

# The Stall Seat Journal

## SPRING 2025 / EDITION 3

### Communicating

### Intentionally

Communicating how you feel is important, but not always easy. Keep the following in mind the next time you want to communicate effectively:

- Practice what you want to say in advance.
- Listen actively: don't interrupt; understand how body language and eye contact can impact the conversation; acknowledge the other person's feelings.
- Use "I" statements to communicate how a situation makes you feel without placing blame on anyone. For example, "I feel ignored when you don't look up from your phone when I talk to you."
- Say what you mean.
- Be ready to change your mind or even apologize if you come to a new understanding of the other person's perspective or feelings.
- Don't let the conversation end until both parties understand the other. This doesn't mean you have to agree, but you should part ways with an understanding of how the other feels and how you will proceed – even if that is agreeing to disagree.



### Coping with Loss

Over 30-40% of students report losing a loved one while at college. Loss can be extremely impactful. Whether sudden or not, it can alter the way you feel, think, and even act. Grief is different for everyone and is not linear. Below is a list of ways to incorporate healthy coping mechanisms into your day-to-day life:

1

**Take care of yourself in physical, emotional, and mental ways.**

2

**Talk to and utilize your support system.**

3

**Don't make any major changes in your life right away.**

4

**Join a grief support group, such as the one offered by the Counseling Center on campus.**

5

**Talk to a professional for support, whether that is a therapist or doctor.**

6

**Be patient with yourself; there is not a set timeline for dealing with a loss.**

### THE IMPORTANCE OF SLEEP

Getting enough sleep is incredibly important for your well-being. For college students, the appropriate amount of sleep is about seven hours. When you get enough sleep, there are many positive outcomes for you.

Some include getting sick less often, reduced stress, improved moods, and improved memory and attention.



### HOW TO ACHIEVE BETTER SLEEP?

1. Keep a consistent bedtime routine



2. Turn off electronics at least 30 minutes before bed



3. Avoid caffeine in the afternoon and evening



### Rammy Riddler

What comes down but never goes up?

SCAN ME



### TOLERANCE BREAK FROM CANNABIS USE

#### WHAT YOU SHOULD KNOW:

A tolerance break (T-Break) is stopping or reducing one's use of a substance to decrease tolerance and maintain balance.

Wellness Promotion has a T-Break kit available to support students who would like to take a T-Break.



#### QUICK TIPS!

It takes 21 days for THC (the psychoactive ingredient in cannabis) to leave a person's system. Consider taking a 3-week long T-Break!

If you are currently prescribed a medicinal cannabis product, please consult with a medical professional before starting a T-Break.

If you choose to use cannabis, your reasons for doing so may be very different from someone else's. If you are considering a T-Break, it is important to keep your personal reasons for doing so in mind in order to support yourself.

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