

# STALL SEAT JOURNAL

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## STRESS RELIEF

find someone you're grateful to and thank them — do the ropes course at Poplar Ridge — have breakfast for dinner — use your Arts \$ — play frisbee golf — drink plenty of water — take one day at a time — look at the big picture — have arts and crafts time — dance your way around grounds — take the long way to class — take care of yourself — see a play at Culbreth — eat your lunch on the lawn — play a childhood game — read the Stall Seat Journal — stop and look out the window — watch a cloud for five minutes — learn to say no — take a historical tour of the University — get enough sleep — eat a piece of chocolate — take a yoga class at the AFC — hunt for deals at thrift stores with a friend — try some aromatherapy — maintain your health — watch a movie and eat popcorn at Newcomb Theatre — strive for excellence, not perfection — stargaze — stretch your limits a little each day — plan to visit a friend during winter break — meditate — keep a journal — study in a pavilion garden — ask for help — doodle — massage your temples — paint a picture — prepare for the morning the night before — always have a plan B — explore your options — take the trolley downtown and have dumplings — keep it in perspective — grab lunch with an old friend — paint Beta Bridge — take a deep breath — have a picnic in one of the Gardens —

jump on the footbridge between Ruffner and Brown College with some friends — spend some time alone — volunteer at Madison House — rent that movie you've always wanted to see from Clemons — set appointments ahead — look up at the stars from the steps of the Rotunda — don't rely on your memory, write it down — read something outside of class — try something new — write a letter to a faraway friend — hike Humpback Rock — give a big hug — set new goals for yourself — walk barefoot in the quad — say something nice to someone — throw a football in the quad — lip-sync in your underwear — learn to juggle — go window shopping on the Corner — take a walk in the rain — remember that stress is an attitude — do the crossword puzzle in the Cavalier Daily — tell

### HOO knew?

90% of U.Va. students agree that "If you or your friends are hurt or ill from alcohol, it is important to go to the UVA Emergency Room."\*

a joke — enjoy the mural at Old Cabell Hall — believe in yourself — say hello to a stranger — take a nap — get a massage — learn to whistle the Good Old Song — do something spontaneous — go to the gym — take a nap in the Amphitheater — set priorities in your life — stand up and stretch — eat mashed potatoes — do a good deed — go to the lighting of the Lawn — make time for play — visit the University of Virginia Art Museum — go fly a kite — look at problems as challenges — clean out your closet — say thank you — play pick-up basketball at the AFC — smile — stop a bad habit — watch the sunset — read a story — catch up with your favorite show — repair something that doesn't work — have a dance party in your suite or hall — forgive — curl up by a fireplace with toasted marshmallows — write down your dreams — send a care package to someone you love — go country line dancing — do some soul-searching — eat an apple — share your feelings with someone — play solitaire — tell a friend a secret into the whispering wall — call up an old friend — sing in the shower — everything in moderation — daydream — use time wisely — practice laughing — look at the silver lining — recognize the importance of unconditional love — make some memories

If you are having trouble coping with stress, it may help to speak to someone. Below are some of the many resources available to you at U.Va.:

- Counseling and Psychological Services (CAPS): 434-243-5150  
After hours emergency: 434-972-7004
- HELP Line, Madison House: 434-295-TALK
- Women's Center Counseling Services: 434-982-2252
- Mary D. Ainsworth Psychological Clinic: 434-982-4737
- Center for Clinical Psychology Services: 434-924-7034
- The Personal and Career Development Center: 434-924-0783

Need a study break? Check out the "Almost Midnight Breakfast" at Newcomb Dining Hall, on December 9th from 10-11:30 PM. Free for all students!