MIND Your Health

Tips during COVID-19
- Stay in touch with family and friends
- Develop a routine to remain productive
- Prioritize time for self-care and rest
- Meal prep and stay hydrated
- Understand that it is OKAY to grieve
- Give yourself peace and grace with these changes
- Be the best company for yourself
- Find a way to do for others
- Focus on what you can control
- Plan ahead

Coping Strategy (5-4-3-2-1)
5 things that you can see right now
4 things you can touch right now
3 things that you can hear right now
2 things that you can smell right now
1 thing that you can taste right now

Make T.I.M.E.
- Thankfulness
- Intention
- Meditation
- Exercise

Source: https://www.active minds.org/blog/tips-to-stay-mentally-well-while-working-from-home/

Stall Talk by the Numbers: 90.8
The percentage of Millersville Students who report using designated drivers when going out to drink.

Source: Millersville University Spring 2018 American Health Association-National College Health Assessment II

Trivia Question
Q: ‘Birds of Prey’ starring Margot Robbie is based on which character from the DC Comics universe?
A: In the next edition of Stall Talk

LAST EDITION:
Q: What popular sitcom is known for the character “Uncle Jesse”?
A: Full House


Meet the Peer Educators: Student Spotlight
MADISON KACMAR
Major: Government and Political Affairs

“I become a peer educator to help educate the campus on topics that affect everyone but can be hard to talk about.”

Keynote Speaker
Lecia Brooks
Southern Poverty Law Center

As the Chief Workplace Transformation Officer for the SPLC, Brooks has a wealth of professional experience in diversity advocacy training.

Plenary Speaker
Karen Foley
Lancaster LGBTQ+ Coalition

As a licensed counselor, Foley specializes in trauma, transgender health and advocating for equality.

Contact Karen Rice, learninginstitute@millersville.edu
https://blogs.millersville.edu/learninginstitute/register/

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