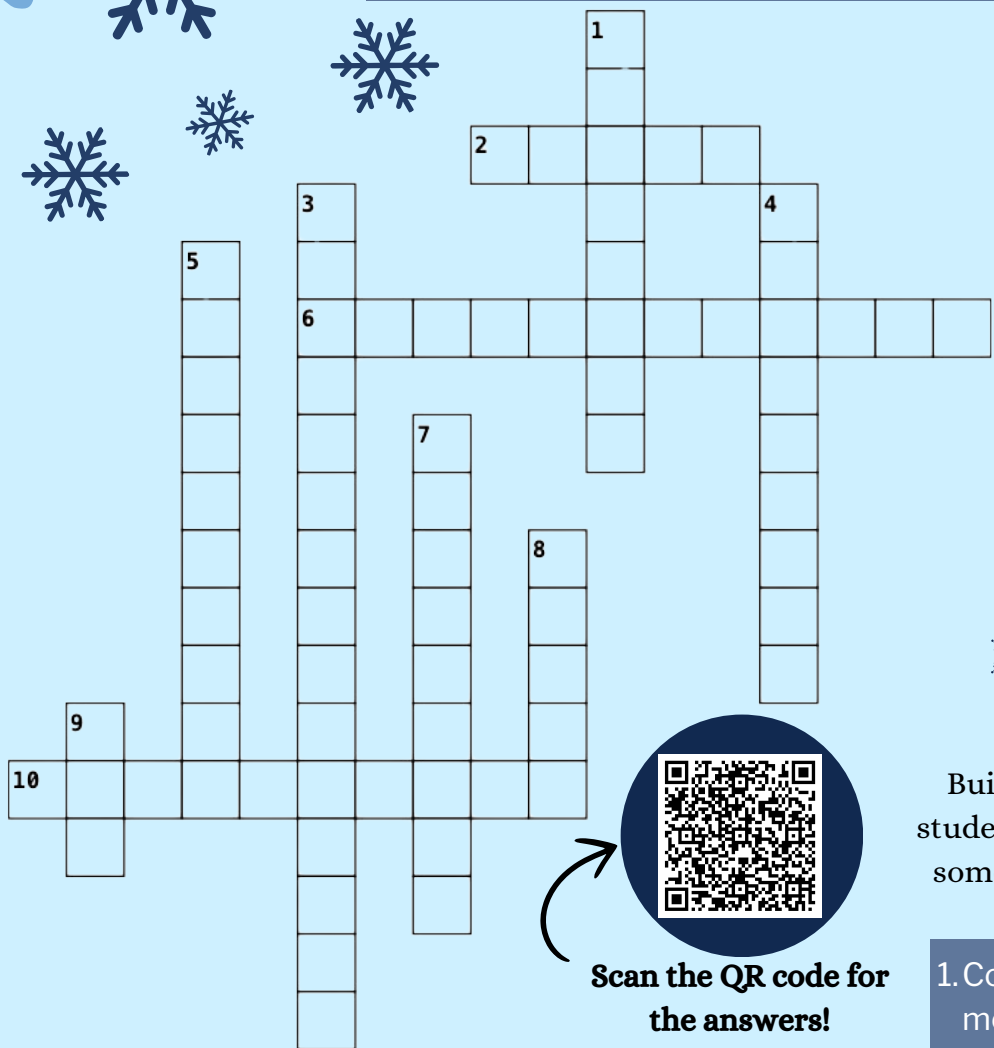


The Stall Seat Journal

Spring 2025 | Edition 1



Scan the QR code for the answers!

Down

1. To engage in intentional movement to sustain health and fitness
3. You should avoid this when trying to complete tasks.
4. Obtaining the food necessary for health and growth.
5. Focus and clear your mind of stressors.
7. Involves drinking water or something with electrolytes.
8. Something to achieve.
9. Find ___ in the little things.

Across

2. Make sure you get 7-9 hours a night.
6. Create a calendar, tidy study space, prioritize tasks.
10. It is important to set these in relationships with yourself.



Building Connections

Building connections on campus can seem intimidating at first. For some students, feelings of loneliness and exclusion can be overwhelming. Here are some things to remember and tips to combat these feelings next time they come to the surface:

1. Connection does not happen immediately. Sometimes building meaningful friendships can take time and effort. Small connections with the people around you can boost your happiness.
2. One of the best ways to meet new people is to put yourself out there. Join a campus club or meet with people from class. New experiences are the best way to form connections.
3. Reach out for help and use your resources. Visit the Counseling Center or see the therapy dogs at Sykes! Project Connect is also available for anyone who wants to build a connection with their peers.

Secondhand Vape Risk

If you choose to vape, it's important to understand the impact of secondhand aerosol. The mist from e-cigarettes is not harmless water vapor—it's an aerosol containing nicotine, fine particles, and harmful chemicals. These substances linger in enclosed spaces and can accumulate in areas with poor ventilation, affecting air quality and posing health risks to others. To foster a healthier campus, opt for well-ventilated, smoke-free spaces, and avoid vaping indoors.

These practices:

1. Protect shared air quality
2. Promote a safe and inclusive environment
3. Support better focus and energy
4. Benefit individual health and community health



Resources for Help

- CARE Support Services - www.wcupa.edu/CARE - (610) 436-3089
- Counseling & Psychology Services (Counseling Center) - **confidential resource** - www.wcupa.edu/CounselingCenter - (610) 436-2301
- National Suicide Prevention Line - 988
- Crisis Text Line - Text HOME to 741-741
- Chester County's Warm Line - (866) 846-2722
- Valley Creek Crisis Center For Community Help - (610) 280-3270
- Translife.org - 1 (877) 565-8860
- The Crime Victim's Center of Chester County: 24-Hour Hotline - (610) 692-7273



In Case of Emergency

Call 911 or (610) 436-3311 on campus.



Welcome Back from Wellness Promotion!

Our office is here to support you in your wellness and well-being throughout the semester! Wellness Promotion provides many services and resources such as Be-Well Huts, workshops, wellness coaching, and a free Ram Box subscription.



Scan the QR code to learn more about what our office offers!

Rammy Riddler

I am taken before you can get me. What am I?



SCAN ME



Mental Health: Signs and Resources to Help a Friend

Things to Look Out For

1. Mood changes:

- Constant worrying, outbursts of emotion, feeling empty, trouble connecting with others

2. Behavioral changes:

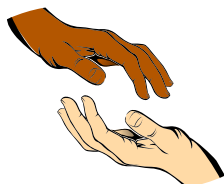
- Withdrawing from friends/family, increased substance use, self-injury behaviors, suicidal thoughts/planning

3. Physical changes:

- Changes in sleep pattern, eating habits, or appearance, not engaging in basic self-care

4. Changes in work, school, relationships, or communication:

- Avoiding classes, struggling completing tasks
- Fighting with friends/family more than usual, feeling disconnected from reality
- Saying things like "I'm worthless, what's the point, I'm messing everything up," including things said online



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LIVE WELL
LEARN WELL

WCU Health & Wellness
Wellness Promotion



Wellness Promotion
Commonwealth Hall, Ground Floor
610-436-0730

Wellness Promotion on RamConnect



Scan the QR code for more resources & content:

