

TAKING CARE OF YOU

VOLUME 20 - ISSUE 12 - STALL SEAT JOURNAL - OFFICE OF HEALTH PROMOTION - DEPARTMENT OF STUDENT HEALTH AND WELLNESS - UNIVERSITY OF VIRGINIA

You only get one body so it is important to take care of the one you have! Being mindful of how you fuel and think about your body is a good way to make sure you're treating yourself well.

EAT Intuitive eating is the healthy habit of enjoying food, eating when hungry and stopping when full. Paying attention to your body's appetite cues and trying out new strategies can help you eat intuitively.

- **Take time to sit down for meals** by planning ahead and scheduling responsibilities around meal times.
- **Eat a variety of nutritious foods** to stay energized, satisfied, and focused.
- **Eat several meals and snacks throughout the day** to feel consistently energized and satiated.



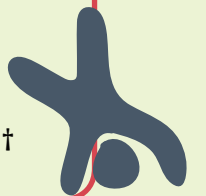
MOVE Regular physical activity strengthens your body and mind. Having trouble finding something you enjoy? Try these:

- **Play intramural sports or join a dance club**
- **Try out a class at the AFC**
- **Explore the hiking trails on Observatory Hill**
- **Modify activities to make them work for you**



HOO? KNEW!

3 out of 4 UVA students exercise or do something physically active to feel better.[†]



Have jeans or other items that no longer fit?

Donate them and other gently used items in exchange for a FREE Celebrate Every Body water bottle or beanie, and help to spread the message of body positivity!



South Lawn: Monday-Friday, February 24-28, 11:00 am-1:00 pm

(bad weather location: Newcomb Hall, near the dining hall)

Remember: clothes are made to fit you not the other way around!



CONTEMPLATE

Consider the way you talk and think about bodies, including your own. Is the conversation supportive or shaming? Change conversations and comments that revolve around weight. Here are some strategies to put into practice:

Recognize it: Notice when you are critical of your own or other's bodies. Be aware of well-intended words that reinforce unrealistic appearance ideals.

Reframe it: From "You look great, have you lost weight?" to "It's great to see you!"

Shift the focus: When complimenting someone try and shift the focus from their physical appearance to a positive character trait.



HOO? KNEW!

4 out of 5 UVA students do not Juul or vape.*



It is important to evaluate what we put into our bodies and how it can affect us. If choosing to use substances keep yourself informed about how they influence your body. Here are some of the things we know about e-cigarettes:

- E-cigarette aerosol contains tiny particles of heavy metals and toxins.
- Additionally, labels on pods, cartridges, and oils are often inaccurate.
- One JUUL pod contains as much nicotine as 20 regular cigarettes.
- We do not yet know the short or long-term effects of the vapor or devices.

Help the Stall Seat Journal and win prizes! Please take the NCHA survey if you receive an email invitation.

Curious about where this information comes from? Check out our Instagram for more details and citations!

RESOURCES

If you or someone you know is struggling to get enough food, the **UVA Community Food Pantry** is here to help. Visit the pantry's website for more information pantryatuva.org or reach out to the Office of the Dean of Students by emailing "odos@virginia.edu"

For nutrition counseling with a dietician or trained **Peer Health Educator (PHE)**, call the **Office of Health Promotion** at (434) 924-1509.

For body positive education, advocacy, and support services, as well as eating disorder screenings, call the **Maxine Platzer Women's Center** at (434) 982-2252.

Call **1-800-QUIT-NOW** to see what resources might be best for you in your journey to quit smoking/vaping.

Want this poster for your room? Feel free to take me home March 16th- 20th! Please be kind to our frames!

*From the February 2019 Health Survey with responses from 808 UVA students. Use in the past 30 days.

†From the February 2017 Health Survey with responses from 1,010 UVA students.