

STALL TALK

THE CENTER FOR HEALTH EDUCATION AND PROMOTION
Volume 2, Issue 2 | 2025-2026

EVENTS

PRIDEFEST: Thursday, October 16

- 4:30-7pm **PrideFest** in SMC Atrium
- 6:15pm **Doors Open** for Drag Show in SMC MPR
- 7-8:30pm **Drag Show** in SMC MPR
- 8:30-9pm **Meet & Greet** in SMC (TBD)
- 9-10:30pm **Bingo** in SMC Galley

PINK THE RINK Saturday, October 25

Men's Ice Hockey Game vs. Scranton at 4pm at Lancaster Ice Rink

GRADUATE SCHOOL FAIR Tuesday, October 28

11am-2pm in SMC MPR with the Career Center

MORNIN' MINGLE Wednesday, October 29

9am in SMC Atrium with Off-Campus & Commuter Services

HALLOWEEN TRICK-OR-TREAT TRAIL Friday, October 31

11:30am-1:30pm, various locations across campus
Start in SMC Atrium with Campus Life.

Sign up
w/ QR
Code.



SENIOR PORTRAITS for Fall 2025 graduates!

Tues, 11/4 - Thurs, 11/6 - Contact Campus.Life@millersville.edu for details!

RED FLAGS OF STALKING

- **Tracking** - Using technology to monitor you. Asking friends, roommates, or classmates for updates on where you are constantly.
- **Obsessive Attention** - Expressing anger or jealousy if you spend time with others. Overanalyzing/commenting on your activities or schedule.
- **Unwanted Contact** - Repeated calls, texts, DMs, emails, or "likes/comments" after being asked to stop. Sending unwanted gifts.
- **Following** - Showing up uninvited at your dorm, workplace, classes, or social spaces. "Coincidentally" appearing wherever you are, even if you never shared your location.

What can you do: Document everything, trust your instincts, tell someone, report concerning behavior to MUPD or Title IX, and access confidential support resources like YWCA and DVS advocates who are on campus W/TR.

HAPPY & HEALTHY FALL

Take care of yourself this fall break, **you deserve it!** Here are some ways to stay happy and healthy over fall break.



PRIORITIZE REST

Use the break to **catch up on sleep** and let your body reset. Try to stick to a consistent sleep schedule so you return to campus feeling refreshed and energized.



STAY ACTIVE

Go for a walk, hike a local trail, play a sport with friends, or do a quick workout. **Moving your body** boosts mood, lowers stress, and helps you feel more balanced after a busy first half of the semester.



NOURISH YOUR BODY

Enjoy seasonal foods like apples, squash, or pumpkin dishes, and try to keep **balanced meals** in the mix. Staying hydrated and eating well will help you avoid feeling sluggish during break. Enjoy local farmers markets and pick-your-own places. Sweet treats are okay too, in moderation.



RECONNECT WITH PEOPLE & YOURSELF

Spend quality time with family and friends, or **take time for yourself** with a favorite book, hobby, or mindfulness activity. Strong connections and moments of self-care both support your overall mental well-being.

BE RESPONSIBLE IF CHOOSING TO DRINK

34%

of MU college students never drank alcohol.

93%

of MU college students do NOT drink and drive.

*Stats from 2025 ACHA NCHA survey (n = 542 MU students).

Pace Yourself - No need to gulp nor chug.

- Drinking quickly raises blood alcohol concentration rapidly, increasing the risk of alcohol poisoning.
- It takes the body 1 hour to metabolize one standard drink (12 oz. beer, 5 oz. wine, or 1.5 oz. liquor).
- Slowing down allows the body time to process alcohol, helping you stay in control and reducing the likelihood of blackout or alcohol overdose.

Avoid Drinking Games - Say no to competitive drinking.

- Drinking games like "flip cup" and "beer pong" encourage rapid consumption of large amounts of alcohol, often leading to dangerous blood alcohol content (BAC) levels.
- Higher BACs increase the risk of vomiting, unconsciousness and alcohol poisoning.
- Try alternatives like trivia games, water pong, or non-drinking social events to foster connection without alcohol.

Choose a Sober Ride - Never drive under the influence.

- Even 1 drink can impair judgment, reaction time and motor skills.
- In Pennsylvania, driving with a BAC of 0.08 or higher is illegal and can result in fines, license suspension, and jail time.
- Download a rideshare app and preload your payment info to make it easier to use in the moment.

COMMUNITY RESOURCES

- Mental Health America of Lancaster County **717-397-7461**
 - 9am-4pm Mon-Fri (Guidance, Referrals, Adult Peer Support, Free Support Groups)
- PA Warm Line (for someone to listen) **855-284-2494**
- Lancaster County Crisis Intervention **717-394-2631**
- National Suicide Prevention Lifeline **1-800-273-TALK (8255)**
- Community Resource Referrals **211**



COUNSELING CENTER

Lyle Hall, 3rd Floor | 717-871-7821
Mon, Tues, Thurs, Fri 8am-4:30pm
Wed 8am-6:00pm

*Walk-in hours from 1-3pm Mon-Fri for urgent concerns.



NEURODIVERGENT STUDENT SUPPORT GROUP

Mondays 3-4pm
Lyle Conference Room 5
Email andrea.baker@millersville.edu

Mental Well-Being

According to ACHA's Spring 2024 Reference Group data, **76.4% of students report experiencing moderate or high levels of stress within the past 30 days.**

Suggestions from a Peer Educator for Better Mental Health:

1. **Build regular breaks into your schedule.** Micro-breaks, walks, or short stretching sessions can reduce stress and reset focus.
2. **Practice mindfulness or deep breathing.** Even 5 minutes of mindful breathing or guided meditation can lower anxiety and sharpen concentration.
3. **Stay connected socially.** Reach out to friends, peers, or mentors. Social support is a powerful buffer against stress and isolation.
4. **Use available resources early.** Don't wait until things feel overwhelming. Seek out counseling, learning services, or other supportive resources at MU before crisis occurs.
5. **Maintain healthy habits.** Keep consistent sleep, exercise, and nutrition routines. These routines influence emotional resilience.
6. **Set realistic goals and boundaries.** Break big tasks into smaller steps and know when to say "no" to overcommitment.

Purple Carnival

Thursday, October 23

from 11:30am-1:30pm on SMC Promenade

Interactive resource fair to educate the campus community about healthy relationships.

October is Domestic Violence Awareness Month. with domestic violence comes several other topics that we would like to bring attention to including affirmative consent, sexual assault, reporting options and supportive services. We will have popcorn and cotton candy as well as many fun carnival games to participate in.



*FREE t-shirt for the first 200 students who complete tabling.