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Issue
FOUR

A Weekly Newsletter Focused on Your Wellness

Wellness **Wednesday**

explore >>>

See Aquatic Wildlife of the Georgia Aquarium Live

The Georgia Aquarium located in Atlanta, Georgia, is the largest aquarium in the Western Hemisphere, with more aquatic life than any other aquarium (including whale sharks which are the largest fish in the world) and more than 10 million gallons of water with 6.3 million gallons in their Ocean Voyager habitat. **To access the aquarium's live webcams, visit:** <https://www.georgiaaquarium.org/webcam/ocean-voyager/>



Digital Consent and Boundaries what they mean in the age of COVID-19

During COVID-19 people are spending more time online and interacting more through digital means, so it is important to understand the role consent plays in our digital lives and how to maintain healthy and safe digital boundaries.

Digital consent involves a person considering how their actions online or through digital means make another person feel and asking questions if they don't know.

This includes clarifying when and how often they are going to text someone, asking before sharing information, asking before tagging someone online, discussing what they are okay with sending and receiving, and what to do with any photos that are sent. Digital consent and

digital boundaries can be additionally challenging because non-verbal cues such as tone and body language may be missed which can then make it harder to understand responses. Awareness of your digital privacy settings is also important for maintaining boundaries that feel safe and comfortable for you and to minimize opportunities for someone to access information online you do not want shared.

When asking for digital consent or when discussing digital boundaries, communicate directly and clearly. Using “I” statements

such as “I would prefer that you wait until after I get home from work to text me” can help to assertively identify boundaries. Accept the limitations and boundaries of others and always respect their responses and the boundaries they communicate. Everyone has a different definition of what personal

space means to them so clarify how they define this if you are unsure of someone's preferences or limits. Do not pressure or coerce someone to digitally share information or photos that they do not feel comfortable sharing and maintain your digital privacy and the digital privacy of others. For more information about Sexual Assault Awareness Month and asking for digital consent, visit <https://www.nsvrc.org/saam>.



be mindful >>>

Are you taking care of your space so your space can take care of you?

Being mindful of our physical spaces can help us create environments that support us to thrive, relax, and be productive. The following are some ways you can pro-actively think about and take care of the spaces you inhabit.



Let There Be Light

Our bodies and minds respond positively to natural light so if your space has windows, maximize the amount of light you let into your space during daylight hours.

Ventilate and Circulate

Proper air circulation and ventilation are

important components of a healthy indoor space, so when possible open your windows for fresh air or run a fan or air filter.

Use Your Senses

Mindfulness involves being attentive with all five senses, so think about adding some white or ambient noise to your space or using an oil diffuser (the smell of peppermint works well for when you want to be alert).

Organize, Rearrange or Clean

Organizing our space can help our brains feel more organized as well and some find re-arranging or cleaning their space gives them a “clean slate” feeling that is motivating.



publicdomainvectors.org

Dedicate Work Space

Our brains make associations based on our patterns of behavior so it is important to establish dedicated work space separate from the spaces where you want to relax so that you can reinforce those healthy associations. For example, avoid doing your homework in bed because this may make you feel fatigued when working or make it harder to sleep at night.



SAAM Resource of the Week:

Digital consent should be part of your interactions through texting and social media.

To learn more about asking for consent when texting, posting online or sharing pictures, visit:

[https://www.nsvrc.org/sites/default/files/publications/2019-](https://www.nsvrc.org/sites/default/files/publications/2019-01/Digital%20Consent%20Handout_508.pdf)

[01/Digital%20Consent%20Handout_508.pdf](https://www.nsvrc.org/sites/default/files/publications/2019-01/Digital%20Consent%20Handout_508.pdf)

stay connected >>>

Game Night Reboot

creative ways to spend quality time with your friends and family

Proceed with caution if previous game nights have resulted in contentious and heated debates over the realistic accuracy of your Pictionary drawing that have lasted late into the evening. For others, game nights can be a fun and engaging way to stay connected with friends and family while under stay-at-home guidance. Card games are a dependable classic, but how about hosting a cooking or baking challenge between teams of family members, competing to see who can construct the most flight-worthy and stylish paper airplane or holding a ‘bad art’ contest?



Or, there is Heads Up, a game similar to charades/celebrity that you can play with a free mobile app you download to your phone. To host a game night with family or friends who live elsewhere, consider using an online multiplayer gaming platform such as steampowered.com which offers a free online version of the boardgame RISK for PC users.

The Personal Right to Say “No”

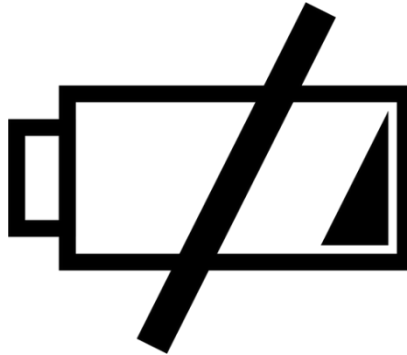
why it's important to say no to things that are beyond your capacity

Sometimes saying “no” to a request because we are being thoughtful about our own self-care can be challenging. Maybe we don’t have the means to meet that request or maybe we don’t have the mental or emotional energy to meet that request. Either way, it is beneficial to value and prioritize our right to say “no” when we need to and to understand the healthy outcomes that doing so has for both ourselves and others.

Remember, we can’t be fully productive or productive in a healthy way if we take on too many commitments, and that every time we say “no” to something we are saying “yes” to something else. If someone asks you to volunteer for a responsibility that you know you don’t have the capacity to take on and you say “no”, are you saying “yes” to taking greater care of your physical health? “Yes” to spending important and meaningful quality time with friends and family? Investing more effort into your academic or professional pursuits?

How do we know when it is important to say no? Here are some things to keep in mind:

- **VALUE YOUR TIME.** If your time were money in a bank account, what do you



want to invest your time in?

- **SLEEP ON IT.** Give some thought to requests that are made of you before answering so you can evaluate the healthiest choice for you.
- **IDENTIFY YOUR PRIORITIES.** Identify and understand what your current priorities are and why; these may change at different times in your life and that’s alright.
- **OUTSOURCE.** If you are unable to fulfill a request, can you help that person find someone that can and would like to do so?
- **BE YOUR OWN BEST FRIEND.** Think about the advice you would give to a friend trying to make the same decision and be that friend to yourself.



image from
<https://www.ftd.com/blog/create/macrame-plant-hanger>

create >>>

Modern Macramé

Macramé is a textile craft that uses knotting techniques (vs. weaving or knitting). It was particularly popular in Victorian England and in the 1970s, but it has recently made a comeback. Unlike weaving or knitting, you don’t need any special tools to macramé and once you learn a few basic knot types you can make many different kinds of projects.

To learn a few knot types, visit <https://www.wikihow.com/Macrame> and then if you want to try making a simple plant-hanger you can follow this video tutorial at <https://www.ftd.com/blog/create/macrame-plant-hanger>.

Tips for Staying Hydrated Throughout the Day:

- Try to drink about 8 glasses of water per day
- Carry a water bottle so you always have convenient access
- Consider freezing water bottles so you can have cold water all day
- Order water when eating at restaurants; there is an added benefit of financial savings!
- Infuse your water with fruit such as a lime/lemon wedge or berries so that it is flavorful and more appetizing to drink
- Log the water you drink each day using a smartwatch or mobile app

hydrate >>>

Q: Will drinking water boost my energy?

A: Yes! The benefits of drinking water cannot be overemphasized and in addition to greater energy include healthier skin, better digestion, more regulated body temperature and improved muscle endurance.

Popkin, B.M., D’Anci, K.E., & Rosenberg, I.H. (2010). Water, hydration, and health. *Nutrition Reviews*, 68(8), 439-458. <https://doi.org/10.1111/j.1753-4887.2010.00304.x>



final thoughts...

“It is under the greatest adversity that there exists the greatest potential for doing good, both for oneself and others.”

- The Dalai Lama

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 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 >>>

Final Issue Of Spring 2020

Grounding Yourself

Mental Health Awareness

Navigate the Surface of Mars

Breakfast Science

The Joy of Bob Ross

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