



Stress! What is it good for? Absolutely Nothing!

WHAT IS HAPPENING THIS MONTH

WANT TO WIN A \$20 STARBUCKS GIFT-CARD? TAKE OUR QUIZ ON PAGE 5!

Campus Wellness end of year celebration!

Wednesday May 11th– Join us on the UC Patio to cuddle and play with puppies!

Every Tuesday 11:30-12:30 Clark 124 Campus Wellness Meetings



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IDEAS FOR SELF-CARE



In college students, stress can contribute to compromised mental health, unrealized potential, and in extreme cases, loss of life.

Take a 10 min. walk Soak in a hot bath Ride your bike around the neighborhood Meditate Color in a coloring book with crayons Swing on a swing set Exercise at the gym Stretch and move to music Write a poem Call a long-distance friend or relative Swim laps in a pool Bake chocolate-chip cookies Look at a book with beautiful scenery or art Try a new flavor of ice cream Scrapbook your favorite photos Soak your feet Drink hot chocolate or tea Listen to or play your favorite instrument Wrap yourself in a soft blanket Have a slumber party Buy or pick flowers Play a board game Arts and crafts activities such as crochet, knitting, or beading Journal your thoughts Paint with finger paints Practice yoga techniques Write a letter Read a comic book or magazine Play a casual game of soccer, basketball, football, or volleyball with friends Fly a kite Read a book of inspirational quotes Doodle or draw in a sketchbook Go on a picnic Get a massage Draw on a sidewalk with chalk Listen to soothing music

Download and listen to free meditations and music online at

www.meditationoasis.com

www.lala.com/#artist/Yoga_Meditation_Music



THE OASIS

Need a place around campus to unwind, meditate, or just looking for peace and quiet? Come check out the Oasis in **Clark 124** it's free! Check out the key from the Student Life desk in the Clark lobby.



BOXER BREATHER

The Student Counseling Center wants to welcome you to join us at Boxer Breather a weekly drop-in group to help students learn new skills, strategies, and ideas to increase your ability to cope with stress and to improve your overall wellness. We will be at Price 112 every Thursday from 4-5 to teach new skills, and you can attend as often or as little as you want. Look forward to seeing you there!

HIGHLIGHTS FROM SEXUAL AWARENESS MONTH

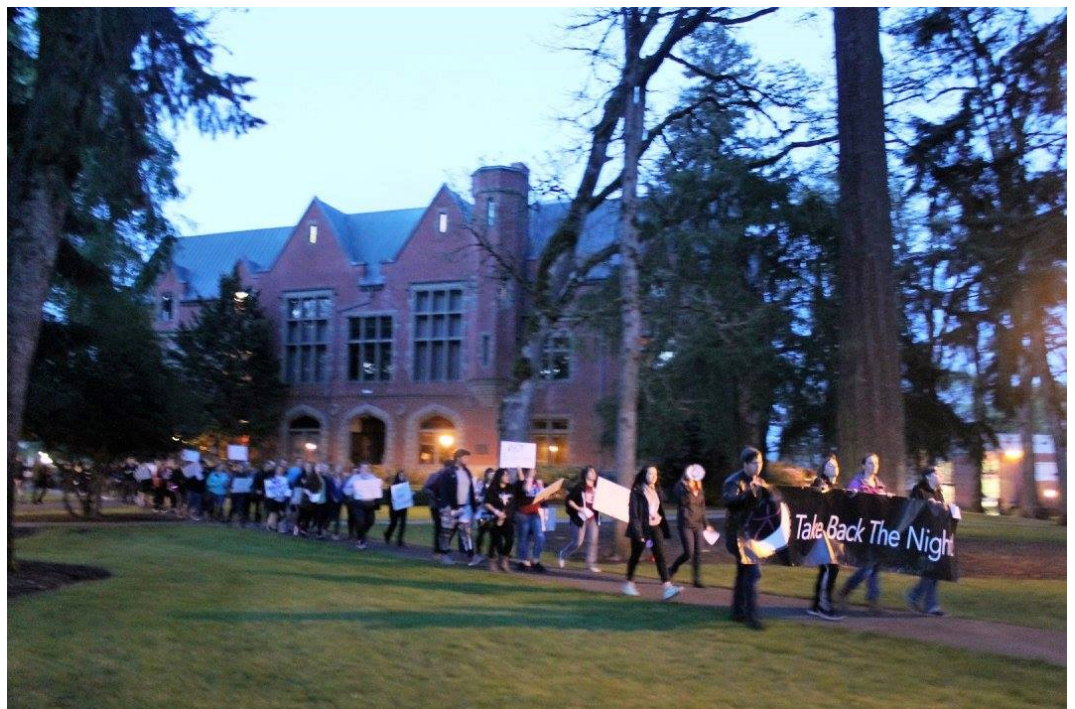
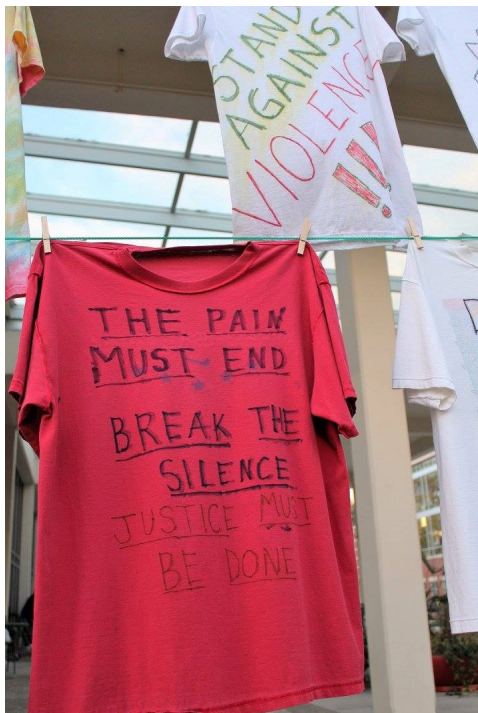
BRAVe: Chelsea Hill used her senior thesis as an opportunity to educate students on bystander intervention and started a new hashtag: #BoxersBeBrave. They used break out groups to help people utilize bystander intervention techniques in real world situations

Clothesline Project: Students and student groups decorated shirts that were hung around the UC to increase sexual violence education, give survivors an anonymous avenue to tell their story, as well as allow anyone to show support for survivors.

Take Back the Night: Students kicked off the night by making signs and listening to speeches as to what they were doing and why this event was important. Students then marched across campus, up Main Street all the way to Lincoln Park where people were able to share their personal stories of their experiences or to voice their support for survivors.

Denim Day: Denim Day coordinated with Senior Projects Day and we saw many seniors presenting still sporting Denim in support! It sprouted the hashtag: #BoxersWearDenim

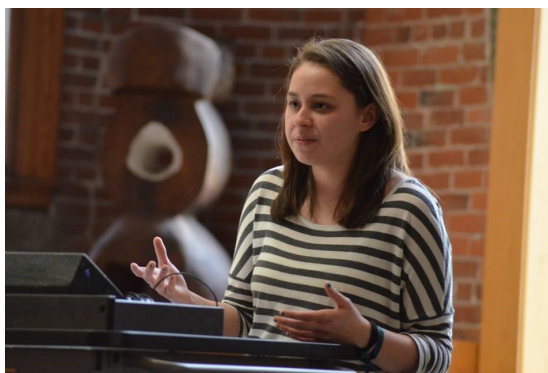
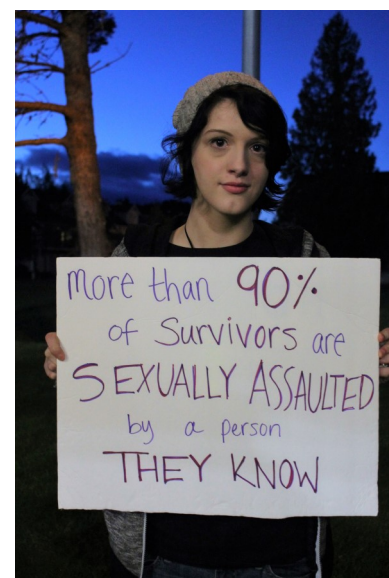
Take Back the Day Student Symposium: Karla Maldonada, Kaitlin Dornan, Paco Cervantes and Jojo Miller presented at PSU's conference on anti-racist sexual violence prevention. They learned some best practices and strategies to bring back to our campus!



QUIZ

1. What is one way you can relieve stress?
2. Where is the Oasis located?
3. What is an upcoming event with Campus Wellness?
4. What are some resources on Campus to help you relieve stress?

Email your answers to wellness@pacificu.edu



Campus Wellness at Pacific University

Location: Clark 124

E-mail:

wellness@pacificu.edu

Phone: 503-352-2273

Student Counseling Center

Located next to Bates House

Phone: (503)-352-2191.

Student Health Center

Location: Next to Knight Hall (Admissions)

Phone: 503-352-2269

