humility. It also invites us to explore our own cultural roots and how they influence how we move through the world.

DESHNA NAGAR: Yeah. And that our cognitive and even physical benefits. People who engage with diverse cultural perspectives tend to be more adaptable. It even acts as a buffer against stress and depression. So, in short, cultural wellness isn't just some feel good concept. It's a legit research-backed strategy. And it's about how we thrive together.

LINDSEY WHISSEL FENTON: And part of nurturing our wellness in this degree is about exploring how we think about culture. I took a workplace training a few years back that challenged me to go beyond just someone's ethnic or geographic or religious background and think about all these other locations we hold-- things like age and other things, like whether or not you've served in the military. So even things like whether or not you have pets or if you have children or not, can all encompass different types of culture.

DESHNA NAGAR: Yeah. And an example that comes to my mind is disability culture, and how disability culture has a flourishing tradition of art, music, poetry, and performances that embrace life with a disability as a unique and valuable way of being. Rejecting the notion that it's inherently tragic.

CHRISTINA LIGHTNER: That's a great example, Deshna. I'm also thinking of how workplaces and specific industries can each have a unique culture. Healthcare has a lot of jargon and different jargon between specialties. And academia definitely has its own culture.

LINDSEY WHISSEL FENTON: Oh, I hear that in academia, it's not like a monolith. The culture of a medical school or business school is different from the culture say, film school or the liberal arts.

CHRISTINA LIGHTNER: Absolutely.

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LINDSEY WHISSEL FENTON: I'm also thinking of generational culture, which, I think, can be easy to overlook. But it's definitely a thing. Baby boomers, Gen Xers, millennials, Gen Zs all have distinct values and communication styles. And it's funny to really be confronted with which part of that culture you are inhabiting. For example, I recently learned that the emoji I use most, the laughing with tears emoji, is apparently considered uncool by Gen Z. Deshna is our representative of Gen Z. Would you care to comment?

DESHNA NAGAR: The laughing with tears emoji has definitely been retired. But honestly, Lindsey, I think, you're pulling it off, queen. It's giving timeless with a side of unbothered.

[LAUGHTER]

LINDSEY WHISSEL FENTON: I appreciate that. Thank you for not making me look completely uncool on air.

CHRISTINA LIGHTNER: So, I can totally relate with that on coolness. So, I'm 42. And I'm a millennial. But I'm just making the millennials. So, when I read between the differences of Gen-- oh, my gosh, I'm blanking.

LINDSEY WHISSEL FENTON: Gen Z?

CHRISTINA LIGHTNER: No. The one before.

LINDSEY WHISSEL FENTON: Gen X.

CHRISTINA LIGHTNER: Yes. Gen X. Oh, my gosh. So, I'm between millennial and Gen X. And when I read the things for Gen X, I almost relate more with those, even though I'm technically a millennial. And then my daughter, she's 12. And so, she just made being Gen Z. She almost is alpha. So, we have that age difference. So, I definitely feel the uncoolness. And I had no idea that the laughing emoji was uncool. So, thanks for letting me know that.

LINDSEY WHISSEL FENTON: Clearly, we are uncool. I read once that we are considered a micro-generation. Referred to as the Oregon Trail generation, because we actually have this benefit of experiencing life before the internet became a thing, and then after. So, we remember both.

DESHNA NAGAR: That makes me think of internet communities and digital culture, like gamers. These communities can include specific slang or etiquette, and even in-game traditions.

LINDSEY WHISSEL FENTON: Interest-based cultures can get so nuanced-- people who are into things like cosplay or just even really devoted to a sports team.

DESHNA NAGAR: For sure. Yeah.

CHRISTINA LIGHTNER: That reminds me of Penn State and the, "we are Penn State." You can hear that "we are" everywhere you go. I've had Penn State shirts on and being at the airport, and people are like, we are. And you always have to answer.

DESHNA NAGAR: Yeah.

LINDSEY WHISSEL FENTON: Yeah. Well, sports are not my thing. I have other weird niche things. And that's making me think about how there's even a culture around just really loving and getting excited about certain holidays. So, I'm thinking of the first time I went to Salem, Massachusetts, and how every time I walked into a store, it was like, Halloween, Yay! I texted a friend that-- I said, I feel like I've found my people.

DESHNA NAGAR: Lindsey, you're going to have to take me along with you the next time you go.

LINDSEY WHISSEL FENTON: Oh, I will totally nerd out. I actually still have-- I made an itinerary for my friend and I. And I put little witch clip art. This was pre-Canva days. And I had the whole trip mapped out. And it was one of the best trips we've ever taken. So, I've got your back. I will take you there anytime.

DESHNA NAGAR: I love that.

CHRISTINA LIGHTNER: Yeah. And we totally love those all the time, Halloween stores as well. So those would be our people too, Lindsay. We love Halloween. We actually keep some Halloween decorations up all year round, so.

LINDSEY WHISSEL FENTON: See. And this is the beauty of cultures. I instantly feel more connected to you now, Christina.

CHRISTINA LIGHTNER: Yes.

[LAUGHTER]

LINDSEY WHISSEL FENTON: And, Deshna, I know you're a fan of the spooky stuff, too, so right on.

DESHNA NAGAR: Yeah.

CHRISTINA LIGHTNER: Yeah. And there's also unique cultures around like the LGBTQIA community, different regions, and also, socioeconomic cultures. Basically, culture is everywhere, and it's about shared meaning, identity, and connection in all kinds of communities.

DESHNA NAGAR: So, let's bring it all home with some strategies. Part of this degree of wellness is staying curious and humble when it comes to exploring other cultures. For example, some ideas to learn more about disability culture are to engage with disability advocates and creators on social media, and to read books and articles written by individuals with disabilities rather than just about them. One that I love is Alice Wong. She was in a human resources episode on Netflix. And that's how I got familiar with her work, if you're looking for a place to get started.

CHRISTINA LIGHTNER: Yeah, those are great, Deshna. And I'm thinking about for professional cultures, like for someone in academia. This could be reading journals, or blogs from different academic disciplines, or go to lectures outside your field. One thing that I do is I volunteer as a peer reviewer for the Building Healthy Academic Communities Journal. And the Building Healthy Academic Community is interprofessional. And it's on a national level. And the journal offers many perspectives from various

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fields and cultures. And another interesting thing that I recently did is I volunteered to judge the Penn State Undergraduate Research Exhibition. And the research out of other fields offers different perspectives-- so just a few ideas for those in the field of academia.

LINDSEY WHISSEL FENTON: That's a great perspective, Christina. I know that's one thing I love about my work. I get to connect with so many different professional cultures. For example, I'm currently working on a project with the Yale Child Study Center to create a culture of grief sensitivity in healthcare, and even that's been a learning process. You would address this earlier about how many different unique cultures exist within those settings.

CHRISTINA LIGHTNER: That's awesome that you're doing that work of grief sensitivity. And we're building a culture of wellness at the Penn State Ross and Carol Nese College of Nursing. It does take time but starting small and slowly integrating the wellness more and more over time. A simple example is to just change wording. So instead of saying, break, think or say, wellness break. So, we can encourage ourselves to do wellness activities during our breaks. And if we're in the position to help others do this as well. So, if you're in charge of leading meetings, you can say, hey, why don't we take a 5 or 10-minute wellness break? And implement these small changes-- or if you're in the position to change the wording to reflect wellness in your work.

LINDSEY WHISSEL FENTON: That is such an important point, Christina. And you bring up this point with wellness culture. That culture can also be tied to our values and what we're looking to foster in the world, So excellent point.

DESHNA NAGAR: Yeah. And learning about a new culture also requires intentional engagement, curiosity, and a willingness to listen. Across all types of culture, the key is to engage respectfully and prioritize voices from within the community.

CHRISTINA LIGHTNER: This is so true. As a nurse and an educator, it's so important to listen to the cultural needs of others and to implement into the care or into the teaching and respect other cultures. So, it's neat to see students find ways to nurture their cultural wellness. I'm super proud of our Multicultural Student Nurses Association. We have students from around the world. And this association is an organization founded by students within the College of Nursing at Penn State. And they have the goal to unify students who identify with different ethnic backgrounds. And they are dedicated to recruiting more students of color into the College, networking, and creating safe spaces for underrepresented nursing students at the University.

LINDSEY WHISSEL FENTON: That's amazing. There are so many little things you have to navigate every day when you're living in a different country. I did a professional exchange program through rotary, where I spent time in Ukraine. This was before the war. And I still remember the first time I had to do laundry. And all the buttons on the washing machine were in Cyrillic. And I mean, at that point, I could speak and read a little bit of Ukrainian and a little bit of Russian. But the nuances of these technical symbols were so confusing that I remember I just found a word that looked like cotton. And I just hit the button and hoped for the best. So that can be such a mental tax. And any supports that can be made available can make such a big difference.

DESHNA NAGAR: A 100%. So, when you said that, it just made me think of a lot of clients that I have that are international students, and the cultural loss they experience when they come here. I have a lot of

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students who won't participate in class because they maybe don't feel as confident in their language skills. It can be really tough. And so, as we think of people traveling to different countries, travel isn't the only way to engage with other cultures. As we've established, there are so many other things that we can do.

LINDSEY WHISSEL FENTON: Yeah, that's such an important point, Deshna, because we know travel isn't an option for everyone. I think, though, there are ways we can benefit even from other people's experiences. For example, if one of your friends takes a trip, asking them more than just, oh, did you have fun? Or how was your trip? This could be things like, what stood out to you about daily life there, routines, or even work hours, things like that that you observed? Or what was the pace of life like compared to here? Or how do people greet each other? If you want to do a little learning about a country's culture through a friend or acquaintance's travel experience.

DESHNA NAGAR: And food can also be such a great way to learn about another culture. I'm thinking, you could also ask a friend about the most memorable meal they had, or if they tried any local dishes or street food.

LINDSEY WHISSEL FENTON: Oh, yeah. And I also want to share something that WPSU produces that could help nurture our cultural wellness. It's a web series called, World Kitchen, that simultaneously teaches the audience about how to make dishes from around the world, while also learning from guest chefs about the cultures, and history, and traditions that each of these dishes represents. And similarly, WPSU produces a series called, Culinary Connections, that tells the stories of people and places in Central Pennsylvania that use food to connect with the world around them. And I believe some of those have also featured food from different cultures.

DESHNA NAGAR: I actually checked that out, Lindsey. And I'm planning on making an arepas this weekend that I'm really excited about.

LINDSEY WHISSEL FENTON: Oh, that's awesome.

CHRISTINA LIGHTNER: I also love World Kitchen. I haven't checked out Culinary Connections. But it's on my list to do so. So yeah, food can be a great way to nurture this degree of wellness. I'm also thinking about music. So just like food, this can be a great way to learn more about a culture. So, you could ask a friend what kind of music were popular or if they discovered any new artists they could recommend.

DESHNA NAGAR: That's a great idea. One more question I like is, would you want to go back to the place you visited? And if so, what would you do differently? Or what advice would you give me if I were going there to get the most out of the experience? For me, it also helps me decide if I want to book a trip to the place, or just live vicariously through someone else's sunburn.

[LAUGHTER]

LINDSEY WHISSEL FENTON: Yeah. And for me, I'm still thinking about Deshna's suggestion a few minutes ago about disability culture and learning from authors from that culture, because that's one of my favorite ways to learn. And I'll often do that before I go somewhere-- not just travel books but reading content from people from a place I'm visiting, because there's so many interesting nuances you discover. I especially love memoirs and autobiographies. But fiction can also be effective. And I was

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thinking about a student teacher we had. I think, I was in second grade. And she had us read different versions of Cinderella from other cultures. And while I have some issues with the actual story of Cinderella as an adult, I do remember how fascinating it was to learn about how other cultures had their own interpretations of the same story. And we can do that, too, today. If there's a story we love, we could see if we could find a different take on it. And I think, this can be especially fun to do with children's books, even as an adult. I was actually going to mention in our creativity episode when we talked about play. I sometimes buy children's books for myself as a way to de-stress and just because well, they make me happy. So, treating yourself to a children's book, or checking one out of the library that is from a different culture or even in a different language, could be a fun way to get your feet wet into cultural wellness.

CHRISTINA LIGHTNER: Yeah, I'd love that suggestion of the children's books, Lindsey. And so, I was also thinking about games. Playing a board game or a sport from a different culture can be fun and educational. So, for example, Mancala-- the game is thought to be originated out of ancient Egypt. And this game is one of the oldest known board games played in many countries. It involves the strategy of using the stones in the pits. And it does help teach math skills, as well as patience and planning, and so mixing those different domains of wellness, like intellectual, emotional, and social.

LINDSEY WHISSEL FENTON: Deshna, do you have any games you like to play that relate to cultural wellness, other than making us improv and do very badly?

[LAUGHTER]

Is there a game you play at home that isn't played here?

DESHNA NAGAR: I don't know if red hands is a thing here.

LINDSEY WHISSEL FENTON: What is it called? Red hands?

DESHNA NAGAR: Yeah.

LINDSEY WHISSEL FENTON: I've never heard of it.

CHRISTINA LIGHTNER: Yeah, I've never heard of it either.

DESHNA NAGAR: So, this is probably the most distressing game I've ever played. So, everyone sits in a group. And then you'll place your hands one on top of the other. And then you try to hit the hand below yours the hardest you can. And so, the goal of the game is to get the other person to bruise or bleed. And I've had-- yeah.

LINDSEY WHISSEL FENTON: Wow. OK. That's probably not a degree of cultural wellness I will be engaging in. I thought you were going to say-- I'm like, we have something called hot hands. But it's more of just a silly children's game where you try to hit the person's hands before they can pull it away.

CHRISTINA LIGHTNER: Yeah, that's what I thought of when you were talking about it, too.

LINDSEY WHISSEL FENTON: There's no bruising or bleeding, usually.

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CHRISTINA LIGHTNER: No. You're trying to move away, so.

DESHNA NAGAR: Hmm, I genuinely do wonder where that comes from, if that's an Indian thing or-- I don't know, because I grew up playing that game a lot. And it actually sounds really distressing. But it was actually fun.

LINDSEY WHISSEL FENTON: I'll take your word for that one. Like I said, probably I'll focus more on language games.

CHRISTINA LIGHTNER: And in our intellectual wellness episode, we talked about how great language can be for our brain. It can also be great for our cultural wellness.

DESHNA NAGAR: A really fun way of learning a new language can also be just labeling different objects or items in your house in different languages. As someone who finds learning a new language really intimidating, this is really helpful.

CHRISTINA LIGHTNER: I love that tip, Deshna. My daughter is trying to learn Greek right now. And so, I'm going to pass that tip along to her. And she has one of those little label makers. So, she'll love it.

LINDSEY WHISSEL FENTON: I actually tried that a really long time ago when I was trying to learn French. And I unfortunately discovered too late in life that I love learning languages. So, it's a little harder now. But I had taken Post-its and written-- I can picture in my old apartment all of these Post-its. I was still not great with French. Of all the languages I've tried to learn, I had the hardest time with that one. But I hope your daughter has more luck with Greek.

CHRISTINA LIGHTNER: Thank you.

DESHNA NAGAR: And also going back to a conversation we had earlier of neuroplasticity. I mean, it might be harder, Lindsey. But you're doing it.

CHRISTINA LIGHTNER: Yeah.

LINDSEY WHISSEL FENTON: Yeah. And language learning can be small. So again, when I was in elementary school, I think, kindergarten, our teacher would teach us to say, thank you, in different languages. And I thought that was super fun. I still remember it. And so, we could practice learning to say, hello, in a different language each week.

CHRISTINA LIGHTNER: I love that your kindergarten teacher taught you how to say, thank you, in different languages, Lindsey. My screensaver is, hello, in different languages, so I appreciated that.

LINDSEY WHISSEL FENTON: And another great way to get exposure to a different language is through foreign films. And I would say, if you're able, challenge yourself to watch the film in its original language using subtitles, instead of watching the audio dubbed version, because I feel like you can't help but lose something in that translation.

CHRISTINA LIGHTNER: Yeah, I'd totally agree. Some of my favorite movies have been the movies from foreign countries. So, I think, what we're getting at here is that culture exchange is really valuable when

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it's done with care. So, let's talk about the difference between cultural appreciation and appropriation, because while learning from other cultures can be great, there is that fine line between respect and harm.

LINDSEY WHISSEL FENTON: Absolutely. We can think of it like this. Appropriation happens when cultural elements, especially from historically marginalized groups, are taken without understanding, permission, or credit. Think of wearing sacred symbols as fashion or profiting from those traditions without giving back. Whereas appreciation on the other hand, is about learning, honoring origins, and engaging with respect.

DESHNA NAGAR: Yeah. And it can be really uncomfortable when something meaningful gets turned into a trend. But I've also had some really beautiful moments where my friends have shown genuine curiosity, like expressing interest in attending one of my festivals, or wanting to wear a sari with me, not just as a costume.

LINDSEY WHISSEL FENTON: How do you sense the difference?

DESHNA NAGAR: Hmm, that's a good question. I think, you can tell so much by someone's body language and their tone of voice. And again, going back to that genuine curiosity, I can tell when someone is just genuinely curious as opposed to ignorance or-- I don't know what word to use. But does that make sense?

LINDSEY WHISSEL FENTON: Yeah. I think also, that speaks to being careful to not exoticize something just because it's different from what we know. And thinking about films and cultural wellness-- when you see a movie or a movie series is about a culture, get curious about who made the film, and if it's someone who's inside or outside of the culture that they're showing, because even when we have good intentions, our perspectives can't help but have an influence on the final product.

CHRISTINA LIGHTNER: Yeah, definitely. And another part of cultural wellness is engaging with our own culture. And so now I'm thinking about strategies for doing that. What's coming up for the two of you?

DESHNA NAGAR: I've been thinking about how even when you're living in a completely different country, there's something grounding about keeping your cultural rituals alive. So, for me, that looks like cooking the food I grew up with, celebrating Indian festivals, and even just listening to music in Hindi.

CHRISTINA LIGHTNER: I'm curious, what your favorite thing to cook

DESHNA NAGAR: Hmm. So, it's all my favorite thing to cook. But my favorite thing to eat is rajma chawal. And I only say, it's not my favorite thing to cook, because my mom makes like the best rajma chawal. And I haven't really been able to replicate that so far.

[LAUGHTER]

CHRISTINA LIGHTNER: I'm very interested to try it. What is the base of the dish?

DESHNA NAGAR: It's rice and kidney beans.

CHRISTINA LIGHTNER: OK. Love rice and love kidney beans. Is it vegetarian as well then?

DESHNA NAGAR: It is.

CHRISTINA LIGHTNER: Awesome.

DESHNA NAGAR: Yep. I'll get some for you. It's spicy though.

CHRISTINA LIGHTNER: Oh, I like spice.

DESHNA NAGAR: OK.

LINDSEY WHISSEL FENTON: I wish people listening to this could witness how Christina's face just lit up as she was thinking about this new dish. It was beautiful to see. And Deshna, I'm glad you found those ways to stay connected to home. But yeah, thinking about my own culture-- I'll go back to the regional identity. I didn't know this was a Buffalo thing until I moved away. But we have something called, sponge candy. And I tried to get it when I was at school in Pittsburgh once. And they looked at me like I was crazy. And that was when I learned, it was unique to Western New York. But it's chocolate on the outside and the inside is like this-- I don't know-- spongy, kind of toffee-esque thing. But it's hard to describe. And people have really strong reactions to it. They either love it, or they hate it. I hated it when I was a kid. And now I love it as an adult.

CHRISTINA LIGHTNER: I've never heard of sponge candy, and so something else that I need to try. For me, whenever I think about culture, it also comes back to food. And so that's interesting that it came to food for all three of us. My grandfather did a lot of the cooking before he passed away. He's the Pennsylvania Dutch part of my family, and so a lot of ham potpie and beef and noodles, things like that. And he would make them from scratch. So, it was a lot of fun to grow up with that.

LINDSEY WHISSEL FENTON: Yeah. Do you notice too, it's not even always things you like? I don't maybe that's just me. My grandma used to make Christmas cookies. And she made them with anise. And I actually don't even love that flavor that much. But I want to make the cookies again just because they remind me of family and tradition.

CHRISTINA LIGHTNER: And that anise, that's that black licorice flavor, right? Yeah, I don't love that either.

LINDSEY WHISSEL FENTON: Yeah, well, you never had my grandma's cookies, so.

CHRISTINA LIGHTNER: Yeah, I'm sure they're delicious.

[LAUGHTER]

DESHNA NAGAR: Food is also such a great way to connect across communities and cultures. And we see that in food festivals. And I'm wondering if there's other things that we can do on a community level to enhance our cultural wellness, because it's not just personal, it's relational.

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LINDSEY WHISSEL FENTON: Definitely. I'm thinking of a wonderful program that used to be housed within Penn State, called the International Friends Program. And they would pair international students with local residents, so that they arrived with somebody ready to support them as they adjusted to life in the US. I do think the organization that ran it has now become its own entity. It's called, Global Connections. And I had taken a quick look at their website. It doesn't look like it's still happening. But they have other programs. And one that I thought was neat from what I read, is they do a discussion group that serves as a safe and supportive space, and opportunity for international participants to ask questions and share their perspectives all around this goal of promoting, welcoming, supportive community. And so, as a strategy, communities could think about what they could do to help promote that sense of connection for international residents, whether they're visiting or moving here. And it's a two-way street. The community volunteers learn, too. I learned so much about culture in Tanzania and China from the friends that I had been paired with and met through that program when I volunteered with it.

CHRISTINA LIGHTNER: That makes so much sense, Lindsey, because cultural engagement is about connection, curiosity, and contribution. The more we explore and participate, the richer our understanding of our own identity becomes. Another great way to engage in cultural wellness is to pass down traditions, knowledge, and experiences to future generations or to our new community members.

LINDSEY WHISSEL FENTON: Yes. And again, this can be done at the community level as well as the individual level. It can be surprising how many opportunities may already exist in our communities. For example, WPSU just hosted its annual multicultural children's festival with the State College Area School District. It was the fourth year this event has been held. And it's such a fun and free way to learn about the world through art and music and food. And they do hands on activity for children. There's also a traditional Native American powwow that's held locally every year. And WPSU actually produced a documentary about it called, *As Long As We Dance*. And I had the opportunity to be part of the production and really spend a lot of time at the powwow. And it was such an incredible experience. And it's really neat seeing people come from all over the country to dance. And just to get to observe these traditions and be allowed into that space was really amazing.

CHRISTINA LIGHTNER: Yeah. And I couldn't agree more with you, Lindsey. It is very powerful. I've been to the Native American powwow. And it's got that creative, educational vibe. And it's so much fun. And I do want to plan to get out to the multicultural festival. I unfortunately was out of town this time around but have it on my calendar for next time. And one of the things that I do, I mentioned earlier, is I volunteer with medical and nursing students. And one of the things we do is go out to health fairs. And we had an international refugee health fair. And my favorite part of the health fair was the international potluck. And then they had an international fashion show. And so, they had music going along with it. And some of them went above and beyond and even brought in their traditional dance. And so, it was well received and super fun event. And so, I encourage people to both participate and volunteer, whatever works well for you, in the cultural community events and the health and resource fairs.

DESHNA NAGAR: OK. I'm going to mark that down in my calendar, because I'm not saying, no, to a good meal and some good music.

LINDSEY WHISSEL FENTON: Yeah. And speaking of calendars, I know a lot of communities will have different places where they have calendars of community events going on. And in our creative wellness episode, we talked about how much we love libraries. So, I know a lot of libraries will maintain calendars like this. And many libraries will have guest speakers or events that are free to the public, and that are

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focused on cultural wellness. So, check your library. Check other offerings and see what's available in your own community. That's it for this episode of *12 Degrees*. To learn more, you can visit wellness.psu.edu. Also, be sure to like and follow this podcast, so you don't miss any of the upcoming conversations that will help you adopt healthy habits. I'm Lindsay Whissel Fenton.

CHRISTINA LIGHTNER: I'm Christina Lightner.

DESHNA NAGAR: And I'm Deshna Nagar.

LINDSEY WHISSEL FENTON: Until next time, we wish you good progress on your wellness journey. *12 Degrees* is produced by WPSU in collaboration with the Penn State Ross and Carol Nese college of Nursing. This podcast is intended for informational purposes only and is not intended to be a substitute for medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical or mental health condition. Please consult your physician or other qualified health care provider immediately, if you are experiencing any suicidal thoughts. If you're in crisis, help is available for free 24/7 in the US by calling or texting the Suicide and Crisis Lifeline at 988. More information is available at 988lifeline.org.

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