

WELLNESS WEDNESDAY

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

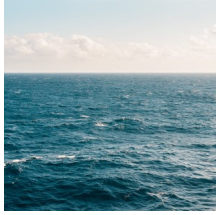
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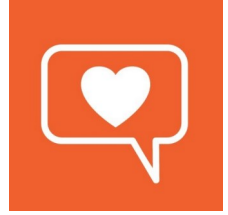
PRACTICE better sleep



EXPLORE the ocean



CREATE a spinner



CONNECT with respect

PRACTICE better sleep hygiene



Sleep is a very important element of our overall wellness. Ideally, traditional college-age students (age 18-24) should be getting 7-9 hours of sleep a night. Remember that healthy sleep is **CONSISTENT**, **RESTORATIVE** and **SUFFICIENT**. If one of those components is missing, you may not be getting sleep that is restful and you may experience fatigue throughout your day. Getting healthy sleep can also positively influence academic outcomes.

[Click here for more information and tips to improve your sleep.](#)

EXPLORE the ocean swimming alongside dolphins



It's cold outside and we might be a long way from the ocean, but thanks to The Dolphin Swim Club we can swim with dolphins anytime and anywhere through an immersive and interactive 360° virtual reality experience. You can access the video through any device and direct the action through a VR headset, by tilting your phone or by using your stylus/mouse. This is a great way to practice mindfulness while getting the opportunity to admire these amazing animals. Anyone else wondering what they are talking to each other about?

[Click here to enjoy your own experience swimming with dolphins.](#)

CREATE your own fidget spinner



A fidget spinner, or a structure of weighted elements that spin around a central axis, may help someone who is feeling anxious or who has a diagnosis of ADHD by providing a mindful and tactile activity to focus on. There are many creative ways to make a DIY fidget spinner, particularly if you have access to a ball bearing.

[Click here for a video with some ideas to get you started.](#)

CONNECT with the signs of a healthy relationship at [LoveIsRespect.org](https://loveisrespect.org)



LoveIsRespect.org, a project of the National Domestic Violence Hotline, aims to help individuals better identify the qualities of healthy and unhealthy relationships. They provide interactive information and quizzes about dating, personal safety and how to help others and they can provide confidential support for young adults and/or their loved ones seeking help, resources, or information related to dating abuse.

For more information, visit loveisrespect.org

[Click here to access a relationship health quiz.](#)

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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.

The WV Emotional StrengthLine is available 24/7 by calling or texting 1-877-HELP304 (1-877-435-7304) or via online chat at <https://www.help304.com/contact>. For more information about the WV Emotional StrengthLine visit <https://www.help304.com>.