THE STALL SEAT JOURNAL

Spring 2023 - Edition 2

THE EFFECTS OF CANNABIS USE

IN 2021, 35.4% OF 11.8 MILLION YOUNG ADULTS (AGES 18-25) REPORTED USING CANNABIS IN THE PAST YEAR. THE TRICKY THING IS NOT EVERYONE KNOWS ABOUT THE IMPACT CANNABIS USE CAN HAVE.

Mental Health Effects:

Hallucinations

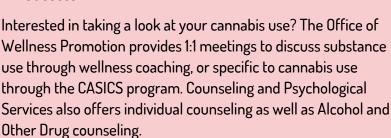
- Paranoia
- Depression
- Anxiety
- Suicidal ideation
- Lower life satisfaction
- Less academic and career success

Physical Effects:

- Breathing problems such as daily cough, phlegm, more frequent lung illness, and a higher risk of infection in the lungs
- Increased heart rate

Addiction

• Intense nausea and vomiting



PLANNING TO TRAVEL SOON?

WHETHER YOU ARE TRAVELING NEAR OR FAR, THE TIPS BELOW CAN HELP MINIMIZE TRAVEL STRESS TO ENSURE YOU CAN ENJOY YOUR TIME.

- Finalize the details as soon as possible. Last-minute planning often leads to added stress.
- Determine how much downtime you'll need before having to return to school and/or work. Then, plan accordingly.



SCAN ABOVE FOR

MORE INFO AND

TIPS FROM

THE WASHINGTON

POST

SCAN HERE FOR

MORE INFO FROM

THE CDC ON

BRAIN HEALTH AND CANNABIS

- Tidy up before leaving. This will eliminate the stress of having to do so upon returning.
- Make a packing checklist. This will ensure that you do not leave anything important behind.
- If traveling by plane, set the tone by arriving early. Most airlines recommend arriving at the airport no later than two hours before a domestic flight and three hours before an international flight.

INTENTIONAL MOVEMENT

YOU ARE MORE LIKELY TO GET MOVING IF EXERCISE IS A CONVENIENT PART OF YOUR DAY.

- Do activities you enjoy to make it more fun. Be creative and try something new!
- Make it social. Find a virtual "buddy" to help keep you going and provide emotional support.
- If there's a break in your routine, get back on track. Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.
- Keep track of your progress. Make a plan and don't forget to reward yourself when you reach your goals.

SCAN HERE FOR MORE TIPS FROM THE US DEPARTMENT OF HEALTH!



IT'S ON US: NATIONAL CAMPAIGN

IT'S ON US IS A NATIONAL CAMPAIGN COMMITTED TO ENDING SEXUAL ASSAULT ON COLLEGE CAMPUSES BY EMPHASIZING THE PART WE ALL HAVE TO PLAY IN CREATING A CULTURE OF RESPECT. IT'S ON US TO...

...realize we all have a role to play in stopping sexual assault ...create an environment where everyone feels, and is, safe

...get someone home safely if they need help

...hold friends accountable + tell them if what they're doing is wrong ...never blame the victim

...and so much more!

SCAN HERE FOR MORE INFO AND RESOURCES ON SELF-CARE Tools, Bystander Education, Survivor Support, and More From Our Source, the National Its on US campaign

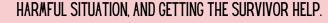


THERE ARE ALSO STRATEGIES YOU CAN USE AS A BYSTANDER, SAYING Something if you see something. Strategies include seeking Additional support or help, calling 911, stepping in for someone else's defense, getting someone out of a potentially



ORDER YOUR SPRING RAMBOX TODAY!

The RamBox is a subscription-based service that provides students with goodies and resources to improve their health and well-being. Students can request the Sunshine in a Box, Stress Detox Box, and Connect-a-Box once a semester and the RubHub box can be requested once every 30 days.





For local resources and information about West Chester's It's On Us chapter and college sexual assault prevention, follow @_wcuitsonus on Instagram.

Additional resources available to students on campus include:

- Counseling and Psychological Services in Lawrence Center, Room 241 or 610-436-2301
- Center for Women and Gender Equity in Lawrence Center, Room 214, 610-436-2122, or cwge@wcupa.edu
- Title IX Office, 114 W Rosedale Avenue, or 610-436-2433

Office of Wellness Promotion Commonwealth Hall, Ground Floor 610-436-0730 www.wcupa.edu/wellness wellness@wcupa.edu



FIND US ON RAMCONNECT AT WELLNESS PROMOTION!



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