

StallTalk

Volume 9 / **Spring 2020**

Editor: Center for
Health Education and
Promotion

Catch It Quickly

Join ELCM on Zoom for a **Resume, Cover Letter Critique, or Job Search Assistance**

APRIL 28–30, 2020 • 11 A.M.–2 P.M.

<https://millersville.zoom.us/>

Meeting Number: **400 814 306** • Password: **Careers**

MIND Your Health

Tips for Better Sleep

- Find consistency in going to bed and waking up at the same time each day
- Create a dark and relaxing environment
- Remove electronic devices from the bedroom
- Avoid meals, caffeine, and alcohol before bed
- Prioritize physical activity throughout the day

Source: https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html

Trivia Question

Q: How many dimensions of wellness are there?

A: *In the next edition of Stall Talk*

LAST EDITION:

Q: Mocha is a coffee usually flavored with which substance?

A: Chocolate

Source: <https://pubquizquestionshq.com/quiz/food-and-drink-quiz-round-22>

Stall Talk 58.9

by the Numbers:

The percentage of Millersville Students who report doing moderate-intensity cardio or aerobic exercise for at least 30 minutes 1–4 days a week.

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

Center For Counseling & Human Development

If you are a Millersville student in need of support call the **COUNSELING CENTER** at **717-871-7821** to access service information.

In a crisis situation, students can call **CRISIS INTERVENTION** at **717-394-2631** or text **HELLO** to **741741** to be connected to a crisis counselor.

NATIONAL DOMESTIC VIOLENCE HOTLINE:
1-800-799-7233



Millersville University
CENTER FOR HEALTH EDUCATION
AND PROMOTION

CONTACT US

Looking to read past editions of Stall Talk?

Find them on our website: www.millersville.edu/chep

Email us: chep@millersville.edu • Call us: 717-871-4141



Twitter: @Educatepeers



Instagram: peerseducate

*"When we are no longer able to change a situation,
we are challenged to change ourselves." ~ Viktor E. Frankl*

NOW AVAILABLE

E P P I I C

Student Compassion Fund

Meeting the needs of our most vulnerable students during the COVID-19 crisis.

Are you a student who is facing undue financial hardship and in need of support and emergency assistance? Please connect to the link below to see if you qualify:

<https://www.millersville.edu/currentstudents/eppiic-compassion-fund-application.php>



Meet Graduate Assistant:
Student Spotlight

ZACHARY JOHNSON
Major: School Psychology

"I love working with CHEP because I have the opportunity to put my knowledge of psychology, sociology, and public health into helping my fellow students while growing both professionally and personally."

Courageous Conversations

Establishing Individual and Collective Solutions

Join us on April 28, 2020

From 6 - 8 pm

Virtually via Zoom

Information on "How to Join" will be shared on April 27th

If not you, then who? If not now, then when?

Now, more than ever we need to engage with others around difficult topics to advance social justice and human rights. Won't you join us for an evening of meaningful dialogue?

Event sponsored by: School of Social Work's Learning Institute, Dr. Rita Smith Wade-EI Intercultural Center for Student Engagement, and Housing and Residential Programs.

For more information please contact Dr. Karen Rice at karen.rice@millersville.edu or Jas Whitlow at jasmine.whitlow@millersville.edu

COME JOIN US IN THE CHEP LOUNGE

April 7 – May 8, 2020

Open Daily: 12 noon – 6 p.m.

MEETING NUMBER: 474242882 • PASSWORD: **wellness**

Come engage, ask questions, laugh and encourage with our CHEP staff in our virtual community lounge on Zoom!



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