

THE STALL SEAT JOURNAL



SPRING 2023 - EDITION 1

WCU
WEST CHESTER
UNIVERSITY
WELLNESS PROMOTION

STAYING FIT WITHOUT THE GYM: WINTER EDITION

IF YOU ARE STRUGGLING WITH
MOTIVATION, SEEK OUT AN
EXERCISE PARTNER OR GROUP.
ACCOUNTABILITY IS KEY!



WATCHING TV?

Exercise during commercial breaks: crunches, jumping jacks, and push-ups improve your strength by using household items or engaging in breathing exercises.

LIVING ON CAMPUS?

Run or walk around campus! Gather people for some activities like dancing, cornhole, or other recreational games!

SNOW DAY?

Build a snowman, have a snowball fight, go sledding, and/or shovel your driveway.

FINDING A QUIET PLACE ON CAMPUS

WCU IS BUSY! WANTING TO
TAKE A BREAK IS HEALTHY
AND SPENDING SOME TIME
ALONE CAN BE BENEFICIAL



SOLITUDE CAN HELP YOU:

Be more productive, provide a moment to think and plan, and allow you to get to know yourself better.

PERFECT QUIET PLACES:

- The Gordon Natural Area
- Self-care space at the library
- Campus gardens

MORE INFO HERE!

7 science-backed reasons you should spend more time alone.



HOW TO TRACK YOUR ACADEMIC PROGRESS

1. Identify what you want to achieve: It's important to know what action you want to accomplish and what type of outcome you're seeking
2. Set a deadline: Creating a deadline helps you refine your short-term tasks.
3. Set milestones, breaking down into smaller tasks: Milestones help increase your focus and help you envision each step in your plan.
4. Turn your goals into SMART goals: SMART goals are specific, measurable, achievable, relevant, and time-based
5. Document and review progress: Consider recording your overall goals, tasks, milestones and deadlines.

MORE TIPS ON HOW TO
TRACK YOUR ACADEMIC
PROGRESS



MORE BENEFITS AND
REASONS TO PRACTICE
GRATITUDE



BENEFITS OF PRACTICING GRATITUDE



Gratitude is taking the time to be thankful and appreciative of your life. Gratitude can look like taking a few minutes to yourself, writing in a journal or taking actions. Here are some benefits of partaking in gratitude.

1. Enhances connection with others
2. Improves psychological and physical health
3. Enhances empathy and lessens aggression
4. Leads to better sleep
5. Improves self-esteem
6. Reduces stress & builds resilience

