



FALL FUN YOGA

Yoga has multiple benefits for one's body and soul. Using various methods of stretching and breathing, yoga is scientifically proven to reduce stress, anxiety, increase quality of life and chronic pain. Here's a simple pose that you can use to unwind some tension:

Bound Ankle Pose (Baddha Konasana): Sit on a floor mat, cross both legs in a way that both soles of feet touch and bend knees. As you get comfortable, close your eyes, and breathe in and out slowly. Repeat this process at least 5-7 times.

Estimated time: 5 minutes

Woodyard C. (2011). Exploring the therapeutic effects of yoga and its ability to increase quality of life. *International journal of yoga*, 4(2), 49-54. <https://doi.org/10.4103/0973-6131.85485>
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>



RETURNING TO IN-PERSON LEARNING

Most of us have spent that last year and a half on Zoom. It was unusual, to say the least! Perhaps your home was your office, classroom, workspace, etc. Returning to in person learning can be tough and for some students this is their first time being on a college campus. Here are some tips to assist you as we return to in person learning!

- Connect with your faculty members: Reach out to your teachers early on, either during office hours or via email.
- Get to know your peers: Take a moment in each class to connect with your peers. Get their contact info and offer to be someone others can reach out to if they miss a class.
- Embrace the change, reflect, and stay connected: Remembering to check in with yourself and acknowledge your achievements and growth can help the semester.
- Set aside time each week to reflect on how far you have come, acknowledge your challenges, and reach out to and build your network of support.



Back to school: Tips for navigating a return to in-person classes: College re. Entry. (n.d.). Retrieved September 16, 2021, from <https://www.collegereentry.org/blog/back-school-tips-navigating-return-person-classes>.

THE RAM BOX

The Ram Box is a private, subscription-like well-being education and supply resource FREE for students. Included in each of the 5 boxes are tools and resources. Visit www.wcupa.edu/wellness to learn more about what each box includes and complete a form or scan the QR code to get one today! For questions regarding the Ram Box Initiative, email us at wellness@wcupa.edu.



CULTIVATING GRATITUDE

Gratitude is having an appreciation for what you have in life. During these busy times, it's helpful to take a step back to recognize and feel grateful for things you appreciate. Gratitude doesn't always have to be a spontaneous thought, but you can practice it by deliberately cultivating gratitude. By doing so, it can be beneficial for your health! A daily gratitude practice can increase your happiness and physical health by improving sleep, boosting the immune system, and decreasing the risk of disease. Here is how you can cultivate gratitude:

- Surround yourself with friends, families, or people who bring you happiness.
- Try to be more appreciative of the good things in life and be less cynical.
- Start a gratitude journal- write down something each day you are thankful for.
- Demonstrate that you're grateful by saying "thank you" more often.
- Look for the best in everyone!



Amit Sood, M. D. (2016, November 30). To improve your health, practice gratitude. *Mayo Clinic*. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/improve-health-practice-gratitude/art-20270841#:~:text=A%20daily%20gratitude%20practice%20has,decreases%20the%20risk%20of%20disease.>

Sussex Publishers. (2020). Gratitude. *Psychology Today* <https://www.psychologytoday.com/us/basics/gratitude#how-to-cultivate-gratitude>.

SEXUAL HEALTH AWARENESS

Since 2010, the World Association for Sexual Health (WAS) has created the initiative to share knowledge about sexual health in order to promote sexual health, well-being, and rights for all.

Being sexually healthy means:

- Understanding sexuality as a natural occurring part of life that is broader than solely sexual behavior.
- Acknowledging and respecting our sexual rights.
- Having and receiving access to sexual health information, education, and care
- Putting effort into preventing unintended pregnancies and sexually transmitted infections (STIs) and receiving care and treatment when needed.
- Being capable of experiencing sexual pleasure, satisfaction, and intimacy when desired.
- Being capable of communicating about sexual health between yourself and your partner and/or healthcare provider.

World Association for Sexual Health. (2021). World Sexual Health Day 2021. https://worldsexualhealth.net/wp-content/uploads/2021/08/guidelines2021_enlgish.pdf
District Health Department #10. (2021). Sexual Health Awareness Month. <https://www.dhd10.org/public-health-matters/sexual-health-awareness-month-3/> Misc: WeCu Back on Campus (Zoom Fatigue to Class Fatigue)



REFRAME CAMPAIGN CORNER

What is the REFRAME campaign?

Through a grant from the Pennsylvania Liquor Control Board, The Office of Wellness Promotion created the RefRAME Campaign! The campaign is geared towards reframing the campus culture around alcohol use. Misperceptions and misinformation can lead to overestimating use, pressure to consume, normalizing dangerous behaviors, and diminished risk of behaviors.

Throughout this academic year, 11 RefRAME Campaign messages, created based on WCU student feedback, will be in our Stall Seat Journals, What's Happening in Wellness newsletters, and on posters, yard signs, and rack cards throughout campus! Keep a look out!

