

THE STALL SEAT JOURNAL

Fall 2023 - Edition 2

Building a Sleep Routine

Why Follow A Sleep Schedule?

Restful sleep promotes better eating and physical wellness habits. Irregular sleep schedules can negatively affect learning and memory retention.

What is Sleep Hygiene?

Sleep hygiene is the encouragement of behaviors and beneficial environmental factors that help you get a good night's rest.

Sleep Routine Steps:

Create a comfortable and relaxing environment

- Limit your bed to a sleeping area
- Limit noise

Choose non-electronic calming activities

- Read or listen to music
- Practice deep breathing/meditation

Keep a consistent bedtime schedule

- Set a time for lights and phone off
- Avoid late afternoon naps

?? The Rammy Riddler

When you stop to look, you can always see me. But if you try to touch me, you can never feel me. Although you walk towards me, I remain the same distance from you.

What am I?

Scan to reveal the answer →



Food Resources @ WCU

Whether it's your first time on campus or your fourth, planning your meals and finding places that fit your dining needs can get tricky. Here are a few resources to help you get started!

Westchester.campusdish.com offers a place where students can find on campus dining locations, menus with nutrition info and their hours of operation. If you have a food allergy or dietary restriction, please reach out to Campus Dietitian Nora Abraham at Abraham-nora@aramark.com. Aramark also host nutrition tabling event every Tuesday in Campus Rec!

If you'd prefer to prepare your own meals or snacks you can use these resources:

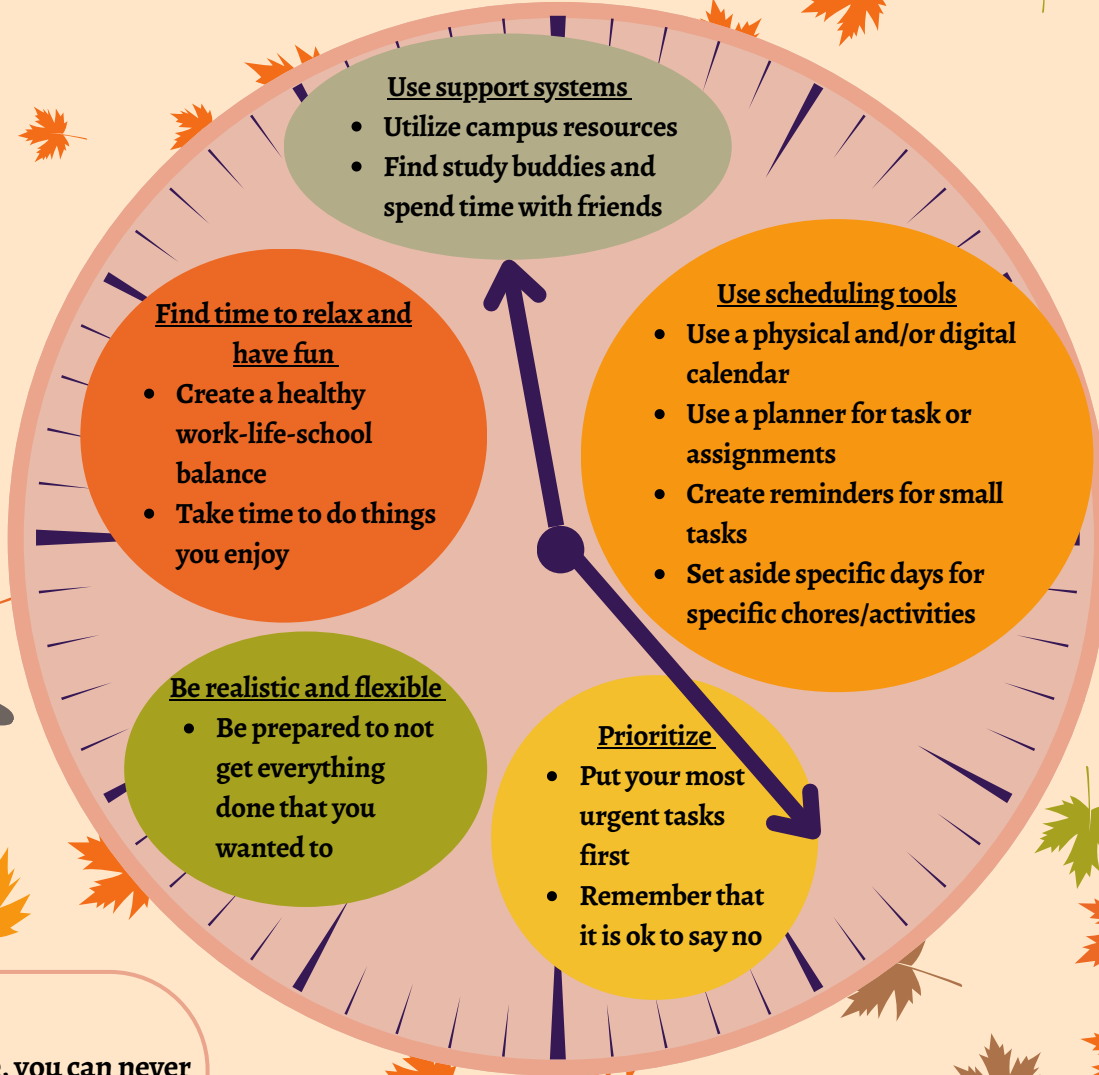
- WCU Resource Pantry is free for all WCU students and located on the ground floor of Commonwealth Hall, through the Student Health Services entrance. They are open from 10am to 4pm Monday through Friday.
- WCU's Uptown Loop shuttle starts on Church Street and provides students with free transportation to the GIANT at Bradford Plaza. It is available Monday-Friday 6:45am - 10:45pm and Saturdays 12pm - 10pm and runs about every 35 minutes.

Scan this code for drop-off/ pick-up locations and shuttle times.



Time Management Techniques

Having good time management is key to reducing long-term stress. It allows you to have control over your schedule and promotes productivity and organization, both of which reduce stress. If you find yourself in need of ideas on how to manage your time, look no further!



Less Risky Drinking Practices

Whether you or someone you know decides to consume alcohol, it's essential to know how to approach alcohol in less risky ways. Here are some tactics to reduce the risk when consuming alcohol:

Educate Yourself

- Familiarize yourself with the effects of alcohol on the body, even if you choose not to partake.
- This knowledge empowers you to make informed decisions.

Moderation

- It is recommended to consume no more than 1 standard drink per hour.
- It's important to note that individual tolerance to alcohol can vary. Understand your limits and know when to stop.

Alternate

- Alternate between alcoholic and non alcoholic beverages such as water.
- Make sure to eat food before and while drinking. This slows your drinking pace and slows the absorption of alcohol into the bloodstream.

Have a Plan

- Create a plan for how much alcohol you plan to consume, and always have a designated driver.
- You can also set a time frame for how long you plan to drink and practice refusal strategies if you choose not to drink.



For sources and events, scan above!