

# THE STALL SEAT JOURNAL

SPRING 2026 | EDITION 2

## How to “Spring” Into Spring

Spring is here! A perfect time to reset, recharge, and refresh your routine. As the seasons change, it’s important to check in with both your mind and body. Stress and burnout are more common than you may realize, but taking small, intentional steps to refocus yourself can make a big difference.

### Here Are Some Tips To Help

- **Stay Ahead Of Your Work.** Avoid procrastinating on assignments, as waiting until the last minute can increase stress and impact the quality of your work.
- **Keep Organized.** Use a planner or digital calendar to track assignments, deadlines, and events to help you stay on task.
- **Study Together.** Connecting with classmates or peers for study sessions can boost motivation and spark new ideas.
- **Reach Out For Support.** Don’t hesitate to ask for help. Your professors hold office hours to support your success. You can find office hours for professors on D2L.
- **Prioritize Your Well-Being.** Be intentional about moving your body, staying active, practicing deep breathing, and nourishing yourself with healthy foods.

Step into feeling focused, supported, and ready to thrive.

## Signs of Overdose

Naloxone, also known as Narcan, is an over-the-counter medication used to reverse the effects of an opioid overdose by temporarily blocking the effects of opioids.

**Warning Signs:** dizziness, small pupils, irregular/shallow breathing, deep snoring/gurgling

**Signs of an Overdose:** not breathing, blue/grey skin/lips or nails, rigid muscles/spasms, seizure-like movements

## How To Administer:

- **For a single-step nasal spray:** place your thumb on the plunger and press the plunger into the nostril.
- After giving naloxone, call 911, place the person on their side, and stay with them until help arrives. If there’s no response after 2-3 minutes, give a second dose. If they stop breathing again, give the second dose immediately.

**Wondering where to find Narcan?** Scan the QR code below to find pick up places for free Narcan on campus.



**Did you know there is free Narcan Training for students?** Visit the Wellness Promotion website for videos and more information.



## Ways to Ease Your Mind Word Search

M M I A M D U D L D B M Y L H  
 L I S C R E E N B R E A K I Y  
 S D N Z Y H A Y B I E Q L S Y  
 L H E D Y P B O F S S O H T N  
 S K O E F J Q G L Q O B B E Q  
 E B P W P U Y A F J E V S N T  
 L I M J G B L M E D I T A T E  
 F U Y T W R R W W I H W N O C  
 C O W R Q Q A E R R S J J M H  
 A L T M D S E T A I A D I U O  
 R K O U V B A F I T T R O S B  
 E C P K F B D Q Q T H I K I B  
 X Z Y K X Z F F K C U I N C I  
 X G O O D S L E E P M D N G E  
 K V C J V Q E X N X B B E G S

mindful writing    deep breathing    show gratitude  
 screen break    good sleep    meditate  
 listen to music    self care    hobbies    yoga

## How to Be Here for Each Other

During the busy months, it is important to look out for one another. Here are a few tips on how to check up on friends this semester:

- 1 **Stay Connected:** Take time to send a short text. A simple “how are you doing” can make all the difference.
- 2 **Practice Active Listening:** Make eye contact and ask questions while communicating with your friends so that they feel seen.
- 3 **Stay Involved:** Knowing about activities on campus can simulate opportunities to reconnect.
- 4 **Know Your Resources:** Know where on campus your friends can go if they need extra help. If you feel like a friend needs extra support, suggest campus resources such as the CARE team and use the QR code to learn about the resources on campus.



## Well-being

Caring for your overall well-being sets the foundation for success. Students can support their health by creating a consistent routine that reduces stress, prevents burnout, and promotes balance.

- ✓ Plan regular times to study, wake up, eat, and move your body. Structure can improve focus and lower stress.
- ✓ Treat your space with kindness. Maintaining a clean-living space helps people gain a sense of control and improve mood.
- ✓ Do not neglect your physical health! Take some time alone, drink plenty of water, move intentionally, and eat nutritious meals. The resource pantry is open to all students for food and hygiene products on the lower level of Commonwealth Hall.

**Building a simple, intentional self-care plan can make a meaningful difference in your well-being as a student.**

## Rammy Riddler

What is always in front of you but can't be seen? **SCAN ME**



Scan the QR for References:



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