

CAMPUS WELLNESS AT PACIFIC UNIVERSITY

FEBRUARY ISSUE
2017

INSIDE THIS ISSUE

Upcoming events.....2

Love Language Quiz.....2

Signs of Healthy
Relationships/Warning Signs of
Relationship
Violence.....3

SIGN UP FOR A WORKSHOP WITH CAMPUS WELLNESS:

Party Smart Workshop.....4

One Love Workshop.....5

Stress Workshop.....6

Oasis, Boxer Breather & Other
Campus Resources.....7

Quiz/ About Campus
Wellness.....8

WANT TO WIN A \$20 STARBUCKS
GIFT CARD?



TAKE OUR QUIZ!

Happy
Valentine's
Day

To love oneself
is the beginning
of a lifelong
romance.

– Oscar Wilde

Double Quotes
doublequotes.net

Upcoming Events

Weekly meetings Tuesday 11:30-12:30. Everyone is welcome!



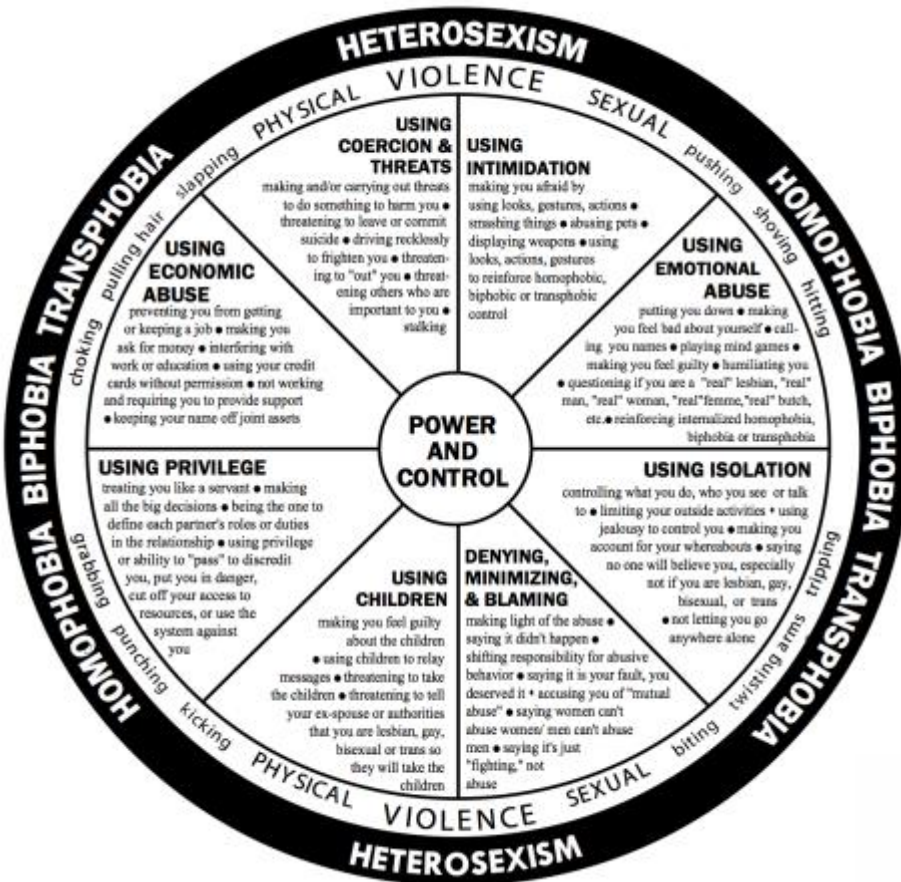
The **Weekly Wellness Booth** will now be alternating between Wednesdays and Thursdays for the remainder of the Spring Semester. For the month of February, we will be focusing on Healthy Relationships. Come stop by!



What's Your Love Language?

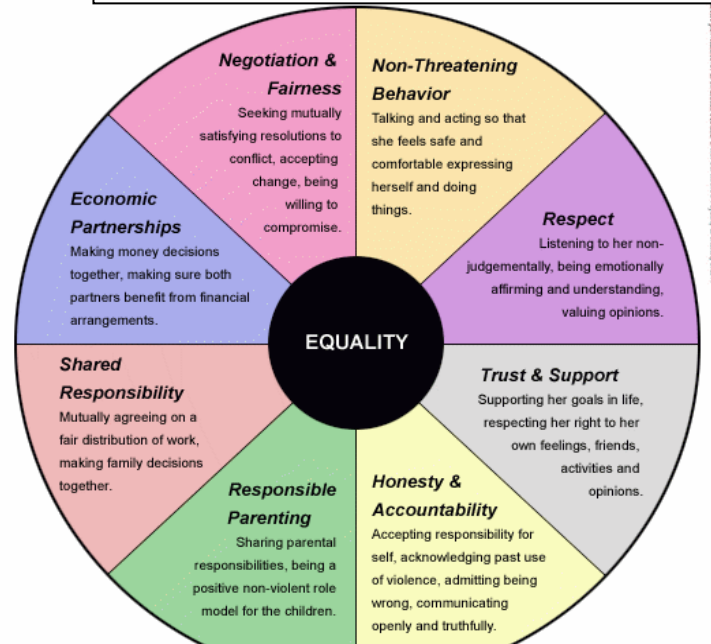
Take [this quiz](#) to find out!

Is your relationship healthy?




Power and Control: This wheel shows the tactics used by abusers to control and abuse their partners. This makes it hard for people to leave their abusers and it's important to see the signs in both your relationships and those of your friends. On average it takes a survivor 7 to 12 times to leave their abuser for good and by the time survivors are ready many find themselves alone because their friends and family stopped supporting them. Support the people you love and make sure they know you are available for them when they need you.

Equality and Non Violence: Healthy relationships are maintained with trust and respect. This is true for *all* relationships, not only romantic ones. Respect another person as an autonomous trustful person and expect them to do the same. Always have the other person's safety and well-being in mind and believe that they will not use you or your trust. Also remember that trust is earned and take care of yourself; it's okay to sever relationships with people who don't respect you.



If you feel like you are in an unhealthy relationship or have any concerns, Kathleen Converse is a confidential resource, and may provide consultations as well as on and off campus resources. You may reach her at kathleenconverse@pacificu.edu, call her at (503)352-CARE, or visit her in Clark 125.



Learn more about the effects of drugs and alcohol to help keep yourself, and your community safe.

Whether or not you choose to drink or use drugs, this is a helpful, non-judgmental, peer-led workshop, to help you better understand the impacts of drugs and alcohol.

**FREE
ROOTBEER
FLOATS!**

E-mail wellness@pacificu.edu to schedule your workshop today!

PARTY SMART WORKSHOP



You're Invited

On average, nearly 20 people per minute are physically abused by an intimate partner in the United States.
(NCADV, 2017)

-

YOU can make a difference.

-

Come to our nationally utilized workshop to learn how to recognize the early warning signs of relationship violence and how to help a friend.

Interested? Email us at wellness@pacificu.edu

one1love

F O U N D A T I O N

In honor of Yeardeley Love

“It is powerful and eye-opening. People need to be aware of signs and have the confidence to intervene.”



Stress Management

Our 60-minute workshop teaches strategies for self-care and stress management.

Interested? Email wellness@pacificu.edu to sign up!



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

RESOURCES

<p>Campus Wellness at Pacific University Location: Clark 124 Email: wellness@pacificu.edu Phone: (503)352-2273</p>	<p>Student Counseling Center Location: Next to Knight Hall (Admissions) Phone: (503)352-2191</p>	<p>Student Health Center Location: Next to Knight Hall (Admissions) Phone: (503)352-2269</p>
---	---	---

QUIZ

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

1. What school resources are available to students who are experiencing an unhealthy relationship?
2. What are some signs of a healthy relationship (look at the equality wheel)?
3. What are some signs a relationship might be unhealthy (look at the power and control wheel)?
4. What workshops does Campus Wellness offer and how do you sign up?

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 (non-confidential),

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.