





RELAX, SUMMER IS COMING

Summer typically offers students a change of pace. It's a great time to set new goals and to practice some habits or routines you hope to maintain in the future.

THE PERFECT TIME FOR...

-  **CONNECTING WITH PEOPLE:** Focusing on relationships can help you strengthen connections with others and experience personal growth. Consider spending time with friends and family you miss while at UVA. Wherever you'll be, keep in touch with your best people, and check in with friends you no longer see.
-  **EXPLORING INTERESTS:** Now is the time to try something new or something that doesn't fit into your life at UVA. Dip your toes in many things, or dive deep into something that really piques your interest. Volunteering allows you to explore interests, build skills, and support your community.
-  **TAKING CARE OF YOURSELF:** Catch up on rest and relaxation. Prepare tasty meals that provide your body with satisfying fuel. Experiment with physical activity to find what energizes you and boosts your mood.
-  **ENJOYING SMALL THINGS:** Keep centered by paying attention to the present, even when unsure about the future. Appreciate small, satisfying parts of life.
-  Evaluating your priorities can help you focus on what's most important to you, so you get the most out of the coming months.

CELEBRATE SAFELY

REDUCE RISK IF DRINKING: Using more than one protective behavior helps reduce risk.



GOAL SETTING 101

- 1 SET A LIMITED NUMBER OF ACHIEVABLE GOALS** for the near future, and break them into manageable steps.
- 2 FIT YOUR GOALS INTO YOUR LIFE** by identifying things you can do to keep moving forward, like substituting habits you wish to change.
- 3 KEEP YOUR GOALS IN MIND.** Check in with yourself often, ask others to support you, and celebrate small successes.

IF PARTAKING, ENJOY FOXFIELD SAFELY

The Foxfield Races are a chance to dress in spring finery and watch Charlottesville's steeplechase horse races.


⇒ **At the races:** Check out **ADAPT's Safety Tent for FREE** food, water, and more.

📄 virginia.edu/adapt

⇒ **Come out to: ADAPT's Foxfield Safety Education Program.**

- ◆ **Sessions: Wednesday, April 26 at 6:30 and 8:00 pm in Newcomb Ballroom**
 - ↳ Presentation and Q&A with ADAPT, Albemarle County Police, and Foxfield Racing Association reps, plus prizes.

HOO KNEW?



88.7% of UVA students who drink use a designated driver or make plans to get home safely.*

PLANNING FOR THE FUTURE

THE CAREER CENTER can help you evaluate options that complement your interests and goals. They can help with things like:

- 👍 Choosing a major and connecting it to careers.
- 👍 Landing a summer job or internship (it's not too late!) and connecting it to future pursuits.
- 👍 Finding meaningful work on Grounds.
- 👍 Writing resumes and cover letters.

Get started on the website, stop by office hours in NEWCOMB 170, or call for an appointment.

END-OF-SEMESTER OR BEGINNING-OF-SUMMER STRESS?

- Counseling and Psychological Services (CAPS):** Call for a consultation. (434) 243-5150
- Madison House HELP Line:** No issue is too big or too small. They're here to listen. They serve all. (434) 295-TALK

Want this poster for your room? Feel free to take me home May 8-12.

Talk to us at: StallSeatJournal@virginia.edu

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OFFICE OF HEALTH PROMOTION
DEPARTMENT OF STUDENT HEALTH
UNIVERSITY OF VIRGINIA

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CLASS OF 2017

TRAVELING TO ANOTHER COUNTRY?

Check out the International Travel Clinic on the Student Health website to see if an appointment is recommended for your destination.

*From the February 2015 Health Survey with responses from 931 UVA students

