

STALL SEAT JOURNAL

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HOW CHANGE AFFECTS YOUR MENTAL HEALTH

It can be tempting to remain in uncomfortable situations due to the fear of change. Change is a big deal, and our brains can sometimes be resistant to it. Whether the change is personal, relationship-related, or economically related, it is important to use healthy coping strategies to navigate it. These include...

- **Self-compassion:** Allow yourself to feel your feelings. They are valid!
- **Mindfulness:** Try your best to remain in the current moment. When this gets difficult, it is okay to pause to take a breath and center yourself.
- **Reframing:** Our brains can automatically go to the worse case-scenario. If it applies, try to see change as more than a loss, but an opportunity to learn.
- **Reach Out:** You are not alone. There are people to help you navigate change. WCU's Counseling Center offers many individual and group counseling options if you are looking for support.

Life is full of changes. Building resilience enables us to prepare for the future. As you navigate your time on campus, remember that there are so many great experiences ahead of you. Give yourself grace as you are faced with challenges or exciting opportunities.

FALL MOVEMENT CHALLENGE

College life can involve a lot of down time: lectures, studying, homework, gaming, scrolling, and commuting. Research specifically involving university students suggests that finding ways to break up that time can benefit well-being by increasing physical activity, reducing fatigue, and supporting focus and mental well-being.



Put on your favorite playlist and move in a way that feels good to you.

Walk somewhere you normally drive.

Play an intramural or recreational sport.

Stretch or do some light movement between classes.

Take a movement break during your next study session.

Try a workout you've never done.



THE GOAL

Move a little bit more than you did yesterday. Movement can look different for everyone—find what works for you and make it part of your day!

Rammy Riddler



How do you repair a broken jack-o-lantern?

upknd upknd



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HEALTHIER SLEEP HABITS

Practicing healthier sleep habits is vital for your wellness. Sleep impacts your academic, physical, mental health, and much more. Some habits that will improve your sleep quality include sticking to only having caffeine early in the day, creating a bedtime routine, and limiting your screen usage before bed. Challenge yourself to incorporate some of these sleep habits into your everyday life!

CROSSWORD CLUES:

1. The minimum number of hours adults need to sleep at night.
2. Put devices down before bed and consider a screen-free way to ____.
3. On average, about 2 hours of our sleep is spent ____.
4. R.E.M. stands for...
5. If you enjoy naps, try to keep them in the early afternoon and keep them ____, 20-30 minutes per nap.
6. A hormone your body naturally produces to help regulate your sleep-wake cycle.
7. Decrease your intake of this stimulant that can negatively affect your sleep.
8. Common triggers for a ____ include tiredness, boredom, waking up and stress.

ANSWERS:



COUNSELING WEBSITE:



WHAT IS IMPAIRED DRIVING?

When we hear about impaired driving, alcohol is usually the first thing that comes to mind. Did you know, in addition to alcohol, the Centers for Disease Control and Prevention identifies cannabis, illicit drugs, prescription drugs, and over-the-counter (OTC) medications all as substances that can impair someone's ability to drive safely? While these can each impact vision, reaction time, and motor control in their own ways, they can have interactive and sometimes unpredictable effects when taken in combination. Further, drowsy driving and distracted driving are also factors that impair driving. So, what can you do to reduce the risk?

- If choosing to consume alcohol, cannabis, or other drugs, do not drive – make a plan before going out to get home safely, such as using a ride share (Uber, Lyft).
- Foster healthier sleep habits and avoid driving when extremely tired.
- Follow hands-free laws and do not use your phone while behind the wheel, even when stopped.
- Read the information about all prescription and OTC medications you take to understand if there may be side effects that can impair driving, such as: drowsiness, lightheadedness, blurry vision, delayed reaction time, or reduced coordination (motor control).