

Stall Seat Journal



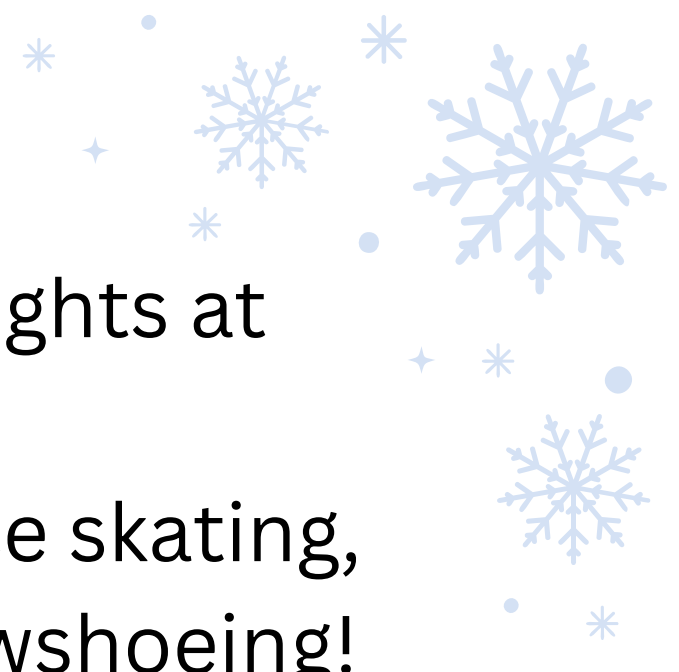
HOLIDAY season

While the holiday season can be filled with lots of fun and excitement, it can also induce stress. To beat the holiday stresses, let's consider how we can practice self-care and focus our attention on fun, rather than frustration.



FUN ACTIVITIES

- Check out the Rotary Lights at Riverside Park
- Try a winter activity - ice skating, sledding, skiing, or snowshoeing!
- Explore the Kickapoo Valley Reserve for ice caves and formations



WINTER ACTIVITIES



KICKAPOO VALLEY
~60 min. away

DE-STRESS FEST



When?

December 14,
10am-2pm

What?

Therapy dogs, relaxation station, journaling, art, resources, and more!

Where?

The COVE,
Student Union

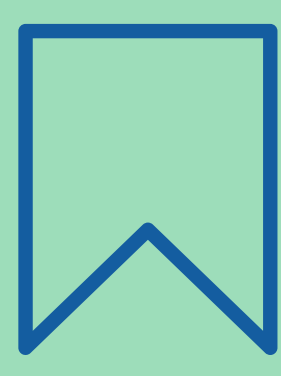
HOLIDAY FINANCES

TIPS FOR MINDFUL SPENDING



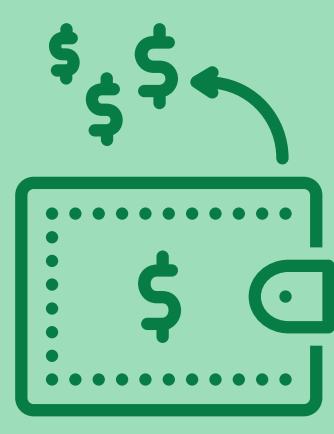
Budget

Create a budget that works for you! Try budgeting apps, Excel or online banking to track your progress.



Save

Try moving a set amount of money into a savings account from each paycheck.



Spend

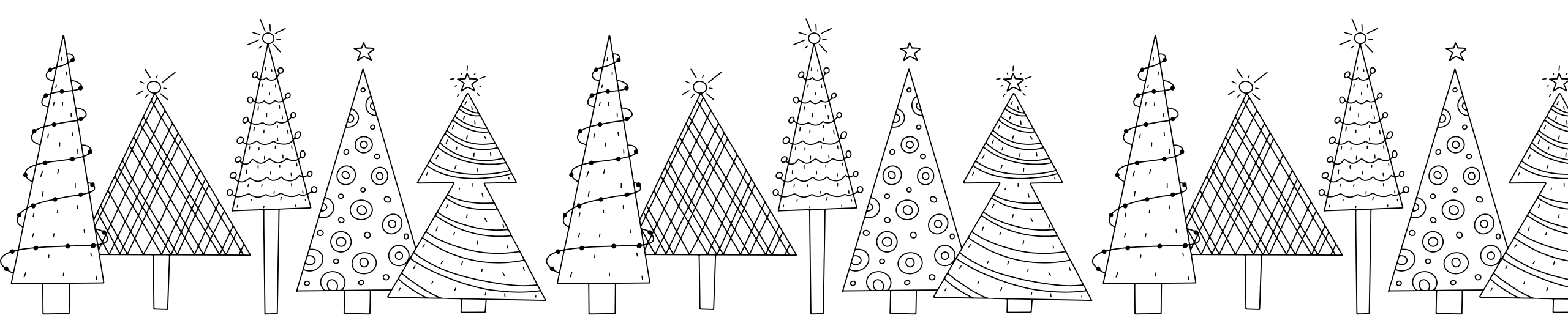
Consider cost-conscious gifts: printed pictures, DIY presents, or spending quality time with someone.



Gifts

Set a predetermined limit on how much you want to spend this holiday season, on yourself and others.

For more financial advice, check out [ItMakesCent\\$](#)



SUPPORT YOUR MENTAL HEALTH

Self Care

- Get 7-9 hours of sleep
- Set small, achievable goals
- Write affirmations
- Spend time with others
- Take care of your hygiene
- Engage with your hobbies
- Move your body daily



Try YOU@UWL

Explore resources, manage your goals, and complete skill-based modules - like this one!

De-Stress 101

Learn how to manage stress and be your best.

9 steps

5 minutes

What you'll gain: ↓

- Differentiate between positive and negative stress
- Reflect on how stress impacts you
- Identify common stress management techniques

SETTING BOUNDARIES

Boundary setting is important in any relationship - platonic, familial, or romantic!

- Find the right time and place to talk
- Don't attack each other
- Be honest
- Use positive body language

loveisrespect.org



CONTACT US:

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