

THE STALL SEAT JOURNAL

Fall 2023 - Edition 3

Affirmations and Mindfulness

What are affirmations?

Affirmations are positive phrases or quotes you say to yourself.

Why are affirmations important?

Repeating daily affirmations helps strengthen positive thought patterns.

Have you said your affirmations today?

Examples of affirmations:

"I have the power to accomplish all my goals today."
"I am improving every day in all aspects."

Practicing Affirmations

- Start your day off by writing an affirmation down or saying it in the mirror.
- Make it meaningful to you.

Creating affirmations is a great approach to support and encourage yourself while enhancing your mental health.

Feeling SAD?

As the weather gets colder and the days get shorter, many people experience Seasonal Affective Disorder (SAD), also known as seasonal depression. This happens due to lower levels of natural light. Fortunately, there are several ways you can maximize your time in the sunlight and stay energized!

Keep your health and well being in check

- Intentional movement, eating well, and getting enough sleep helps maintain all aspects of health.



Seek outside help if you are struggling

- Contact a professional who can give you more individualized support.
- Visit WCU Counseling and Psychological services.



Get involved and stay connected

- Spend time with friends and family.
- Engage in on-campus activities.



Increase your access to natural light

- Sit by your window or open your curtains to get more sunlight.
- Spend time outdoors, if the weather permits.

Light therapy

- Use a light therapy lamp for ~20 minutes each morning.



Exciting Activities In and Around West Chester

Arts and Crafts

Let your inner artist shine by painting a piece of pottery or a colorful landscape on canvas. It's a delightful way to unwind, express your creativity, and make cherished keepsakes. Check out locations around West Chester or organize a painting night on your own with friends!

Marshall Square Park

This charming green space provides a tranquil escape for anyone, so pack a book, enjoy a leisurely walk, or simply relax amidst the lush surroundings.

Escape Rooms

Put your wits to the test at an escape room, a thrilling and immersive experience. Gather a group of friends and work together to solve puzzles, find clues, and beat the clock. Prices vary at each location

Sweet Treats

You don't need a special occasion to treat yourself! Visit one of the many bakeries in West Chester borough to pick up a sweet treat or hot drink.

Moving Intentionally

The gym isn't the only way to practice intentional movement. Here are some fun ways to move intentionally at WCU!

Did you know that WCU has a swimming pool that is available for students to use? All you have to do is show your WCU ID card to the lifeguard on duty to swim! The fall 2023 hours are available on the Campus Recreation website.



WCU is surrounded by the Borough of West Chester on North Campus and the Gordon Natural Area on South Campus, so there are many beautiful locations to get out and move around!



Tai chi involves slowly moving yourself, without pausing, into performing various animal actions, while also breathing deeply. Tai chi can be done sitting or standing and can be adapted to all fitness levels. Grab some friends and practice tai chi from the comfort of your residence hall!



The Rammy Riddler

What can you catch, but not throw?
Scan to reveal the answer



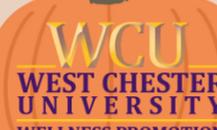
For more information and sources on the content above, scan the QR code!



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