



MINDFUL EATING PRACTICES

Eating mindfully is about nourishing your body and being aware of your experience. Like self-care, food can be a way to bring fulfillment as well as energy! Try some of these mindful eating tips:

- Eat when you feel hungry, not just at meal times
- Try eating 5 to 6 smaller meals a day instead of 3 large ones
- Keep nourishing snacks handy like dried fruit and nuts
- Include a variety of foods
- Try new recipes or foods
- Balance your meals with all the food groups
- Take your time eating and avoid distractions
- Check out the WCU Resource Pantry food and smoothie options, non-perishable food items, and fresh produce from the WCU Campus Gardens

Scan the QR code to view our source from foodandnutrition.org



SEXUAL HEALTH RESOURCES AVAILABLE ON CAMPUS



Sexually Transmitted Infection (STI) Testing

- At the Student Health Center, you can talk with the Nurse Practitioner during your appointment about which tests are appropriate for you. SHS also can recommend off-campus local STI testing sites if interested.

GYN Exams

- Pelvic exams may not be needed to start a contraceptive, but they are usually needed for STI Testing. If you have had an exam elsewhere, please get copies of your records/testing before your appointment at Student Health Services.

Plan B

- Available at the Student Health Center and over the counter at a pharmacy for women over the age of 17 years. If less than 17 years of age, a prescription is required.

Ella

- Available at the Student Health Center and only by prescription at a pharmacy.

SEXUAL HEALTH PLANNING

Feeling confused by all the sexual health planning options? Don't worry, we've got you covered! The following list explains the various forms of birth control so you can decide what works best for you.



Hormonal

Birth Control Implant: a tiny rod inserted into the upper arm

Birth Control Patch: a patch worn on your upper arm, stomach, back, or butt

Birth Control Pill: an oral pill taken daily

Birth Control Ring (vaginal ring): a small ring inserted in the vagina every few weeks (exact number depends on the brand)

Birth Control Shot: an injection administered every three months

Intrauterine Device (IUD): a T-shaped piece of plastic inserted into the uterus to prevent sperm from fertilizing an egg

Additional Options

Intrauterine Device (IUD): a T-shaped piece of plastic inserted into the uterus to prevent sperm from fertilizing an egg that can be either hormonal or copper (non-hormonal option)

Abstinence: avoiding all types of intimate genital/sexual contact, including oral sex, so there is no risk of getting an STD

Barrier

External Condom: a pouch worn on the penis to create a barrier between partners

Internal Condoms: a pouch worn in the vagina to create a barrier between partners

Spermicide: cream, film, foam, or gel applied to the vagina to slow sperm and block the cervix

Diaphragm: a shallow cup covering the cervix to block sperm from entering the uterus (use with spermicide)

Birth Control Sponge: a sponge covering the cervix to block sperm from entering the uterus (contains spermicide)

Cervical Cap: a small cup shaped like a sailor's hat covering the cervix to block sperm from entering the uterus (use with spermicide)

Dams: latex or polyurethane sheets used between the mouth and vagina or anus during oral sex

For information about sexual health planning at WCU, visit the Student Health Services page using the QR code:



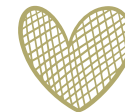
STRESS MANAGEMENT

Feeling overwhelmed? You aren't alone! It can be difficult to manage your stress. Some students experience the feeling like there is too much to do and not enough time to do it. Here are four ways to practice stress management:

1

Think of five things right now that you are grateful for

- Instead, look at all the things you get to enjoy



2

Take a deep breath and check in with yourself —How do you feel right now?

- If not so good, that's okay; remember to be kind to yourself and take care of yourself
- Take a few minutes to just take in the present moment



3

Use a calendar, journal, or planner

- Take those pesky tasks hovering over your head and trap them on paper
- Block out times when you will work on these tasks, but if it isn't time to do so, pay them no mind until it is a better time



4

Talk about it

- It helps to acknowledge your stress and confront it in order to conquer it
- Getting your conflicts out in the open and off your chest can help them seem less daunting and more manageable



To learn more about managing stress from the Center for Disease Control and others, please visit:

bit.ly/copingwithcollegestress
bit.ly/fightingcollegestress