

# THE STALL SEAT JOURNAL

Spring 2023 - Edition 2

## THE EFFECTS OF CANNABIS USE

IN 2021, 35.4% OF 11.8 MILLION YOUNG ADULTS (AGES 18-25) REPORTED USING CANNABIS IN THE PAST YEAR. THE TRICKY THING IS NOT EVERYONE KNOWS ABOUT THE IMPACT CANNABIS USE CAN HAVE.

### Mental Health Effects:

- Hallucinations
- Paranoia
- Depression
- Anxiety
- Suicidal ideation
- Lower life satisfaction
- Less academic and career success

### Physical Effects:

- Breathing problems such as daily cough, phlegm, more frequent lung illness, and a higher risk of infection in the lungs
- Increased heart rate
- Intense nausea and vomiting
- Addiction



SCAN HERE FOR MORE INFO FROM THE CDC ON BRAIN HEALTH AND CANNABIS

Interested in taking a look at your cannabis use? The Office of Wellness Promotion provides 1:1 meetings to discuss substance use through wellness coaching, or specific to cannabis use through the CASICS program. Counseling and Psychological Services also offers individual counseling as well as Alcohol and Other Drug counseling.

## PLANNING TO TRAVEL SOON?

WHETHER YOU ARE TRAVELING NEAR OR FAR, THE TIPS BELOW CAN HELP MINIMIZE TRAVEL STRESS TO ENSURE YOU CAN ENJOY YOUR TIME.

- Finalize the details as soon as possible. Last-minute planning often leads to added stress.
- Determine how much downtime you'll need before having to return to school and/or work. Then, plan accordingly.
- Tidy up before leaving. This will eliminate the stress of having to do so upon returning.
- Make a packing checklist. This will ensure that you do not leave anything important behind.
- If traveling by plane, set the tone by arriving early. Most airlines recommend arriving at the airport no later than two hours before a domestic flight and three hours before an international flight.



SCAN ABOVE FOR MORE INFO AND TIPS FROM THE WASHINGTON POST

## SPRING RAMBOXES

ORDER YOUR SPRING RAMBOX TODAY!

The RamBox is a subscription-based service that provides students with goodies and resources to improve their health and well-being. Students can request the Sunshine in a Box, Stress Detox Box, and Connect-a-Box once a semester and the RubHub box can be requested once every 30 days.

SCAN HERE TO ORDER YOUR RAMBOX!



## INTENTIONAL MOVEMENT

YOU ARE MORE LIKELY TO GET MOVING IF EXERCISE IS A CONVENIENT PART OF YOUR DAY.

- Do activities you enjoy to make it more fun. Be creative and try something new!
- Make it social. Find a virtual "buddy" to help keep you going and provide emotional support.
- If there's a break in your routine, get back on track. Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.
- Keep track of your progress. Make a plan and don't forget to reward yourself when you reach your goals.

SCAN HERE FOR MORE TIPS FROM THE US DEPARTMENT OF HEALTH!



## IT'S ON US: NATIONAL CAMPAIGN

IT'S ON US IS A NATIONAL CAMPAIGN COMMITTED TO ENDING SEXUAL ASSAULT ON COLLEGE CAMPUSES BY EMPHASIZING THE PART WE ALL HAVE TO PLAY IN CREATING A CULTURE OF RESPECT. IT'S ON US TO...

- ...realize we all have a role to play in stopping sexual assault
- ...create an environment where everyone feels, and is, safe
- ...get someone home safely if they need help
- ...hold friends accountable + tell them if what they're doing is wrong
- ...never blame the victim
- ...and so much more!

SCAN HERE FOR MORE INFO AND RESOURCES ON SELF-CARE TOOLS, BYSTANDER EDUCATION, SURVIVOR SUPPORT, AND MORE FROM OUR SOURCE, THE NATIONAL IT'S ON US CAMPAIGN



THERE ARE ALSO STRATEGIES YOU CAN USE AS A BYSTANDER, SAYING SOMETHING IF YOU SEE SOMETHING. STRATEGIES INCLUDE SEEKING ADDITIONAL SUPPORT OR HELP, CALLING 911, STEPPING IN FOR SOMEONE ELSE'S DEFENSE, GETTING SOMEONE OUT OF A POTENTIALLY HARMFUL SITUATION, AND GETTING THE SURVIVOR HELP.

For local resources and information about West Chester's It's On Us chapter and college sexual assault prevention, follow @wcuitsonus on Instagram.

Additional resources available to students on campus include:

- Counseling and Psychological Services in Lawrence Center, Room 241 or 610-436-2301
- Center for Women and Gender Equity in Lawrence Center, Room 214, 610-436-2122, or cwge@wcupa.edu
- Title IX Office, 114 W Rosedale Avenue, or 610-436-2433

