Student: Traci Sippel, Clinical Mental Health Counseling

How do you incorporate wellness into your life?

I did not appreciate the importance of intentional self-care and wellness until life became difficult. Now I prioritize it. My preferred means of self-care (or as I call it feeding my soul) is finding silence and sipping tea, hand-building with clay, watching reruns of the Golden Girls or catching up with a friend. I have recently changed my personal definition of wellness to be more holistic. Food choices, the dreaded physical exercise and mindful breathing has become daily considerations versus a three times per week random thought. Walking the dog, taking the laundry to basement one load at time, taking a two-minute break to breathe and trying new ways to get my heart rate up are little things that add up to keep me balanced. Self-care and wellness enables me to be a better mother, wife, friend, student and consultant/employee.
Digital Spring Cleaning

Social media often causes us more stress than we realize. Cleaning out our accounts helps us to see the content that fits our needs. Here are 4 simple steps:

1) Trim back contacts or “friends” that you never or rarely communicate with.

2) Turn off notification settings or unfollow pages, groups, channels, etc. that you don’t utilize anymore.

3) Spend some time evaluating posts that create clutter in your feed. If you don’t want to see posts in that category, click to change your settings (on facebook click on the right hand side).

4) Schedule time each day away from social media to de-stress.

Emotional Spring Cleaning

Tune Into Your Feelings
when do certain emotions show up?
what feelings do you tend to avoid?

Don’t Judge Your Feelings
Simply notice when they show up and how they manifest.
Make a log noting these behaviors

Make Peace With Your Feelings
Practice self compassion
Work to regulate unwanted emotions, while remaining kind to yourself

Financial Spring Cleaning

Refresh your budget
Try a mobile App!

Review your insurance policies

Create a plan to pay off debt

Setup automatic bill pay

Check your free credit report
March 18, 2019

To the Campus Community,

As part of a continuing commitment to the health and well-being of all on our campus, I am pleased to announce that on Monday, February 25, the President’s Cabinet approved a Smoke, Tobacco, and Nicotine-Free Campus Policy. It will go into effect on July 1, 2019. Xavier joins a growing list of colleges and universities nationwide, more than 2,300 in fact, with similar policies.

Studies show that smoke, tobacco and nicotine-free policies have a positive impact on the health and well-being of a community. They can help current users quit, prevent others from starting, eliminate secondhand exposure, and influence attitudes toward tobacco and nicotine use.

I encourage you to learn more by visiting www.xavier.edu/bewell to view the policy and associated FAQs. You will also find resources and support if you are trying to stop using smoke, tobacco and/or nicotine products. If you have questions about the policy, please direct them to Connie Perme at perme@xavier.edu or Jean Griffin at griffijn6@xavier.edu.

Thank you to all who contributed to the development of the policy and to everyone on campus for your assistance and cooperation. Together, we can create a healthy smoke, tobacco and nicotine-free campus.

Cordially,

Michael J. Graham, S.J.

MJG:mal
9 TIPS FOR LIVING WITH LESS PLASTIC

1. Bring your own shopping bag
2. Carry a reusable water bottle
3. Bring your own cup
4. Pack your lunch in reusable containers
5. Say no to disposable straws & cutlery
6. Skip the plastic produce bags
7. Slow down and dine in
8. Store leftovers in glass jars
9. Share these tips with your friends

Please recycle the following items:
Items should be placed in cart boxes. Don't place material inside of plastic bags.

- Paper (cardboard & other above notes OU)
- Glass Bottles
- Cartons (non-milk & non-juice)
- Plastic Bottles
- Metal Cans

Questions about what can be recycled? Ask us!
www.rumple.com | 1-800-562-3157 | Facebook.com/RumpleCo | Twitter.com/RumpleNews

For questions or comments regarding this newsletter please contact
Kate Reichman (Hamilton) at hamiltonk@xavier.edu or Dr. Michelle Hall at hallm4@xavier.edu

EARTH DAY 2019
April 27 / 12-5pm
SUMMIT PARK-BLUE ASH