An Attitude of Gratitude

21 HAPPY DAYS!

- Write 3 new things you are grateful for.
- Write one good thing that happened today.
- Send one thank you note, email or text.
- Relax for 5 minutes.
- Meditate for 10 minutes.

Did you Know?
People that practice gratitude tend to experience greater emotional well-being and report feeling healthier than other people according to a 2015 publication in the journal Personality and Individual Differences.

Fight the Flu!
Getting the flu vaccine is your best defense, but you may also use the following tips to Fight the Flu:

1. Wash your hands often with soap and water
2. Eat enough sleep and avoid getting “run down”
3. Clean and disinfect surfaces that may be contaminated with germs
4. Eat a healthy diet rich in vitamins
5. Avoid close contact with sick people
6. If you are sick, stay home from school or work

Let’s Catch Some ZZZ’s

Let’s be honest: there are many nights you are waking up late that you should be waking up early to get a good night’s sleep. Generally, a good night’s sleep requires 7-8 hours per night. In addition, studies have found that after 7 weeks of sleeping 7 hours or less a night, students who had an average of 8 hours of sleep per night had lower levels of depression symptoms.

Having trouble sleeping? Try one of these tips to see if your sleep improves:

- Get up out of bed: try to use your bed only for sleep.
- Consume milk: if you are hungry, have a small snack or bedtime snack.
- Wind down: take some time away from electronic devices and relax quietly for 30 minutes before bed.
- Start sleeping: avoid using large screens before bed.
- Create a routine:Plan to go to bed and wake up at the same time each day so your body begins to predict the patterns.

NEWS FLASH!
The Office of Wellness Promotion’s Living Well Education for 2021-2022. This program helps educate our students on community health and wellness workshops. Application materials are located on HealthEd (wcpa@wcpa.edu) and at the Office of Wellbeing.

Thank You for Being a Friend
By sharing this message you can share the message with your friends and family. How can you incorporate the importance of being a friend to someone else? Here are some tips to help you on this journey:

- Share Good Wishes: Share good wishes and send messages to friends and family.
- Offer Support: Help your friends and family know that you are there for them.
- Be A Friend: Help your friends and family understand that you are there for them.
- Include Them in Your Plans: Bring your friends and family to events that you enjoy.
- Thank You for Your Support: Thank you for being there for your friends.

Upcoming Events:
Sexual Health Event: February 5 (11:45 a.m.-12:15 p.m.), Campus Recreational Center
Pub Trivia Night: February 11 (8 p.m.), The smashed Hall Lounge