

# THE STALL SEAT JOURNAL

## FALL 2025- EDITION 2

### BEING AN ALLY

Each October we commemorate LGBTQIA+ history, and October 11th - the anniversary of the 1987 March on Washington - marks National Coming out Day. Coming out can be a liberating experience and is one that takes courage. **Here are some ways you can be an ally and show up in meaningful ways:**

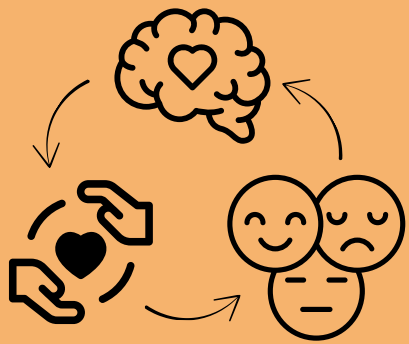
- ☒ Stay informed – learn about realities, challenges, and issues affecting the community
- ☒ Do your own research – don't know a word or acronym? Look it up!
- ☒ Don't assume pronouns – create an inclusive space by using your own
- ☒ Show up and speak up – be available to listen, share resources, and say something when you hear slurs or misinformation
- ☒ Be an advocate – support policies that protect and extend basic human rights
- ☒ Be willing to address your own barriers to showing support as they come up



Scan the QR code for information from *Straight from Equality*, a great resource on being an ally:



### MENTAL HEALTH MATTERS



Understanding mental health is important for college students as they navigate personal growth and social changes. It is a key component of overall health, encompassing a person's emotional, psychological, and social well-being.

Raising awareness about mental health can help students seek support before challenges escalate. A few ways to build awareness include attending workshops, sharing personal stories, and distributing or collecting educational material and resources. All of these options are readily available through Wellness Promotion! Overall, it is important to surround yourself with environments that support the best version of yourself and improve your mental health.

**For more information on how to do this, check out our RamConnect here!**



### Rammy Riddler

I can run, but I never walk. I have a bed, but I never sleep. I have a mouth, but I never speak. What am I?



SCAN ME



### 10 Minutes to Stress Less



Feeling stressed? Good news—relief may be closer than you think! New research suggests that just 10 minutes in nature can boost your mood, sharpen focus, and lower stress both mentally and physically.

Whether you're swamped with assignments or running between classes, a short break outside can make a dramatic difference in your day. And "nature" doesn't always mean a hike in the woods. It could be sitting under a tree, walking across the quad, taking a stroll at Gordon Natural Area, or enjoying a patch of flowers.

Think of it as a natural prescription: simple, free, and available every day. Next time stress piles up, step outside for a mini dose of calm. Your mind and body will thank you!



The sweet spot is 10-50 minutes outdoors. After that, the benefits tend to level off, so even quick breaks count! Just walking or sitting quietly is enough!



### MUST TRY FALL MOCKTAILS

Mocktails are non-alcoholic beverages that can be enjoyed with friends or on your own as a healthier drink option. Try out these recipes below if you are looking for something new!

#### Pumpkin Spice White Russian

##### Ingredients:

- 2 tablespoons pumpkin puree (unsweetened)
- ½ teaspoon pumpkin pie spice
- 1 tablespoon maple syrup (or to taste)
- ¼ teaspoon vanilla extract
- ¼ cup whole milk or oat milk
- ¼ cup heavy cream or non-dairy creamer
- Whipped cream and dusting of cinnamon (for garnish, optional)



##### Instructions:

1. In a small bowl or shaker: combine pumpkin puree, pumpkin pie spice, maple syrup and vanilla. Mix until smooth.
2. Add milk and cream. Stir or shake until well combined.
3. Fill a glass with ice and pour the mixture over the ice.
4. Garnish and enjoy!

#### Immune Supporting Spritz

##### Ingredients:

- 1 cup fresh orange juice
- 1 teaspoon freshly grated ginger
- ½ teaspoon honey (optional)
- ½ cup sparkling water
- Ice cubes
- Orange slice (for garnish)



##### Instructions:

1. In a tall glass, combine orange juice and grated ginger. Stir in honey (if using) and allow flavors to blend for 2-3 minutes.
2. Fill a glass with ice, top with sparkling water, stir gently.
3. Garnish and enjoy!

### Bystander Intervention

What is bystander intervention? In order to prevent harm and foster a safer community, being an active bystander allows you to take action when you aren't directly involved in a potentially harmful situation. One way to be an active bystander is to report concerns about student and group behavior. If you wish to report anonymously and want action to be taken about a potentially harmful incident, please report via text at **256-928-2273**. This system allows the Office of Student Conduct to contact you to follow-up, while preserving your anonymity!

- **RealResponse** lets you communicate back and forth without ever revealing your identity
- **Submit reports anytime, including details, photos, videos, or anything that could help**
- **Between 8:00am and 4:30pm, a staff member may follow up with additional questions, resources, or support**
- **Report emergency or crisis situations to emergency services, such as 911 or Public Safety**



Brought to you by the Office of Student Conduct

Send Anonymous Reports through text to:

**256-928-2273**



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