

# The Stall Seat Journal

## Fall 2024 | Edition 2

### MAKING CONNECTIONS

Ready to connect with other Rams? Here are some ways to find new friends & stay connected with old ones:

- **Introduce yourself** to people living on your floor or invite new people to eat with you in the dining hall.
- **Send a text!** If you haven't talked to a friend in a while, a simple "How have you been?" can make a big impact.
- **Use campus resources.** Wellness Promotion and other campus organizations are here to help you make new connections!

Keep an eye out for these connection opportunities this semester on RamConnect:

Dine and Discuss

Speed Connecting

Project Connect

### Signs of Alcohol Use Disorder

Alcohol use disorder (AUD) is a chronic disease and pattern of alcohol use that involves being preoccupied with alcohol, consuming alcohol in an uncontrolled manner and continuing to consume it despite the problems it can cause.

#### SIGNS OF AUD:

1. Consuming more alcohol to feel the same effect

2. Experiencing withdrawal symptoms when you reduce or stop drinking

3. Giving up or reducing social and work activities/hobbies due to alcohol use

Individuals struggling with alcohol use disorder may not recognize the effect alcohol has on their life and others. If you are concerned for a friend or family member, there are ways to get help.

#### WAYS TO GET HELP

1. Seeking help from a support group

2. Talking to a healthcare provider

3. Speaking with a mental health professional, such as the counselors at the Counseling Center

Scan the QR code to take a personal alcohol assessment, eCheckUp:



### Fall Mocktails

Mocktails are non-alcoholic beverages that can be enjoyed with friends or on your own. They are the perfect drink alternative for anyone who may be sober-curious, or who just wants a healthier drink option. Fall is a perfect time to make comforting, seasonal mocktails. Below are two recipes to try!

#### APPLE CIDER POMEGRANATE MOCKTAIL

##### Ingredients:

- 4 ounces sparkling apple cider
- 1 ounce pomegranate juice
- Squeeze of fresh lemon juice
- Lemon twist as garnish (optional)

##### Directions:

1. Add ice, pomegranate juice, and fresh lemon juice to a glass
2. Top with sparkling apple cider
3. Add lemon twist garnish and enjoy!



#### HOMEMADE HOT CIDER

##### Ingredients:

- 3 cups apple cider
- 2 tablespoons maple syrup
- 1 cinnamon stick
- 3 cloves
- 3 allspice berries or 1/4 teaspoon ground all spice
- 1 orange and 1 lemon peel

##### Directions:

1. Pour apple cider and maple syrup into a saucepan
2. Place the spices and citrus peels in the pot
3. Simmer the cider over medium heat 5-10 minutes
4. Remove from heat
5. Strain out the spices and citrus peels
6. Enjoy in a mug!

### Rammy Riddler

What building has the most stories?



### MINDFULNESS

Practicing mindfulness is crucial to your overall mental health and stability. Some ways to practice mindfulness include exercising, meditating, and getting rid of distractions.

When you gradually learn to become more aware of your actions and surrounding environment through mindfulness, you can gain an elevated level of emotional maturity. Practicing mindfulness can also help you process discomfort and learn to communicate it in words to provide you with extra clarity in several situations. It can also provide you with a boost in confidence, self-advocacy skills, improved attention, and reduced stress.

Additionally, being mindful can aid in character development and compassion towards others because of the ability to develop caring connections through actions and words. Mindfulness is an important skill for understanding others and yourself while learning patience, maturity, confidence, and self-awareness in the process.

Here are some techniques to practice mindfulness:

Do a full body scan meditation to avoid distractions

Try mindful painting at the Center for Contemplative Studies

Attend a group fitness class at the Rec



WELLNESS PROMOTION  
COMMONWEALTH HALL, GROUND FLOOR  
610-436-0730  
WWW.WCUPA.EDU/WELLNESS

SCAN THE QR CODE  
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