

stall seat journal

FALL 2026 | EDITION 3

WELL-BEING: MORE THAN JUST GETTING THROUGH THE SEMESTER

As we're in the middle of the semester, it can be a busy time for college students. With exams, assignments, work, and relationships, it can be easy to focus on getting everything done and forget to check in with yourself. Well-being is more than simply getting through your to-do list. It includes different parts of your life that work together to support your overall health.



MENTAL & EMOTIONAL WELL-BEING

- Take breaks when you feel overwhelmed.
- Give yourself time to rest and recharge without feeling guilty.
- Practice self-compassion when things don't go as planned.
- Make time for activities that help you relax and reset.

SOCIAL WELL-BEING

- Stay connected with friends, family, or people you trust.
- Don't be afraid to reach out when you need support.
- Make time for your campus community, clubs, or organizations.

PHYSICAL WELL-BEING

- Prioritize sleep and give your body time to rest.
- Nourish your body and stay hydrated, even on busy days.
- Take a walk, stretch, or find a form of movement you enjoy.

Ask yourself:

- What is going well for me right now?
- What area of my well-being have I been neglecting?
- What is one small thing I can do for myself this week?

You don't have to change everything at once. Small, consistent choices can make a difference. As the semester gets closer to the finish line, remember to take care of yourself along the way—not just your grades.

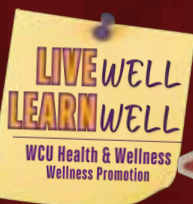
Rammy Riddler

I decay but create beauty on the ground. What am I?

Fallen leaves.



Scan for sources and additional information:



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

MENTAL HEALTH: CAN FOOD BOOST YOUR MOOD?



- What we eat can support overall health including the brain and body systems involved in mood and energy. Hunger, eating patterns, and overall nutrition can affect how we feel.
- Notice your patterns: Do you feel more tired or distracted when you've gone a long time without eating?
- Keep it balanced: Regular meals and a variety of foods can help you care for yourself during a busy semester.
- Increasing good gut bacteria can improve mood and reduce anxiety. Try yogurt, kimchi, and kombucha.

Hydration Importance: Fun Facts

- Water makes up about 60% of an adult's body weight.
- Organs like the brain and heart are roughly 73% water, and bones contain about 31% water.
- When total body water drops, blood thickens, forcing the heart to beat faster and strain the cardiovascular system.

Ways to Increase Hydration!

- Eat water-rich fruits and vegetables such as cucumber, cauliflower, cantaloupe, and strawberries!
- Carry a reusable water bottle and take regular sips throughout the day!



What is considered a "drink"?

U.S. Standard Drink Sizes



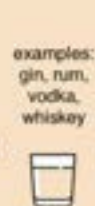
12 ounces
5% ABV beer



8 ounces
7% ABV
malt liquor



5 ounces
12% ABV
wine



1.5 ounces
40% ABV
(80 proof)
distilled spirits

examples:
gin, rum,
vodka,
whiskey

ALCOHOL BY VOLUME:

When choosing to drink, it's important to know how much you are drinking and what your body can process.

- Size Matters:** Larger drinks may contain more alcohol.
- Strength Matters:** Higher ABV means more alcohol in the same amount of liquid.
- Your Body Needs Time:** Cold showers, coffee, or greasy foods won't make your body process alcohol faster. The only thing that sobers you up is time.

TIPS:

- Keep count of your drinks with an app or notebook to know how much your body is currently trying to process.
- Make sure you know how much you are pouring, and whether it lines up with standard drink size.
- Drink water between alcoholic drinks to keep your body hydrated.