The Stall Seat Journal Fall 2024 | Edition 2

NG 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

Signs of Alcohol Use Disorder

Alcohol use disorder (AUD) is a chronic disease and pattern of alcohol use that involves being preoccupied with alcohol,

Project Connect

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!

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!

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: Pour apple cider and maple

syrup into a saucepan

- 2. Place the spices and citrus peels in the pot
- heat 5-10 minutes
 - 4. Remove from heat
- 5. Strain out the spices and citrus

peels

Rammy Riddler





consuming alcohol in an uncontrolled manner and continuing to consume it despite the problems it can cause.

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

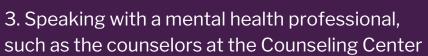
Individuals struggling with alcohol use disorder may not recognize the effect alcohol has on their life and others. If you are concerned for a friend or family member, there are ways to get help.

WAYS TO GET HELP

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

1. Seeking help from a support group

2. Talking to a healthcare provider







What building has



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 **FOR MORE** RESOURCES & CONTENT





WELLNESS PROMOTION