

CELEBRATE SAFELY

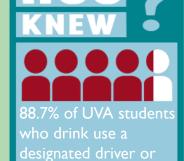
REDUCE RISK IF DRINKING: Using more than one protective behavior helps reduce risk.



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.



- 🖰 <u>virginia.edu/ adapt</u>
- **⇒**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

TRAVELING TO ANOTHER COUNTRY?

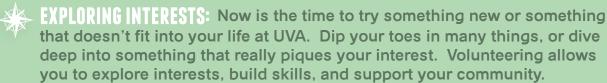
Check out the International Travel Clinic on the Student Health website to see if an appointment is recommended for your destination.

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

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...





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.

important to you, so you get the most out of the coming months.

SET A LIMITED NUMBER OF ACHIEVABLE GOALS for the near future, and break them into manageable steps.

FIT YOUR GOALS INTO YOUR LIFE by identifying things you can do to keep moving forward, like substituting habits you wish to change.

KEEP YOUR GOALS IN MIND. Check in with yourself often, ask others to support you, and celebrate small successes.

ANNING FOR THE FUTURE

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



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

<u>End-of-semester or beginning-of-summer stress?</u>

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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