

H.A.G.S.

HAVE A GREAT SUMMER



Dear Readers,
We hope you enjoy reconnecting with family and friends, relaxing, and having fun this summer. Remember to take care of your well-being and health – mental and physical. It has been a pleasure serving your stall!

Sincerely,
The SSJ Team

Reflect

As this semester winds down, take time to reflect on how you've grown. Keep doing what's working for you and consider what you might want to change going forward. Ask yourself:

- What do I enjoy learning about?
- Which topics and classes are interesting to me?
- What can I do to enhance my well-being?
- How can I contribute to the well-being of my community?
- Which habits, routines, and people energize me?
- What is something I want to do differently?

Rest, Relax, and Recharge: Take time off for yourself by doing restorative activities like spending time outdoors, reading, or enjoying a creative project.

Make a Summer Wish List: Whether it's visiting a museum, finishing a 5K, or picking up an old hobby that you enjoyed in high school, writing down goals can help you follow through with them.

SUMMER
FUN

Alcohol Safety

If choosing to drink, be cautious in new environments, as your surroundings (e.g., people and places) can affect tolerance.

HOO
KNEW?

90% of UVA undergraduates who drink use a designated driver or make plans to get home safely.*

91% of UVA undergraduates do acts of kindness for friends, family, or strangers

*From the February 2023 Spring Health Survey with responses from 1229 UVA undergraduates. Collected by Student Health and Wellness.

Advice from Upper-Class Students and Alumni

"During exams, make sure to build in time to eat regular meals, take study breaks, and get enough sleep! If you feel overwhelmed, try making a list and tackling one thing at a time." -KJ '24

"Even though I'm stressed about exams, at the end of the day, this is an opportunity to learn and grow. I know my grades don't define me." -RL '25

"Going home can be an adjustment. Communicate with family about expectations and responsibilities." -VV '23

"At the end of first year, I reevaluated some relationships, and I chose to nurture ones that were fulfilling and aligned with my values." -KZ '24

"When people at home ask me questions that I don't feel like answering, I usually change the topic, or I have a go-to response that helps these conversations go easier." -EF '22



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RESOURCES

National Park Service - Explore a national park near you: nps.gov/findapark

UVA Coursera - Free online courses for learning new skills in business, design, technology, and more: online.virginia.edu/coursera-for-uva

TimelyCare - Free, 24/7/365, virtual mental health support sessions, even throughout the summer: timelycare.com/UVA.