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# April is Sexual Assault Awareness Month



Issue THREE

A Weekly Newsletter Focused on Your Wellness

# Wellness Wednesday

create >>>

## Paper Chain Wall Art: The Newest Trend in Stay-At-Home Projects

...maybe because you probably already have some kind of paper in your house! It's as easy as it sounds; make a lot of colorful paper chains and then hang them together from a dowel, rod or wooden branch. There are many images available online to inspire you. For instructions, visit:

<https://www.astrobrights.com/inspiration/omb-re-paper-chain-wall-art>



## The Art of Bullet Journaling: Insightful Reflection Meets Creative Expression

Bullet journaling is where you use a journal with gridded/dotted pages to categorize and visually represent your tasks, schedules, goals, moods, events, notes or habits. Not only is it motivating and rewarding to write these things down, but it also provides an opportunity to create a system of organization that is an aesthetically pleasing record of your experiences. Below are some examples to get started. Consider using gel or permanent ink fine-tip pens for this.



images from <https://itsclaudiag.com/2019/09/20-bullet-journal-weekly-spread-ideas/>

explore >>>

## Enjoy Views of the Andes from Machu Picchu

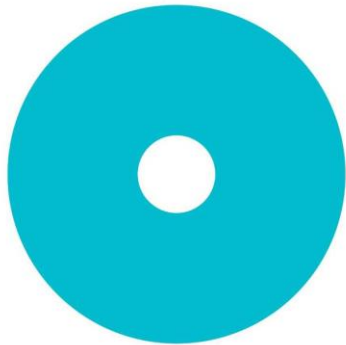


Machu Picchu, a UNESCO World Heritage Site located in the Andes Mountains of Peru at 2,430 meters above sea level, was built by the Inca civilization during the 15<sup>th</sup> century. It was rediscovered in 1911 and since then its engineering and architectural marvels have been fascinating visitors. It is often referred to as “The Citadel” and recently became one of the new Seven Wonders of the World. Take a virtual walking tour of Machu Picchu while you learn about its history here:

<https://www.youvisit.com/tour/machupicchu>

image from <https://www.travelandleisure.com/trip-ideas/adventure-travel/how-to-travel-to-machu-picchu>

image from <https://www.facebook.com/NOMORE.org/>



# NO MORE

## SAAM Resource of the Week:

The **NO MORE** Project provides helpful bystander tips and real-life bystander scenarios for how to provide supportive interventions for someone who may be experiencing interpersonal violence. To view these tips and scenarios visit: <https://nomore.org/learn/bystander-scenarios/>

relax >>>



## Progressive Muscle Relaxation 101

Progressive muscle relaxation is an exercise that involves sequentially tensing and then relaxing your muscles to relieve stress and relax your body. Here is a simple progressive muscle relaxation exercise you can practice at home if you choose:

- Sit in a comfortable position.
- Tense one of your fists to the point of feeling pressure but not to the point that it feels painful. Hold this tension for 5-7 seconds and then relax your fist. Let your arm/hand relax for 10-15 seconds before proceeding to the next step.
- Repeat this tensing and relaxing with your other fist.
- Continue to tense and relax your other muscle groups in sequence; bend your elbows and tense your upper arms, lift your shoulders, tense your facial muscles, roll your back down/forward and touch your toes to tense your back, and tense your abdomen muscles, your thigh muscles, your calf muscles and your feet muscles, relaxing for 10-15 seconds after each time you tense.
- After you finish, take a few deep breaths and sit quietly and be mindful for a minute or two of how you are feeling.



publicdomainvectors.org

# Denim Day 2020 is April 29

*Denim Day is an international movement that started in response to the outcome of a sexual assault case in Italy in 1999. The perpetrator in this case was found guilty during trial, but the conviction was then overruled by the Italian Supreme Court based on an argument that the victim's jeans were too tight to remove so the perpetrator could not have removed them without the victim's help.*



Denim Day, also sometimes referred to as wearing jeans for a purpose, is an opportunity to show your support for survivors of sexual violence and to educate other people about sexual violence and how they themselves can support survivors. On April 29 2020, individuals around the world will be invited to be part of this movement by wearing jeans all or part of the day and engaging their

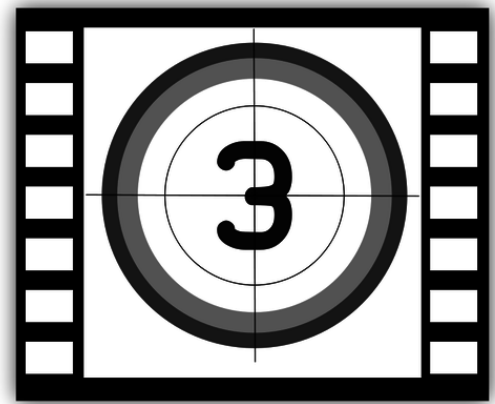
friends, loved ones and communities in conversations about ending sexual violence.

Want to be involved? Post a selfie of you wearing your denim attire on April 29 on social media and/or sharing information about sexual violence with your communities through social media (#denimday) or other remote means.

Consider making a donation to your local sexual violence crisis center or inquiring about opportunities to volunteer with them or support their fundraising or outreach efforts.

For more information about how you can participate and to optionally choose to register your participation, visit:

<https://www.denimdayinfo.org/>



connect >>>

## Host a Virtual Movie Night

*Netflix has a feature called Netflix Party that you can use to watch Netflix shows/movies with your friends online. It synchronizes playback for you and your friends and adds a chat function to the show or movie so you can discuss it while watching. For more information, visit: <https://www.netflixparty.com/>*



**The following are some experiences with the arts you can currently enjoy remotely:**

**Opera:** The Metropolitan Opera's Nightly Opera Streams at <https://www.metopera.org/>

**Visual Art:** Musée d'Orsay at <https://artsandculture.google.com/partner/musee-dorsay-paris>

**Theater:** Shakespeare's Globe free premieres running two weeks each at <https://www.youtube.com/ShakespeareGlobe>

**Metallica:** "Metallica Mondays" streaming a concert each week at <https://youtube.com/metallica>

appreciate the arts >>>

**Q:** *Can listening to music be good for your heart?*

**A:** Yes! Listening to music can lower your heart rate and decrease both your systolic and diastolic blood pressure. Also interesting to note is that there was research being done about the effects of music on cardiovascular health as far back as 1918:

<https://journals.physiology.org/doi/abs/10.1152/ajplegacy.1918.46.1.35?journalCode=ajplegacy>

Loomba, R.S., Arora, R., Shah, P.H., Chandrasekar, S., & Molnar, J. (2012). Effects of music on systolic blood pressure, diastolic blood pressure and hear rate: a meta-analysis. *Indian Heart Journal*, 64(3), 309-313. [https://doi.org/10.1016/S0019-4832\(12\)60094-7](https://doi.org/10.1016/S0019-4832(12)60094-7)



# final thoughts...

*“In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.”*

*-Fred Rogers*

If you are a D&E student and would like to discuss your options for counseling services, please contact our office at 304-637-1363 or email us at [fallettam@dewv.edu](mailto:fallettam@dewv.edu) so we can discuss this further. We can also provide assistance with, or guidance for, contacting a provider of counseling services in your area to start or continue services and/or to receive recommendations for treatment.

We want all of our students, faculty and staff to continue to be mindful of their wellness and proactive about taking care of and supporting their mental health as we move forward in the coming weeks. If you have suggestions for information we can provide or educational outreach we can do to support you to do this, please let us know!

coming soon >>>

## *In The Next Issue*

*Digital Consent and Privacy*  
*Stay-At-Home Spatial Self-Care*  
*Game Night Reboot*  
*The Right to Say No*  
*Modern Macramé*

Counseling and Wellness Services  
Jennings Randolph Hall, 2<sup>nd</sup> Floor, 36A  
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[fallettam@dewv.edu](mailto:fallettam@dewv.edu)

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