

# STALL TALK

THE CENTER FOR HEALTH EDUCATION AND PROMOTION  
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★ **81%** ★

OF MU STUDENTS REPORTED MODERATE TO HIGH LEVELS OF STRESS.

**43%** of MU students reported an average of less than 7 hours of sleep per night.

\*Stats from 2023 ACHA NCHA survey (n = 430 MU students).

**Students who sleep 6 or less hours a night have lower GPAs compared to those who get 8 or more hours of sleep.**

\*The American Institute of Stress.

## Student Affairs Events & Activities

**Commuter Social on Tues, Nov 12 at 4-6pm** in the SMC Atrium.

**What's Poppin' with the VPSA on Wed, Nov 13 at 2:30-4pm** in the Campus Life Lounge. FREE Popcorn!

**D2 Ice Hockey Military Appreciation Game on Sat, Nov 9 at 4:20pm**

**D3 Ice Hockey vs Bloomsburg on Sun, Nov 10 at 4:15pm**

**D2 Ice Hockey vs Drexel on Sat, Nov 23 at 4:30pm**

**D3 Ice Hockey vs American on Sun, Nov 24 at 4:15pm**

\*All Ice Hockey games are held at Lancaster Ice Rink.

## Healthy Ways to Cope with Stress

**Self-care** is defined as the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.



### PHYSICAL

This form of self-care addresses stress that lives in your body. It alleviates physical pain or tension that either causes or results from mental stress. Examples: **Massage, Dance, Fitness, Aromatherapy, Rest, Physical Pampering** (manicure, facial, long shower or bath)



### MENTAL - EMOTIONAL

Emotional self-care involves tending to your own internal emotional world - especially your mood and feelings. Examples: **Connecting with Others, Psychotherapy, Art** (drawing, painting), **Journaling or Creative Writing** (poetry), **Gratitude**



### MENTAL - COGNITIVE

Self-care in the cognitive realm means engaging in activities that are intellectually rewarding and/or stimulating. Examples: **Reading, Writing, Listening** (podcasts, audio books), **Watching** (films, documentaries, masterclasses), **Psychotherapy**



### SPIRITUAL

Spiritual self-care can take many forms and doesn't have to be tied to religion. It means getting in touch with the less tangible aspects of yourself and the world around you. Examples: **Meditation, Soundbath, Breathwork, Prayer, Mantras, Connecting w/ Religion or Spirituality**

\*The Mental Health Coalition.

## COMMUNITY RESOURCES

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

\*If you or anyone is in crisis, call or text 988.



### 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

Wednesdays 5-6pm

To Register: Call 717-871-7821 or Email [andrea.baker@millersville.edu](mailto:andrea.baker@millersville.edu)

**Thanksgiving Meal**  
*at The HUB*  
**on Thursday, November 21 at 11am-1pm**

\*Located on the back side of the A-frame Building off of George Street.

*What are you thankful for this season?  
How are you practicing gratitude daily?*

Tag us on Instagram @PeersEducate and use #MUgrateful to be featured!

## WORLD KINDNESS DAY CELEBRATION

MU's theme is **Ripple of Kindness**, focusing on how one act of kindness can create a ripple effect, inspiring others to pass it forward. This theme emphasizes how small actions can lead to big changes.

**Wednesday, November 13 at**

**11:30am-1:30pm in the SMC MPR**



Fun giveaways and activities to promote kindness across campus.

## WORLD KINDNESS DAY



First introduced in 1998 by the World Kindness Movement, World Kindness Day offers an opportunity to highlight good deeds in the community and the common thread of kindness.

## Green Dot Training

The goal of Green Dot is to implement a bystander intervention strategy that prevents and reduces power-based personal violence. A Green Dot is a behavior, choice, or action that promotes safety for everyone on campus.

Monday, Nov 4, 11-11:50am, SMC MPR  
Tuesday, Nov 5, 9:25-10:40am, SMC MPR  
Tuesday, Nov 12, 1:10-2:25pm, SMC MPR

*What's your Green Dot?*



Millersville University  
ELSIE S. SHENK CENTER FOR HEALTH EDUCATION AND PROMOTION  
Division of Student Affairs

Follow us on Instagram: @PeersEducate  
Text "WELLNESS" to 71444