

DECEMBER  
ISSUE  
2016

# CAMPUS WELLNESS AT PACIFIC UNIVERSITY

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December 1 6:00 PM

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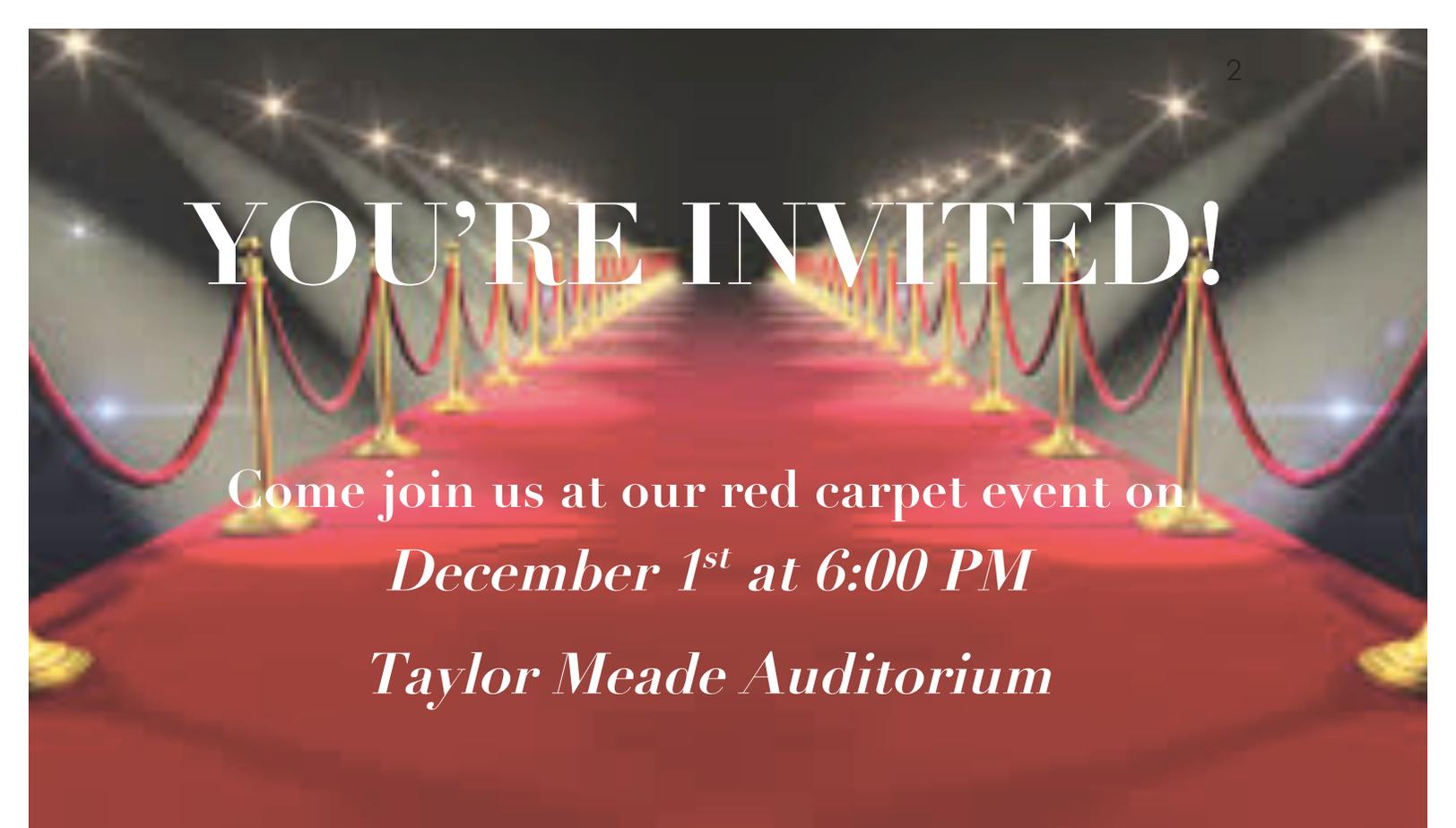
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WANT TO WIN A \$20 STARBUCKS  
GIFT CARD?



TAKE OUR QUIZ!





# YOU'RE INVITED!

Come join us at our red carpet event on  
*December 1<sup>st</sup> at 6:00 PM*  
*Taylor Meade Auditorium*

## Wellys Award Show

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*Help keep our community safe for all students  
by promoting bystander intervention.*

*Come dressed in your most formal attire and take  
photos in our photo booth. FREE CIDER & COOKIES!*

*Watch and vote for your favorite videos-voting enters  
you to **win a \$25 Amazon gift card!***

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Stressed about finals?

Come join us in de-stressing with  
cute therapy dogs and puppies!



Hosted by *Campus Wellness & ACE  
Board.*

## SHORT TERM WAYS TO HANDLE STRESS



- ❖ **Relax right where you are.** Close your eyes and visualize yourself in a pleasant setting (standing on the beach watching the sunset, walking in the woods) Imagine the sights, sounds, smells, and touch of the place. Notice how relaxed you are there
- ❖ **Take a break.** Get some exercise or fresh air. Go somewhere private and yell or cry.
- ❖ **Ask yourself whether it's worth being upset over the situation.** You can choose to stay calm and ignore it. If the issue is important, confront it directly, talk it out with a sympathetic friend, or write it in a letter that you don't send.
- ❖ **Do it now.** We all know how thinking about the work we have to do and doing it makes us ever so much more miserable than just doing the work. So instead of putting it off until tomorrow, do yourself a favor and get to it.
- ❖ **Breathe.** Deep breathing is extremely calming. Fill your lungs to capacity, imagine your neck and shoulders relaxing, and slowly exhale.
- ❖ **Neck rolls or shoulder rolls.** Rolling your head in a circle several times and/or rolling your shoulders in a circular motion provide instant stress reduction.

## Tips for Eating Right During Finals

1. **Stay hydrated!** Be mindful of how much caffeine you are drinking to stay awake and make sure to get enough water so your brain stays sharp.



### 2. Snack Smart:

Nuts, fruits, and vegetables can help you stay focused. Check out more brain-boosting food ideas here:

<http://www.webmd.com/food-recipes/features/healthy-foods-eat-brain-power#1>

### 3. Don't skip breakfast, but do skip the late nights:

Being hungry will keep you from doing your best. Start off your day with a healthy breakfast-oatmeal is a great choice to keep you full and slowly releases glucose to keep you focused. Make sure you get enough rest, otherwise no amount of brain food can help you focus!

### Top 10 Foods to Reduce ~~STRESS~~ ...and increase health!

1. Almonds & pistachios 
2. Asparagus 
3. Avocado 
4. Banana 
5. Broccoli & spinach 
6. Fish 
7. Oatmeal 
8. Oranges 
9. Tea 
10. Yogurt 

[www.TheLyonsShare.org](http://www.TheLyonsShare.org)

# Tips for Surviving the Holidays:

Even in the best of circumstances, the holiday season can bring up varying emotions. It can be a chance to recuperate from the stress of midterms and finals, but for others the holidays can cause a mixture of stress and anxiety. For some it is a combination of both celebration and distress.

The current social climate in the US is very divided. Returning home to friends and family may place you in situations that cause stress, discomfort or pain. For others, the holidays mean returning to a community of supportive and likeminded people. Holidays can also increase feelings of isolation and loneliness.

At Pacific we care about your wellbeing. Here are some tips and resources for anyone who is feeling concerned about heading into the holiday breaks:

## **Have an exit strategy if things get too intense:**

If you are starting to become irritated or overwhelmed, find ways to leave and give yourself a break. Maybe that's going for a quick walk, running an errand, or even stepping away to use the restroom.

If you are unable to leave the room, take a mental vacation. Take some deep breaths and visualize yourself in a soothing environment (the beach, poolside, or whatever space best calms you). Grounding exercises can also be helpful, try noticing 5 things you can see, 4 things you can hear, 3 things you can smell, 2 things you can feel, and 1 thing you can taste.



## 2. Carve out time for self-care

Make some plans ahead of time that will replenish you—take a break from friends or family to go for a hike, see live music, meet up with a friend for coffee, read a book, or whatever activity works best for you to recharge.



- **Remember to breathe.**
- **Catch up on your sleep.**
- **Drink enough water, being dehydrated just makes everything harder!**
- **Spend some time moving, whether that's stretching, taking a walk, having a dance party in your bedroom, playing with a pet, or whatever way feels best for you to move your body.**

## 3. Use substances in moderation

For those who choose to use substances, be mindful about whether that's helping or creating more stress. One drink might help relax you, but five could put you at risk for feeling worse, or getting into fights. It might be helpful to plan ahead how much you plan to drink or use.

## 3. Reach out if you need help

Keep in contact with the people in your life who make you feel supported. Plan ahead of time who you could contact if you need to talk.

There are also professional resources available 24/7 if the holiday season gets to be too much to handle.

**National Suicide Hotline: Call 1-800-273-8255**

**Trevor Lifeline (LGBTQ Support): 866-488-7386**

**Crisis Text Line: Text "START" to 741741.**

# Help us create a campus that is safe for all students by pledging to be a brave bystander!

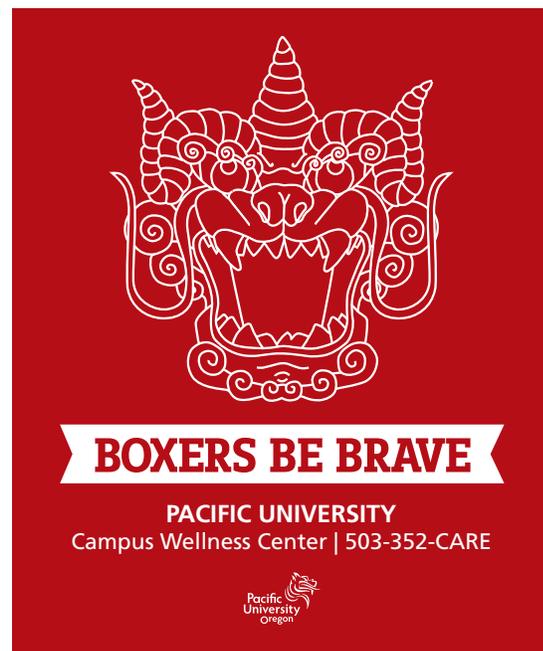
Stop by our WEEKLY WELLNESS BOOTH Thursdays from 11-1 in the UC to take the pledge:

**“I pledge to be a brave bystander by being aware of harmful attitudes, beliefs, and behaviors against targeted groups and ACTing when I see or hear things that could potentially cause harm.”**

Ask for help

Create a distraction

Talk to the person directly



To learn more sign up for a workshop with the Wellness Educators by e-mailing [wellness@pacificu.edu](mailto:wellness@pacificu.edu)!

## Stress Management Resources

### 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 in **Clark 124** every **Thursday from 4-5** to teach new skills. You can attend as little, or as often as you want. Look forward to seeing you there!

## RESOURCES

<p><b>Campus Wellness at Pacific University</b>            Location: Clark 124            Email: <a href="mailto:wellness@pacificu.edu">wellness@pacificu.edu</a>            Phone: (503)352-2273</p>	<p><b>Student Counseling Center</b>            Location: Next to Knight Hall (Admissions)            Phone: (503)352-2191</p>	<p><b>Student Health Center</b>            Location: Next to Knight Hall (Admissions)            Phone: (503)352-2269</p>
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## HIGHLIGHTS FROM LAST MONTH

### Let's Talk about Sex and Pizza Workshops:



We finished the Let's Talk about Sex and Pizza Workshops! Every Residence Hall participated in a 90-minute peer led workshop on healthy sexuality, consent and bystander intervention.

### Wellness Booth: Drugs and Alcohol-Spin the Joint

Students stopped by the Wellness Booth to learn harm reduction tips about alcohol and other drugs as they played fun interactive games.

Students also signed pledges to be brave bystanders and look out for one another!



# QUIZ

Want to win a \$20 Starbucks gift card? E-mail the quiz answers to [wellness@pacificu.edu](mailto:wellness@pacificu.edu) to be entered in the raffle!

1. What are some ways to de-stress during finals?
2. What is one tip for handling the holiday season?
3. When and where are the Wellys? How do you win an Amazon gift card?
4. Where can you take the pledge to be a brave bystander and look out for your fellow Boxers?

## ABOUT CAMPUS WELLNESS

### Contact Us for More Information About:

- Healthy relationships
- Healthy sexuality
- Sexual violence prevention/ consent and bystander intervention
- Support for survivors
- How to help a friend
- Drug and alcohol information
- Stress management
- Positive body image

**Phone:** 503-352-CARE

**Email:** [wellness@pacificu.edu](mailto:wellness@pacificu.edu) (non-confidential),

[kathleenconverse@pacificu.edu](mailto:kathleenconverse@pacificu.edu) (confidential)

**Website:** <http://www.pacificu.edu/about-us/offices/campus-wellness>

**Visit us:** Clark 124 (Campus Wellness Office)  
Clark 125 (Campus Wellness Coordinator's Office)

The Campus Wellness Office is committed to promoting social health and wellness on our campus. We strive to help students manage stress, have healthy relationships, prevent sexual violence, and use drugs and alcohol safely, so everyone on our campus has a positive college experience.

Campus Wellness also offers confidential advocacy for people who have had unwanted sexual experiences, experienced stalking, or are concerned about their relationships. The Campus Wellness Coordinator is a trained advocate who offers confidential support, and provides on and off-campus resources.