



Keeping Spirits Up As Temperatures Go Down

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Embrace the changing seasons and don't fall into a slump! At this point in the semester, you may be looking for a change of scenery or pace. Here are some suggestions to brighten up your routine as days get shorter!

COMFORT and connections

Reflect on your routine and consider the spaces where you spend lots of time. Consider making adjustments to your routine and space to stay feeling good as the seasons change.

Create a cozy atmosphere by using warm lighting and wearing comfy clothing

Soak up sunlight by sitting near windows or bundle up and spend time outside

Ask your professors to help connect you with classmates and form study groups

Visit safe study spaces like 1515 on the Corner, the tents around Grounds, the Rotunda, or Clemons Library

Connect with your support system back home or with friends old and new!



Looking for a change of scenery?

If your days are feeling dull, consider finding ways to explore off Grounds. Check out some local favorites:



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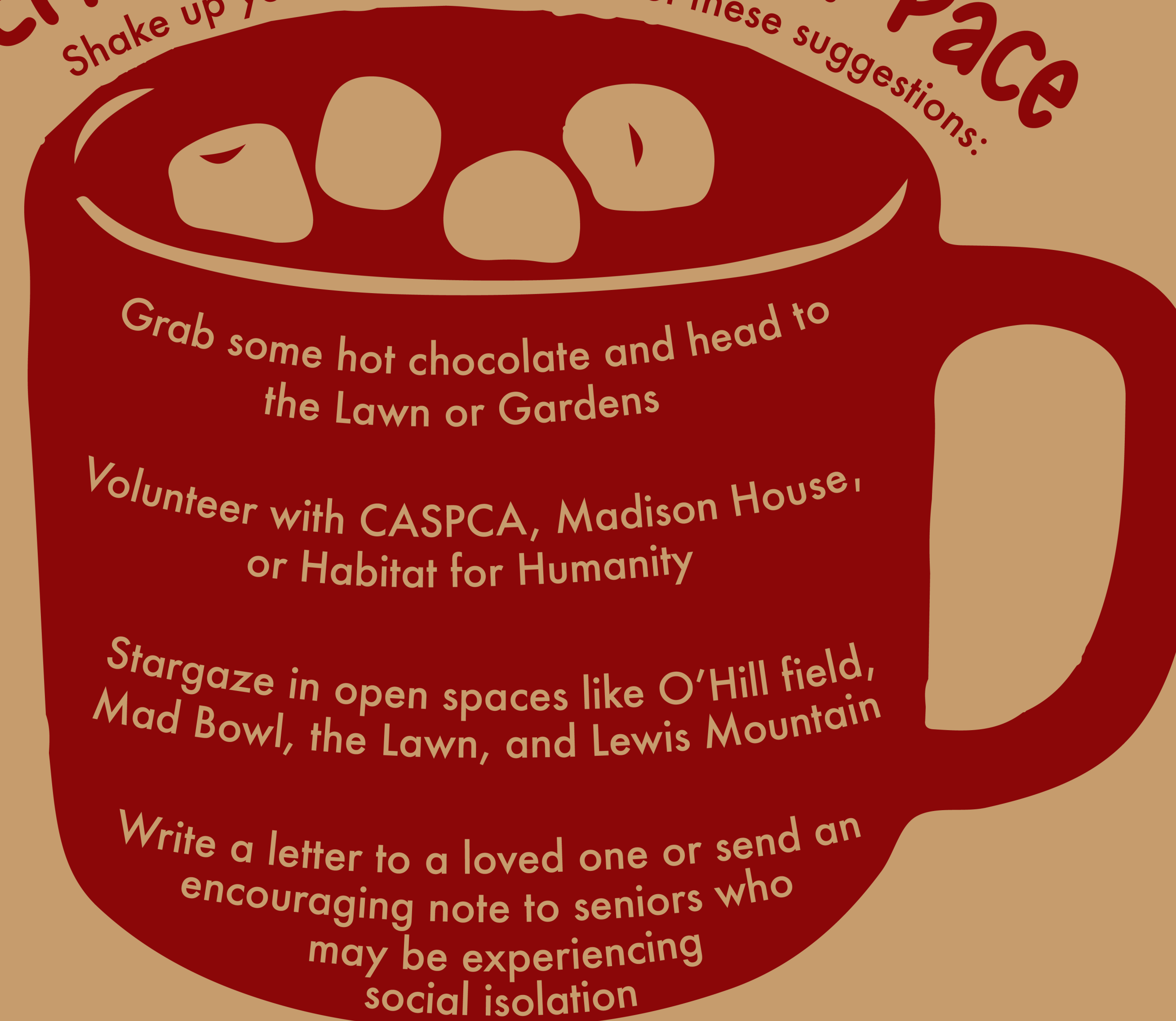
HOO KNEW?

3 out of 5 UVA undergraduates perform community service or volunteer activities during their leisure time*

*from the February 2020 NCHA with responses from 904 UVA undergraduates.

Embrace a Change of Pace

Shake up your routine with one of these suggestions:



Grab some hot chocolate and head to the Lawn or Gardens

Volunteer with CASPCA, Madison House, or Habitat for Humanity

Stargaze in open spaces like O'Hill field, Mad Bowl, the Lawn, and Lewis Mountain

Write a letter to a loved one or send an encouraging note to seniors who may be experiencing social isolation