

GETTING INTO THE SWING OF SPRING



Happy spring semester! Be proud of yourself for navigating through unexpected challenges. As we kick off this spring, set yourself up for **success** by reflecting on last semester: what worked **well**? Where do you see **opportunities** for growth? Feel **confident** in your ability to overcome obstacles and be **resilient**.

Re-Zooming this Spring

- Plan time for self-care and socializing
- Get out of bed, get dressed and get moving!

Get into a Routine



- Professors and TAs want to hear from you! Email them or go to office hours
- Make study groups or group chats with classmates

Connect in Class



- Look ahead to be aware of important dates
- Plan in advance to help manage your workload and reduce stress

Keep on Track



- Schedule personal or screen-free time
- Use weekends to rest, connect and reenergize
- Plan a fun activity on university break days

Maintain a Healthy Balance



We'll post a **new digital SSJ issue every other week!** We offer strategies and resources on topics including community engagement, sleep, well-being, substance use, healthy relationships and more! To see new issues,



- New SSJ Issue
- University Break Day

February

Su	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March

Su	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April

Su	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Final Issue **May 5**

Stall Seat Journal
Office of Health Promotion
Department of Student Health and Wellness
University of Virginia
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Look for us in the **Connections** newsletter



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sites.google.com/view/uvastallseatjournal

Reminder

You belong here and are integral in making UVA a supportive and inclusive community. Connect with others by exploring new interests and joining organizations. Visit @UVA for ideas: atuva.student.virginia.edu/organizations

HOO? KNEW?

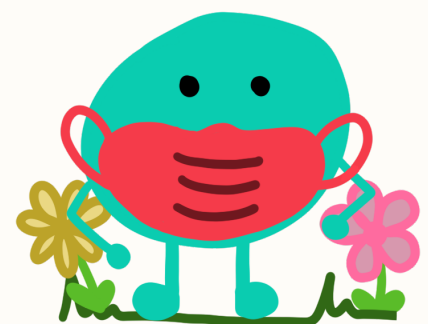
93% of UVA undergraduates are optimistic about their future.*



Having a positive mindset can help make challenges feel more manageable.

Suggestions to foster a positive outlook:

- Find or plan things you can look forward to
- Make time for fun
- Affirm your strengths and abilities
- Practice gratitude by focusing on what's going right rather than wrong



Who Knew About HooKnews?

Sometimes people underestimate healthy behaviors among their peers. We provide "HooKnew?" data to highlight students' behaviors, correct misperceptions and encourage informed decisions.

"HooKnew?" data comes from anonymous surveys of UVA students. Each survey sample reflects the academic year, ethnicity, and sex distributions of the UVA student body.

For questions, talk to us at StallSeatJournal@virginia.edu



80% of UVA undergraduates agree that health and well-being are a priority at UVA.*

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