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#30DaysofSAAM

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April is  
Sexual Assault  
Awareness Month



Issue  
ONE

A Weekly Newsletter Focused on Your Wellness

# Wellness Wednesday

relax >>>

Enjoy coloring? Now you can color a historical masterpiece!

The New York Academy of Medicine provides access to FREE coloring pages shared by libraries, archives, museums, and cultural institutions from around the world!

There are 509 participating institutions including the New York Botanical Garden, Cambridge University, the New York Public Library, the Metropolitan Museum of Art, the Getty Research Institute, and the West Virginia and Regional History Center.

To access these collections visit <http://library.nyam.org/colorourcollections/category/institutions/>



## Outreach Goes Virtual: April is Sexual Assault Awareness Month!

April is National Sexual Assault Awareness Month (otherwise known as SAAM) and the National Sexual Violence Resource Center is encouraging organizations to think creatively about how to do SAAM awareness and prevention programming remotely

It is estimated that 1 in 5 female college students, 1 in 16 male college students and 1 in 4 students who identify as transgender, genderqueer, non-confirming, questioning or another identity experience sexual assault (from <https://www.fris.org/CampusSexualViolence/CampusSexViolence.html>). Sexual assault prevention starts with awareness; awareness of the issue and awareness of our

role in prevention and showing support for survivors. The theme for SAAM 2020 is #IAsk because asking for consent is a healthy part of relationships. One way you can choose to get involved in SAAM is to participate in the National Sexual Violence Resource Center (NSVRC) #30DaysofSAAM 2020 Instagram Challenge. Each day in April you are challenged to respond to prompts using photos on your Instagram account.

For example, on April 8<sup>th</sup> you are challenged to share a photo of a handwritten haiku, quote, sidewalk chalk square or inspirational

We all have a role in preventing sexual assault and other forms of interpersonal violence.

message in your own words related to sexual assault prevention. The NSVRC is choosing a daily winner for each prompt and every day that you participate you will be entered to win the daily prize pack. With your help, we can continue to educate and engage others in

addressing this issue. To access the #30DaysofSAAM 2020 Instagram Challenge daily prompts, view the full calendar at: [https://www.nsvrc.org/sites/default/files/publications/2020-03/30DaysOfSAAM\\_2020\\_final508\\_0.pdf](https://www.nsvrc.org/sites/default/files/publications/2020-03/30DaysOfSAAM_2020_final508_0.pdf). No matter if it is through in-person or remote advocacy and education, our voices are a strong and powerful force in preventing sexual assault.

be mindful >>>

## Mindfulness Practice = Wellness

Establishing a practice of mindfulness can reduce stress and help us maintain a 'present-focused' state of mind to find joy and peace in our daily experiences.

So what are some ways you can be mindful throughout your day?



Maybe it's enjoying your morning cup of coffee outside instead of in the kitchen while checking your phone.

### Use All Five Senses

Being mindful means checking in with all five senses...what do you see? Feel? Hear? Smell? Taste? Anywhere outdoors is a great place to practice

mindfulness because there is so much for your senses to experience.

### Don't Judge

Being mindful is easy; being non-judgmental of your mindfulness practice can be harder. If your mind wanders, it's okay. Don't judge

### Schedule Time

Aim for at least **FIVE MINUTES** of mindful, present-focused attention to something in a day. Maybe it's five minutes of meditation or deep breathing. Maybe it's being intentionally mindful while you do chores like cleaning dishes or folding laundry.



whatever thoughts come up. Imagine they are like thoughts in a river, you can acknowledge them and then let them float away.

### Practice

Mindfulness practice is just that – PRACTICE. Sometimes we don't see the benefits right away, but consistent practice 'trains our brain' to slow down and appreciate important moments that make up our day. Stick with it!

explore >>>

## Visit the Great Barrier Reef from your couch

at <http://attenboroughsreef.com/>

Staying home during the COVID-19 pandemic doesn't mean you need to deny your sense of adventure. Join David Attenborough (who isn't inspired by him to save the world one sea turtle at a time?) for a virtual tour of the Great Barrier Reef, the largest coral reef system in the world. Along the way you will learn about the Great Barrier Reef, the sea life that call it home and how we can protect it for generations to come.

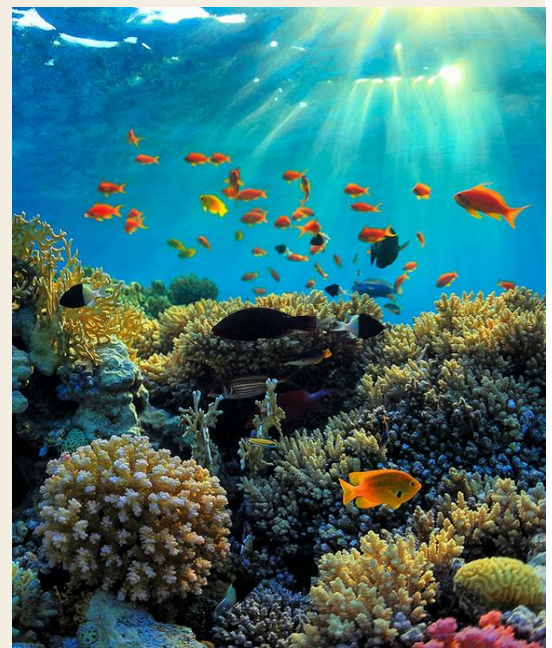
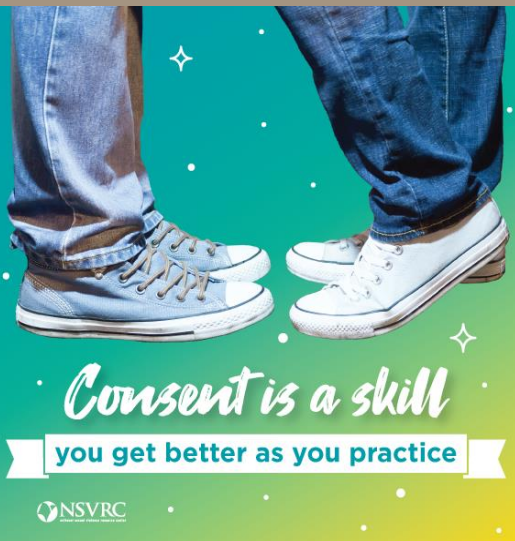


image from <https://www.sciencemag.org/news/2016/09/some-relief-great-barrier-reef#>



## SAAM Resource of the Week:

### Do you know the basics of consent?

Put your consent skills to the test by taking NSVRC's Consent Quiz at <https://www.nsvrc.org/saam/consent-quiz>

# Maintaining Your Emotional Wellness During COVID-19:

*what emotional wellness looks like and how can you pro-actively maintain your emotional wellness while home during COVID-19*



Our emotional wellness is like our physical wellness; something that involves choice-making, being pro-active and coping as best we can with challenging circumstances that are sometimes outside of our control to change. Like we eat healthy and nutritious food to maintain our physical wellness, there are things you can choose to do to maintain your emotional wellness now and over the next few weeks.

- **ESTABLISH ROUTINES**

You may suddenly have a lot of unstructured, unscheduled time that you didn't have previously, so establishing and maintain routines (such as getting up at a consistent time every morning, scheduling time for completing schoolwork, etc.) can help you to have more control over how your day feels.

- **PRACTICE SELF-CARE**

Think about what is mentally, emotionally and physically energizing for you and seek out those things at least once a day.

- **CREATIVELY CONNECT**

While maintaining distance from people that is safe and healthy, find creative ways to connect with those you care about. Write someone a letter. Organize a virtual game night. Call someone you haven't had time to speak to in a while.

- **GET OUTSIDE**

This can involve exercise, mindfulness; all things that we now understand from this newsletter are beneficial for mental health!

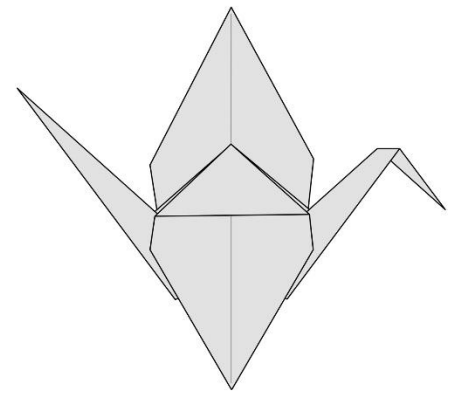


image from <https://origami.me/crane/>

create >>>

## A Traditional Origami Crane

*More people staying home means more people are learning new skills and developing new hobbies. Hobbies give us the opportunity to engage in a project to the point that we experience what Mihaly Csikszentmihalyi calls 'flow.' Flow is the mental state you experience when you are 'in the zone,' feeling energized and fulfilled by being completely absorbed in a task or experience.*

*So try making an origami crane; while origami may not be your new favorite hobby, it may inspire you to try something new!*

For step-by-step instructions visit: <https://origami.me/crane/>

be active >>>

**Q:** *Can exercise improve my mental health?*

**A:** Yes! Exercise reduces anxiety and depression and improves self-esteem and cognitive functioning. Improvements in mood may be caused by increased blood circulation to the brain and by an influence on our physiological reactivity to stress.

Sharma, A., Madaan, V., & Petty, F.D. (2006). Exercise for mental health. *Primary Care Companion to the Journal of Clinical Psychiatry*, 8(2), 106. <https://doi.org/10.4088/pcc.v08n0208a>

**Free Exercise Routines Available Online Now:**

**YMCA 360** - <https://ymca360.org/>

**Orangetheory Endurance Classes** - <https://www.orangetheory.com/en-us/athome/>

**Corepower YOGA** -

<https://www.corepoweryogaondemand.com/keep-up-your-practice>

**Planet Fitness "Home Work-In's"** - <https://www.facebook.com/planetfitness/>

# final thoughts...

*"I'm not afraid of storms, for I'm learning how to sail my ship."*

*-Louisa May Alcott*

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*

*Asking for Consent*

*What is Eco-Therapy?*

*'Physical Distancing' vs. 'Social Distancing'*

*Kitchen Adventures*

*Wellness? There's an app for that...*

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