**MIND Your Health**

**Tips during COVID-19**
- Stay in touch with family and friends
- Develop a routine to remain productive
- Prioritize time for self-care and rest
- Meal prep and stay hydrated
- Understand that it is OKAY to grieve
- Give yourself peace and grace with these changes
- Be the best company for yourself
- Find a way to do for others
- Focus on what you can control
- Plan ahead

**Coping Strategy** (5-4-3-2-1)
- 5 things that you can see right now
- 4 things you can touch right now
- 3 things that you can hear right now
- 2 things that you can smell right now
- 1 thing that you can taste right now

**Make T.I.M.E.**
- Thankfulness
- Intention
- Meditation
- Exercise

Source: [https://www.activeminds.org/blog/tips-to-stay-mentally-well-while-working-from-home/](https://www.activeminds.org/blog/tips-to-stay-mentally-well-while-working-from-home/)

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**Catch It Quickly**
The Center for Health Education and Promotion are hiring **PEER EDUCATORS** *(Apply Now)* www.millersville.edu/chep

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**Stall Talk**

**90.8**
The percentage of Millersville Students who report using designated drivers when going out to drink.

Source: Millersville University Spring 2018 American Health Association-National College Health Assessment II

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**Trivia Question**
Q: ‘Birds of Prey’ starring Margot Robbie is based on which character from the DC Comics universe?
A: In the next edition of Stall Talk

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**Meet the Peer Educators: Student Spotlight**
**MADISON KACMAR**
Major: Government and Political Affairs

“I become a peer educator to help educate the campus on topics that affect everyone but can be hard to talk about.”

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**Stall Talk by the Numbers**

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