

# THE STALL SEAT JOURNAL

If holder is damaged or loose, please call The Well at 828-WELL.

Vol. MMIX No. 5

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April 2009

With final exams sneaking up on you already, consider taking a time-out and practicing any of these tips:



**L** AUGH  
Whether it's because of a funny movie, or a conversation with a goofy friend, laughter is a free and quick relaxation technique!



**E** XERCISE  
Not only will you feel better mentally and physically, but your sleep will be of higher quality so you'll feel well-rested.



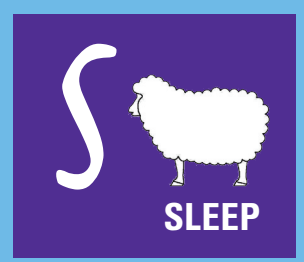
**A** TTITUDE  
Positive thinking can increase one's ability to function and decrease stress.



**R** EST / RELAX  
Consider taking time each day to clear your mind and gain perspective by resting in your higher power. This could be connecting with nature or with a group of friends.



**N** UTRITION  
A balanced diet with carbohydrates, protein, and fruits and vegetables will give you more energy and resiliency.



**S** LEEP  
Sleep is not optional! Most people require 7 to 9 hours per night. Remember that such substances as alcohol, tobacco and caffeine alter your night's sleep.

## CONSENT IS SEXY

by David Shafer and Jenny Walters

April is **Sexual Assault Awareness Month**, which is especially important at a university because 20–25 percent of women experience rape or attempted rape during their college careers.

Sexual assault can be defined broadly as any act of a sexual nature without voluntary consent.

Consent is an ongoing,

voluntary, sober, enthusiastic, wanted, informed, mutual, honest, and well-communicated agreement between all parties involved. The absence of a “No” or lack of resistance does not equal consent, and all participants should be free to change a “yes” to a “no” at any time. The more people communicate, the better the experience!

Also, you can integrate consent with dirty talk!

## Please come! We have a gift for you....

Ever wonder which restaurants near campus give free non-alcoholic drinks to designated drivers? Ever been towed and weren't sure where your car ended up the next morning?

These questions and more are answered in **The Well's** Safety Pack — a VCU Safety Wallet, a BAC card, and a Party Smart Guide.

You might need this!

Did you know that most VCU students drink on five or fewer days in a month? **The Well** wants to help VCU students stay safe if and when they or their friends choose to drink alcohol!

So come by **The Well** and get your FREE Safety Wallet, BAC card, and Party Smart Guide (while supplies last). You are welcome anytime between 8 am and 4:30 pm Monday–Thursday, and 10 am–4:30 pm on Friday.

## APRIL

### Sexual Assault Awareness Month

**April 1** “The Clothesline Project”  
Commons Plaza

**April 7** “A Rose for Toni”  
Commons Theater

**April 8** “Take Back the Night”  
Commons Ballrooms

(Note: To join SAVES, a student group whose purpose is to educate VCU students about sexual assault, relationship violence, stalking, and healthy relationships, please call 828-9355.)

### Stress Relief Week

Free five-minute chair massages and stress relief packets sponsored by **The Well**:

**April 21** 11 am–1 pm University Student Commons Lobby

**April 22** 11 am–1 pm VCU Wellness Resource Center (**The Well**), 815 S. Cathedral Place

Free five-minute chair massages sponsored by VCU Recreational Sports:

**April 21** 3 pm–5 pm Siegel Center

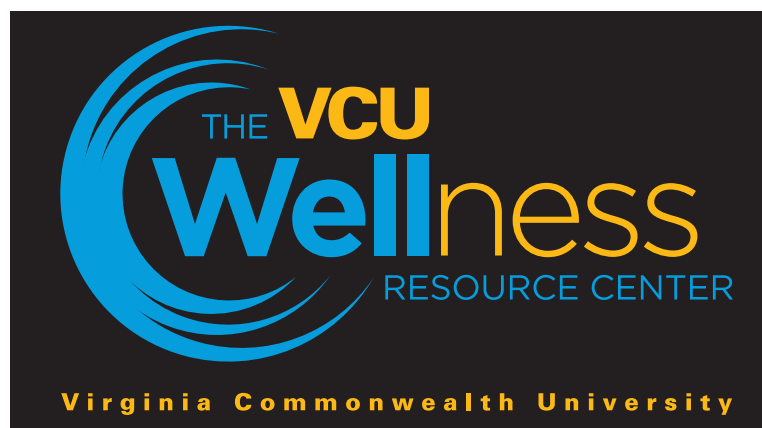
**April 23** 3 pm–5 pm Siegel Center



## We have a Wii winner!

Congratulations to Kaitlyn, a senior Mass Communications major, for winning the raffle for a FREE Nintendo Wii. She was one of more than 1,900 VCU undergraduate and graduate students who completed the health survey that **The Well** conducted Feb. 12–25. Other prizes for those who completed the survey were VCU T-shirts and Starbucks gift cards.

Results of the health survey will be posted on [www.yourstrategy.org](http://www.yourstrategy.org) this summer.



## The Stall Seat Journal is published by The Well

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