

# THE STALL SEAT JOURNAL



Volume S2020, Edition 1

## An Attitude of Gratitude

21 HAPPY DAYS!

Try these 5-steps each day for 21 days and see if you end up happier! Overwhelmed? Just focus on one item to get started. Adapted from Shawn Achor's TED Talk "The Happy Secret to Better Work"

- Write 3 new things you are grateful for.
- Write one good thing that happened today.
- Send one thank you note, email or text.
- Exercise for 30 minutes.
- Meditate for 10 minutes

### Did you Know?

People that practice gratitude experience fewer aches and pains and report feeling healthier than other people according to a 2012 study published in Personality and Individual Differences.



## LET'S CATCH SOME ZZZ'S



Let's be honest there are many nights you are staying up later than you should cramming for a test, procrastinating on social media, or hanging out with friends. The American Academy of Sleep Medicine (AASM) recommends the average adult gets 7-8 hours of sleep each night. In addition, studies have indicated that after 2 weeks of sleeping 6 hours or less a night, students feel as bad and perform as poorly as someone who had gone without sleep for 48 hours.

### Having trouble sleeping?

Try one of these tips to see if your sleep improves:

**STAY OUT OF BED:** try to use your bed only for sleep instead of studying, watching TV or reading.

**LIMIT NAPS:** If you nap, limit it to no more than an hour and only before 3pm.

**WIND DOWN:** Take some time away from technology (phones, computer, TV, etc.) and relax quietly 15-20 minutes before bed.

**EAT SMALL:** Avoid eating large meals before bed. Try a light snack such as a banana if you are hungry.

**CREATE A ROUTINE:** Plan to go to bed and wake up at the same time on the weekdays as you do on the weekend so your body begins to predict the pattern.

**43%** of college students participating in the 18-19 Healthy Minds Study reported using mental health counseling or therapy.



## FIGHT THE FLU.

Getting the flu vaccine is your best defense, but you may also use the following tips to Fight the Flu:

□ WASH YOUR HANDS OFTEN WITH SOAP AND WATER

□ GET ENOUGH SLEEP AND AVOID GETTING "RUN DOWN"

□ CLEAN AND DISINFECT SURFACES THAT MAY BE CONTAMINATED WITH GERMS

□ EAT A HEALTHY DIET RICH IN VITAMINS

□ AVOID CLOSE CONTACT WITH SICK PEOPLE

□ IF YOU ARE SICK, STAY HOME FROM SCHOOL OR WORK

## NEWS FLASH!

The Office of Wellness Promotion is hiring Peer Educators for 2020-2021! This paid position helps educate our Golden Ram community on health and well-being topics. Application materials are located on Handshake ([wcupa.joinhandshake.com](https://wcupa.joinhandshake.com)) and are due **February 14th**.

## Thank You for Being a Friend

Do you have someone you care about that is struggling with their mental health? Understanding and supporting those you care about is important and can make a big difference in someone's life. **Here are some tips to help you on this journey:**

- **Share Your Concerns:** Focus on being non-judgemental, compassionate, and understanding. Use "I" statements instead of you.
- **Offer Support:** Keep in mind that your friend might not be ready to talk. Try your best to be there with your friend through their journey.
- **Avoid Using Dismissive Language** such as "you'll get over it", "toughen up" or "snap out of it". Try reassuring your friend that you are there for them.
- **Check-in Regularly:** Call or text your friend once or twice a week. Let them know you are there for them.
- **Include Them in Your Plans:** Even if your friend doesn't always come, they will probably appreciate being included.

NAMI. (n.d.). Retrieved December 12, 2019, from <https://www.nami.org/Find-Support/Teens-Young-Adults/How-to-Help-a-Friend>.

**UPCOMING EVENTS:** Sexual Health Hut: February 5 @ 11am-1pm, Campus Recreation Lobby

Pub Trivia Night: February 11 @ 6pm in Schmidt Hall Lounge

Office of Wellness Promotion  
Commonwealth Hall, Ground Floor  
610-436-0730  
Email: [wellness@wcupa.edu](mailto:wellness@wcupa.edu)  
[www.wcupa.edu/wellness](http://www.wcupa.edu/wellness)



@WCUWellnessPromotion



@WCU\_Wellness

WCU Resources:

Campus Safety: 610-436-3311 (will link to 911)  
Counseling Center: 610-436-2301  
CARE Support Services: 610-436-3084