

Jenna Codner-

The Auburn Family is like no other. It's warm, it's inspiring, and it cultivates community with our fellow students. The word 'honored' cannot begin to describe how I feel reflecting on a community that has made me the woman I am today. I was diagnosed with anxiety and depression this past year after being too ashamed to ask for help. I felt isolated and as though my life fit too 'picture perfect' of a mold to experience the symptoms I faced. This Family made me realize that vulnerability is not weakness, instead it makes us stronger by allowing ourselves to be fully seen. By leaning into one another we can truly heal, better ourselves and strengthen our community. My platform, 'Jump in with Jenna,' embodies three actionable steps, to help Auburn's student body build community and jump into wellness. Enhanced Connectivity: • The first step of my platform is to encourage all Auburn students to participate and get involved in student activities across campus. Community is what allows us to share experiences, work together, help others, and realize that we are not alone. It reminds us that we are apart of something much larger than ourselves and that it is okay to lean on others. With over 600 organizations on Auburn's campus and a plethora of opportunities for students to build community, the Auburn Family breeds human touch and cultivates sympathy. Leveraging Resources: • The next aspect of my platform is to advocate for Auburn's resources that promote a sound mind, a sound body, and a spirit that is not afraid. The first step in talking about mental health is not only to reach students struggling, but to reach the friends, roommates and classmates of those individuals. By promoting VAR Training which stands for 'Validate', 'Appreciate' and 'Refer,' students will learn how to validate one's feelings, appreciate others for asking for help and refer struggling students to resources that Auburn has available. Personal Growth: • The third step of my platform will encourage and promote students to get involved in self-care and personal growth. If there is anything Auburn has taught me, it is that in order to love and serve others well, we must first focus on ourselves. The Auburn Family is only as strong as its individuals. By promoting self care and personal growth practices such as physical fitness, improved diet, positive habits, and engaging in mindfulness practices, Auburn students can thrive physically, mentally and emotionally. Auburn has made me strong enough and confident enough to share my story. A story, I often thought, made me lesser. My hope after this week is to remind the Auburn Family that we are not alone. Once we allow ourselves to be fully seen in our community, we will be stronger together.