

WELL-BEING BREAK


After a long semester and an even longer pandemic, everyone deserves a break. Quite often, college students spend their summer working at a part time job, in internships, or on professional development. However, summer is also the perfect time to take a break after a long period of work and practice balance in well-being. Managing free time and work can be challenging but a great way to start is by planning out your time to make room for physical activities, mindful activities, along with work time. By scheduling out every hour of the day, you can ensure your favorite activities are included and free time is planned out. After planning out your summer, consider sharing your plan with friends and families. You can let them know you are taking time to recharge, relax, and rejuvenate and even encourage them to do the same.



Source: Ellis, S. (2020). The wellness sabbatical. Global Wellness Summit. 2020 Global Wellness Trends. Retrieved from <https://www.globalwellnesssummit.com/2020-global-wellness-trends/wellness-sabbatical/>

INTERNATIONAL TRAVEL DURING COVID

With millions of Americans getting vaccinated each day, travel conditions are changing! If you plan on traveling internationally this summer, it's important to know what is required when returning to the United States. Vaccinated or not, we are still in a pandemic and need to do what we can to keep one another safe.




Get tested 1-3 days before travel

Get tested 3-5 days after travel and self quarantine for 7 days. Self - quarantine for 10 days if you don't get tested


Self-Monitor for symptoms

Wear a mask and take other precautions during travel

Not Fully Vaccinated



Fully Vaccinated



Source: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

MOCKTAIL RECIPES TO KEEP YOUR SPIRITS UP

Non-alcoholic beverages can be just as tasty and offer a fun alternative to cocktails. Try making Sparkling Pineapple-Lime Punch, using the following mocktail recipe:

INGREDIENTS: 1 bunch fresh mint, stems removed • 2 packages lemon-lime flavor unsweetened drink mix • 2 quarts pineapple juice, chilled • 2 liters carbonated lemon-lime soda, chilled • 1 lemon, sliced • 1 lime, sliced

DIRECTIONS: Step 1: Muddle mint with drink mixes in punch bowl. Step 2: Add pineapple juice; stir until mixes are dissolved. Step 3: Stir in soda and add fruit just before serving. **SERVINGS:** 16


Sources: <https://www.kraftrecipes.com>, <https://www.delish.com>, <https://www.lcb.pa.gov/>




REST & RELAXATION



Books: *Before We Were Yours* by Lisa Wingate



Movie/Show: *Switched at Birth* (Freeform - free account!)



Activity: Taking a walk/ bike ride

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!

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Sources: <https://www.unitypoint.org/livewell/article.aspx?id=a21679a2-4036-4049-8ffc-b798a3bd1298>
<https://www.flushinghospital.org/newsletter/the-danger-of-drinking-alcoholic-beverages-in-hot-weather/#~:text=During%20extreme%20heat%20we%20sweat,combination%20can%20lead%20to%20dehydration.&text=If%20you%20choose%20to%20drink,intervals%20to%20keep%20yourself%20hydrated.>

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/risky-drinking-can-put-chill-on-your-summer-fun#:~:text=Whether%20you're%20on%20the,to%20dehydrate%20or%20heat%20stroke.>

The WCU Wellcast is a new podcast from the Office of Wellness Promotion. Tune in to learn more about ways to improve your health and well-being with fun and interesting topics such as positive psychology and bystander awareness. Visit www.anchor.fm/wcu-wellcast today! New episodes will be made available throughout the summer.

REFRAME

CAMPAIGN

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Risky Drinking Can Put a CHILL On Your Summer Fun

If you choose to consume alcohol this summer, know the risks of drinking combined with summer activities. Sporting events, travel, and many celebrations – so much to look forward to! Consuming alcohol may feel refreshing in the hot summer sun but can come with costs:

Risk of dehydration:

- Alcohol is a diuretic. It causes your body to remove fluids from your blood through your renal system (kidneys, ureters, and bladder) at a much quicker rate than other liquids.
- Since the sun and heat cause you to sweat, drinking in the hot sun could cause you to lose fluids twice as quickly.
- Without the proper hydration, your body is unable to regulate its own temperature, putting you at risk of severe dehydration, heat cramps, heat exhaustion, or heat stroke.
- Dehydration after consumption can last up to 72 hours after drinking.

To ensure a fun time when choosing to consume alcohol, try to:

- Drink slowly – avoid drinking games where you are more likely to chug.
- Alternate alcoholic drinks with water or non-alcoholic beverages, especially when outside soaking up those rays.
- Plan to have a safe exit plan before any event where you may be drinking – baseball games, graduation parties, or concerts.
- Never drive a vehicle, ride a bike, operate machinery, or go swimming after consuming alcohol – this goes for golf carts too!
- Be cautious when drinking in the wilderness or places you have never traveled before, especially if you are alone.