

THE STALL SEAT JOURNAL

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Sip Smarter: Strategies to Avoid Binge Drinking During the Holidays



According to the National Institute on Alcohol Abuse and Alcoholism, people are more likely to overconsume alcohol or “binge drink” during holiday celebrations than at any other time of year. Binge drinking is defined as consuming a large quantity of alcohol in a short period of time, which can lead to a blood alcohol level of 0.8% or higher. This equates to about five standard drinks in two hours. Drinking too much can lead to negative consequences, so it’s important to engage in less risky drinking practices if choosing to drink. **Here are some tips to help:**

1. Create a plan: Recognize when you drink too much. Look for signs such as headaches, nausea or dizziness and be aware of the places and things that make you want to drink more, such as drinking games at parties.

2. Take it easy, have a meal, and drink water: Remember to eat, drink water, and pace yourself by consuming no more than one standard size drink per hour and alternating between alcoholic and non-alcoholic beverages.



3. Prioritize your health and safety: Make a conscious choice not to drink excessively, and avoid situations where you may be tempted to binge drink.

4. Reach out to a friend: A friend can help you pace yourself, provide honest feedback about your drinking, and ensure you get home safely.



Rammy Riddler

What begins with an E, ends with an E, but only contains one letter?



SCAN ME



Did you know that it is illegal to drive while under the influence of cannabis in all 50 states?

Cannabis Use & Driving: What You Should Know



There is evidence suggesting that cannabis may impair cognitive and behavioral skills associated with driving according to researchers at Olin Neuropsychiatry Research Center and Yale University School of Medicine. Some examples of cognitive and behavioral skills associated with driving that cannabis may impact are coordination, tracking, self-paced timing, visual view without moving the head or eyes, executive functioning, and working memory.

Effects from cannabis use may be dose-dependent, vary based on the nature of use (i.e. smoking vs edibles, etc.), and vary between individuals.

This means that cannabis use should be avoided before driving.

Want to explore your relationship with cannabis?

Wellness Promotion offers CASICS (Cannabis Screening and Intervention for College Students) for any students who may have additional questions or want to explore their cannabis use.

To request CASICS, scan the QR code



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Find us at Wellness Promotion on RamConnect!



The Power of Compliments

Compliments are a quick and effective way to brighten someone's day, fostering a positive environment and making people feel valued.

Research from Harvard Business Review indicates that compliment givers often underestimate the impact their words can have. Compliments can boost comfort, happiness, and confidence.

Compliments can be categorized by:

- ✓ Behavior
- ✓ Actions
- ✓ Possessions
- ✓ Appearance

Try giving someone a compliment today!



Commute with Care



Did you know that alternate modes of commuting help support healthy lifestyles? Here are some options:

Carpooling can create community as people enjoy conversations in the car on the way to and from work. A sense of community can reduce feelings of isolation. The Share-A-Ride platform is a great way to be matched with a carpool and explore your commuting options. More information on this platform can here found here: <https://sharearide.agilemile.com/wcupa>

Biking and walking, even just once a week, can help get you outside and moving! The Bicycle Lending Library at WCU lends bikes for free for a few weeks or a whole semester.

The FHG library also offers Bicycle Maintenance Workshops on Thursdays from 5-7 p.m. to help our community members ride safer and keep their bikes in working order.

Visit wcupa.edu/transportation to explore options that can help you build community and maintain a healthy way of life!

Mental Health: Gratitude

Did you know that practicing gratitude can reduce feelings of stress, anxiety, and even improve sleep and physical health?

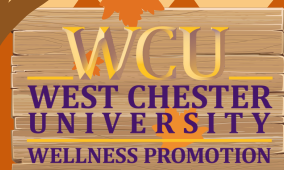
In fact, research shows that this simple act goes beyond shifting our feelings in the moment – that it has a protective effect, making us more resilient to stressors in the future. It can be as simple as acknowledging something you're thankful for, something that went well, or even following through on a to-do. Practicing gratitude only takes a moment and you can do it anywhere, anytime.

Try thinking about something you are grateful for right now...here are some examples:

I am grateful for my education.

I am grateful for friends, family, or supporters.

I am grateful for community.



Wellness Promotion

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www.wcupa.edu/wellness



Scan the QR code for more resources & content:

