The well-being of the students, staff, and faculty at UW-L is paramount. Improving state of mind, health, and safety takes commitment, but doesn’t have to be time consuming. Take 5 minutes for your health.

#UWL Take a Break

A haiku is a traditional form of Japanese poetry consisting of three lines. Use the simple rules 5 syllables, 7 syllables, 5 syllables to share some observations made around the office and around campus. We’ll call it a “brief intervention.” Make yourself (or someone else) laugh, or make a more sincere observation or quip.

Take a break and create: Haiku.

We miss Marge Troka,
And are working together
To take up the slack.

Our walls are maroon,
But you’ll see when you enter
A smiling face first.

Angie is funny.
Laughter is good medicine.
So, Ang is our Doc?

Green and speckled legs,
Hop on logs and lily pads
Splash in cool water.

Brought to you by the Division of Student Affairs, Student Life Wellness Resource Center