

THE STALL SEAT JOURNAL

Fall 2023

Edition 1

Welcome to the Ramily! The Office of Wellness Promotion welcomes you home!

Feeling overwhelmed with the start of classes? Try focusing on your breathing:

- 4 seconds... take a slow breath through your nose
- 2 seconds... hold your breath
- 4 seconds.. exhale slowly through your mouth

STAYING ORGANIZED

Finding the best way to keep yourself organized is helpful when starting a new academic year. Remember: everyone organizes themselves differently, so find what works best for you:

- *Schedule your time.* Add things like classes, work shifts, and appointments to your phone calendar or planner - and don't forget to find time for things like sleeping, eating, and social breaks!
- *Write it down.* Multitasking doesn't always work, and you are receiving a lot of new information at the start of the semester. Be sure to write any tasks or reminders down so you don't lose them.
- *Know your resources.* There are resources on campus that can be a great support to you:

Office of Wellness Promotion (OWP): meet with a wellness coach to talk about stress, sleep, social connection, or substance use.

Counseling Center: individual counselors are available to meet with students, as well as group counseling sessions.

Learning Assistance & Resource Center (LARC): offers tutoring, success coaching, and academic success workshops.

...and so many more! You're not in it alone.



Scan to request free wellness coaching with OWP.

Scan for Counseling Center hours and information.



Scan for LARC tutoring information and availability.



REMEMBER CUPS



Knowing the signs of alcohol poisoning can save a life:

- C** - Cold, clammy, or blueish skin
- U** - Unconsciousness or unable to awaken
- P** - Puking while passed out/uncontrollably
- S** - Slow, shallow, or irregular breathing

Call 911 immediately

WCU MEDICAL AMNESTY

The WCU medical amnesty policy encourages students to seek emergency medical assistance in situations that are possibly life-threatening due to alcohol or drug use without fear of university conduct violations for alcohol or drug use.



To learn more about campus policies regarding substance use, scan the QR code.



Stay Connected with Wellness Promotion

Order a free RamBox subscription box, or visit the vestibule outside of our office for grab-and-go contraception and barrier methods available 24/7.

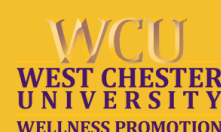
Keep on the lookout for our BeWell Hut throughout campus for giveaways and info.

Connect with us to meet with staff and explore your health and well-being vision.

Office of Wellness Promotion
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Find our upcoming events and programs on RamConnect:
Wellness Promotion



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