

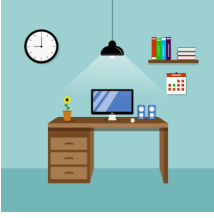
WELLNESS WEDNESDAY

A MONTHLY NEWSLETTER BROUGHT TO YOU BY D&E COUNSELING AND WELLNESS SERVICES

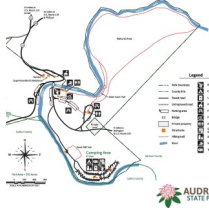
AUGUST ISSUE

2020

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PRACTICE self-care by creating a dedicated homework space



Practice self-care and increase your ability to be academically productive by creating a dedicated homework space in your residence hall room or home that is organized and mostly free of interruptions; or maybe invest in some noise-cancelling headphones. Avoid using your bed as a primary workspace so that you do not cause disruption to your sleep hygiene. If you have to sit on your bed when completing homework, sit up straight when working with sufficient back support (consider a backrest pillow) and use a lap desk or tray table to distinguish that time as work time vs. time to sleep.

EXPLORE outside at Audra State Park



Located about 30 minutes from Davis & Elkins College, Audra State Park provides great opportunities for swimming, hiking, camping and other outdoor recreation. The park is named after the early 20th century town of Audra which was located on Baltimore & Ohio Railroad land. Of particular interest is the Alum Cave overhang and surrounding scenic Middle Fork River views that can be enjoyed from the Alum Cave Trail and boardwalk.

[Click here for more information and a park map.](#)

CREATE a postcard for a friend or family member



Who doesn't love getting mail? Consider taking time this week to make a postcard or two for a friend or family member to thank them or let them know that you are thinking of them. Also, if you want to up the creative ante try marbling the paper you use. All you need is a shallow container, water, nail polish and an implement to mix your colors (like a toothpick or the end of a paintbrush). You can marbleize other objects using this technique as well!

[Click here for some simple marbling instructions.](#)

CONNECT with support through WV's Emotional Strengthline



"Feeling anxious, overwhelmed, or emotionally exhausted?" WV's Emotional Strengthline is available to support and help you **for free**. Professional crisis counselors will listen and provide information for stress management strategies, community resources and referrals. We may experience good mental health days, bad mental health days and everything in between but it's ok to not be ok and it's ok to ask for help.

Call/text 877-HELP304 or chat online at help304.com.

Counseling and Wellness Services
(o) 304-637-1363 (c) 304-621-7339
fallettam@dewv.edu

Davis & Elkins College
LEADING THE WAY

The National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255 and the National Suicide Prevention Lifeline Chat is available 24/7 at <https://suicidepreventionlifeline.org/chat/>. You can also text HOME to 741741 for the 24/7 Crisis Text Line.