

## A SEASON OF SELF LOVE

The saying “treat others the way you want to be treated” is well known, but what about treating yourself how you want others to treat you? You deserve to be loved too! What better person to love you than yourself? Self-kindness entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate. Research shows that having self-compassion builds resilience, helps with trauma recovery, and helps one to cope with failure or embarrassment.

*The importance of self-love and how to cultivate it. (n.d.). Retrieved February 26, 2021, from <https://www.medicalnewstoday.com/articles/321309#What-is-self-compassion>.*

## 5 WAYS TO PRACTICE SELF-LOVE

**Write a love letter to yourself:** Identify the top 8 qualities you love about yourself. List 8 ways in which these attributes have benefitted you in life.

**Break Up with Good and Bad Thinking:** Life isn't as simple as good and bad. If you're trying to develop a new habit and don't follow through, that's okay. Recognize that you aren't perfect and nurture yourself to do better next time.

**Start a Success Journal:** List your accomplishments every day. Review your entries at the end of the week and acknowledge your success.

**Be Heart Healthy:** The journey to self-love not only includes nurturing your mind, but also your body- including your heart. Have a healthier heart by, being physically active, manage stress levels, and get 7-9 hours of sleep a day.

**Treat Yo Self!** Show yourself how much you appreciate who you are by rewarding yourself. The reward doesn't need to be significant, just meaningful.

*Increase clients' self-love with these 30 exercises, techniques and worksheets. (2020, December 14). Retrieved February 26, 2021, from <https://positivepsychology.com/self-love-exercises-worksheets/>.*

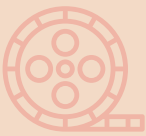
*Marcus, B. (2017, February 14). 5 ways to fall in love with yourself This Valentine's Day. Retrieved February 26, 2021, from <https://www.forbes.com/sites/bonniemarcus/2017/02/14/5-ways-to-fall-in-love-with-yourself-this-valentines-day/?sh=f0e84121e8e3>.*

*American heart Month. (n.d.). Retrieved February 26, 2021, from <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month>*

## REST & RELAXATION



**Books:** *Hotel on the Corner of Bitter and Sweet*



**Movie/Show:** *Set It Up*



**Activity:** *Drinking Hot Chocolate and journaling*



Have a suggestion for some R & R? Send us your ideas by scanning the QR code for a chance to be featured in our next Stall Seat Journal and entry into a raffle prize drawing!

Submitted by Dorothy Looby, Class of 2022; Dual major in Early Grades Preparation and Psychology; dual minor in Mathematics and Deaf Studies American Sign Language Track

## BEING ACTIVE BYSTANDERS

Bystander Intervention is recognizing a potentially harmful situation and choosing the appropriate way to respond.

The 5 Ds of Bystander Intervention:

**Distract:** Take indirect action to deescalate the situation or change the subject.

**Direct:** Respond to the situation directly and confront the person assertively.

**Delegate:** Get help from someone, such as an employee, professor, or someone nearby.

**Delay:** Check-in later with the person, offer resources and ask how you can support them.

**Document:** Take notes or record the situation happening. Be sure to get the person's permission to share or report the incident.

## WELLNESS POEM

*Tips to stay well both in body and mind  
Breaks and meditation can help you unwind  
Eat fruits and veggies, remember those workouts  
Keep social connections over zoom hangouts  
Be kind to oneself to stay in good health  
Don't forget your friends on the bottom floor of  
Commonwealth*

## RETHINKING DRINKING

Talking to a friend you are concerned about their alcohol use: First, talk to your friend when they are sober. To start the conversation, try:

“Our friendship is important to me and I’ve noticed some things that concern me.”  
“I really like when we hang out together when you are not drinking. It’s a lot of fun.”  
“I would like to talk to you about your drinking because I care about you.”

**Keep the conversation about their drinking:** They might stop listening if they feel they are under attack.

**Be consistent in what you say and do:** If you let them know you’re worried about their drinking, but then continue to drink with them, it sends a confusing message.

**Be prepared for push back:** They might feel defensive, even if they are already thinking about making a change.

**If they won’t talk about it, leave it:** Seek professional advice on how to help your friend.

**Revisit the conversation later:** When you both feel safe to talk and when they’re not drinking or hungover. Let them know your feelings, and that you are there for them.

*How to talk to someone about their drinking. (n.d.). Retrieved February 26, 2021, from [www.alcohol.org.nz/help-advice/ease-up-on-the-drink/how-to-talk-to-someone-about-their-drinking](http://www.alcohol.org.nz/help-advice/ease-up-on-the-drink/how-to-talk-to-someone-about-their-drinking)*

## MEDICAL AMNESTY

Medical amnesty is also known as the Good Samaritan Law: a state-wide law that grants intoxicated minors legal immunity when they seek help for themselves or another individual who is in need of immediate medical attention due to alcohol and/or drug use. The WCU Medical Amnesty policy has been instituted to encourage students to seek emergency medical assistance in situations that are possibly life threatening due to alcohol or drug use, without fear of conduct violations for alcohol and drug use.

Find out more at: [www.medicalamnesty.org](http://www.medicalamnesty.org) or [www.wcupa.edu/conduct](http://www.wcupa.edu/conduct)

Use the acronym **CUPS** when assessing if an individual needs medical attention:

**C**-Cold, clammy, or blue skin

**U**-Unresponsive, unconscious, or not easily awoken

**P**-Puking, uncontrollably or while unconscious

**S**-Slow, shallow, or irregular breathing

If a person is exhibiting any 1 of these signs, they could need medical attention due to alcohol or drugs.

**1** **Make the Call:** Call 911, Public Safety, Police, Emergency Services, or other University staff based on the belief that someone, including themselves, needs immediate medical assistance.

**2** **Be proactive!** Don't stall, just call if someone needs help and you believe you are the first to make the call.

**3** **Share your name:** Be clear with the resource you call.

**4** **Wait for help:** Stay with the person who needs help until it arrives.

**5** **Engage in Education:** Connect with Student Conduct and/or Wellness Promotion after you help.