As human beings, we often hold tightly to the illusion of control. Indeed, the things that stress us the most are often the things over which we have little control. But, spending time worrying about what has happened or what will happen gets us nowhere.

Taking things one day (or even one moment) at a time is a great strategy to manage stress and build resilience. As you work to take things one day at a time,

- **Engage with mindfulness practices that help you be present in-the-moment.**
  - Want to learn more about mindfulness? Check out the Mindfulness resources on the WRC webpage (https://tinyurl.com/y5n99ykd) where you’ll also find links to mindfulness, meditation, and contemplative practices, programs, and resources offered through the Chaplain’s Office, and Creativity and Innovation.

- **Develop a sense of (personal) control.** In reality, there are really only a handful of things that we actually have control over. Take stock of what you can control (i.e., I can control how I respond to my feelings; I can control the number of commitments I make), and focus your attention on those things while trying let go of the things you can’t control.

- **Work to reframe stress.**
  - Reflect on times in the past when you’ve experienced similar stresses, and on what helped you survive and overcome the challenge. Remind yourself that you are a capable person who can manage things as they come.
  - Reflect on how your current stressors connect with what you value or what motivates you.

- **Focus on possibilities instead of problems.** Ask yourself what opportunities your current stressors offer (i.e., a chance to learn a new skill; a chance to meet new people).

- **Maintain a positive outlook.**
  - Make sure that you a regularly engaging with things that bring you joy and pleasure.
  - Connect with your own sense of gratitude. Research demonstrates that regular expressions of gratitude boost the immune system, promote optimism, reduce anxiety, and increase life satisfaction and sense of wellbeing.

**Seek Help When Needed:** Regardless of where you are living, offices like the Wellness Resource Center, the Chaplain’s Office, the Butler Center, the Advising Hub, and the Counseling Center remain available to you.

**You can reach the Counseling Center at**
(719-389-6093) or counselingcenter@coloradocollege.edu.
In a world that seems to constantly be trying to sell us products that promise to make us “better,” it’s worth reminding ourselves that we are full of beauty just as we are. Spend some time today and every time you see this sticker to make note of your own beauty in all its wide-ranging glory—your wicked sense of humor, your curiosity, your compassion, the way your smile reaches your eyes, the rich experiences you’ve had so far in your life, your ability to explain math concepts/knit/sing/jump, etc., etc., etc.

A healthy, inclusive, and thriving community contributes to our individual sense of wellbeing. And, each of us gets to help shape the CC community. Our Active Bystander Intervention Campaign acronym BADASS—Be Aware, Decide to Act, Say Something—reminds us of the steps we can each take to be actively engaged in ensuring that everyone feels welcomed and cared for. The BADASS Campaign focuses on three areas: preventing sexual and relationship violence, responding to people in distress, and creating an inclusive community.

Want to learn how to be a BADASS? Join us for these upcoming trainings:

- **Question, Persuade, Refer (QPR) Suicide Prevention Training:** September 23 at 3pm MT through Zoom: [https://coloradocollege.zoom.us/j/94744019201](https://coloradocollege.zoom.us/j/94744019201)  
  Meeting ID: 947 4401 9201

- **BADASS Training:** September 24 at 4pm MT. Register in advance for this meeting: [https://coloradocollege.zoom.us/meeting/register/tJArcO-hqzgoHdQpd4yOHQg22iHiOrB-xItM](https://coloradocollege.zoom.us/meeting/register/tJArcO-hqzgoHdQpd4yOHQg22iHiOrB-xItM)

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There are many things in our worlds that reinforce the idea that we are supposed to be “OK” at all time. For instance, social conventions that teach us to respond to the question “How are you?” with “Fine.” OR, cultural messages that only certain feelings are acceptable. OR, stigma about mental illness. OR, self (or other) imposed expectations that we should be able to handle everything on our own. The lists could go on and on. But all of these ideas, messages, and expectations are messed up. They ignore the fact that we are human. And part of being human is experiencing the entire range of human emotions—joy, pleasure, sadness, grief, despair, anxiety, anger, excitement, fear, humor, disgust, depression, numbness. As we navigate our lives, all of us will sometimes get stuck, struggle, and fail. All of us will lose someone. Half of us will experience a mental illness in our lifetimes, and all of us will experience at least some times of struggle with our mental wellbeing.

If you ever have times when you are beating yourself up because you’re experiencing things that don’t feel good, we hope that this sticker will serve as a reminder that You Are Human, and It’s OK to Not be OK.

Allow yourself to feel what you feel. Listen to your feelings. They probably have a lot to tell you about what’s going on for you. Respond with kindness and compassion—as you would to a good friend.

If you find yourself feeling stuck in Not-OK-ness, remember that there are a whole range of resources that can help.

**Campus offices** like the Counseling Center, Chaplain’s Office, The Butler Center, Wellness Resource Center, and Sexual Assault Response Coordinator (SARC) are all available to you.

- You can reach the Counseling Center at counselingcenter@coloradocollege.edu, or (719)389-6093 (dial 2 after hours to be connected to a licensed mental health provider)
- You can reach the SARC at sarc@coloradocollege.edu, or (719) 227-8101; you can reach a SARC Advocate on-call 24/7 at (719)602-0960

**On-line resources:**

- The WRC website has information, activities and links to YouTube videos on mental health, self-care and compassion, and journaling. Check us out at [https://tinyurl.com/y5n99ykd](https://tinyurl.com/y5n99ykd)
- ULifeline is an online resource for mental health. You’ll find information and self-screening instruments at [www.ulifeline.org/CC/](http://www.ulifeline.org/CC/) Just use your CC email to log in.
- National Resources like RAINN.org, Translifeline.org, TrevorProject.org, SmartRecovery.org, TherapyforBlackGirls.com, BlackMensHealthProject.org, WeRNative.org, & LatinxTherapy.com.

**Feeling Stressed?** Check out Mindful Stress Management at 4pm on the 3rd Tuesday of the Block. Join: [https://coloradocollege.zoom.us/j/95398751059](https://coloradocollege.zoom.us/j/95398751059)
We thought it might be nice to share some reminders of the beauty that campus offers. This month, we’re highlighting historic Shove Chapel (built in 1931). This building offers many different kinds of experiences—quiet and solitude under the gorgeous wood trusses and beams; meditation in the side-chapel; community, tea, and camaraderie in Sacred Grounds; spectacular views from the rooftop; great acoustics; spaces for speeches, concerts, open mics, programs, recovery communities, spiritual practice, and prayer to name a few. Whether you are on or off campus, you can still enjoy the views from the Shove Bell Tower through the Campus Live Webcam: www.coloradocollege.edu/basics/campus/webcam/.

NO ASSUMPTIONS is good advice no matter what the circumstances! Whether you are noticing potential signs of mental health challenges in a friend, deciding what pronouns to use for a classmate, or thinking about hooking up with someone, it’s always best not to assume anything. If you aren’t sure about something, ASK!

Asking for consent is something that must happen when engaging sexually. And, asking a partner what they want to do (and how they like it!) helps set the stage for a good sexual experience. **TEDsex Talks will be Back By Popular Demand** in the first week of Block 3, so keep your eyes peeled for the announcements! Topics will include “A Sexter’s Guide to the Galaxy” and “Beyond the Big O: Pleasure-centric Sex.” If you’re interested in giving a TEDsex Talk, contact amthompson@coloradocollege.edu.

We are creative, non-traditional, and pluralistic and are available for general conversation, spiritual, and pastoral care. Chaplain Kate Holbrook also serves as one of the campus confidential resources. You can find information about upcoming Chaplain’s Office events on Facebook at SpiritualLifeAtColoradoCollege.
October is Domestic Violence Awareness Month. This year’s theme, as announced by the National Resource Center on Domestic Violence, is No Survivor Justice Without Racial Justice. Indeed, domestic violence is inextricably linked to all forms of violence. To end such devastating violence, we need to end anti-blackness, racism, and ALL structures that perpetuate oppression. Survivors of domestic violence or intimate partner violence, are often blamed for the abuse they've endured. It is never the victim’s fault. Unchecked victim blaming promotes a culture of violence where the focus is put on the victim instead of the person who chooses to abuse or cause harm. Instead of interrogating the victim, let’s start asking why a person chooses to harm or abuse another human being. End Victim Blaming. Believe Survivors. If you are in an abusive relationship, CC’s Sexual Assault Response Coordinator Anna Thompson is available to you as a confidential resource to provide information, support, safety planning, and more. You can reach her via email at sarc@coloradocollege.edu, and you can reach an Advocate on Call 24/7 at 719-602-0960.

Are you Sober Conscious?

Being Sober Conscious means being intentional in your own decisions about substance use, as well as being mindful of the ways that the culture around alcohol and other substance use impacts the people in our community.

Individual Choices: Sober Consciousness means choosing to question why you’re thinking of drinking or using other substances, what impact substances are having on your relationships, and on your physical and mental wellbeing; it means assessing whether you are able to establish and stick with limits on your use. Community Impacts: Although there are many CC students who use in moderation or choose not to use at all, students tend to overestimate the amount that their peers are actually drinking or using substances. Did you know that a quarter of CC students choose not to drink at all? We often hear from students who don’t drink that our campus culture contributes to feelings of not fitting in, or difficulty finding a social group. Being Sober Conscious means being thoughtful about whether the social environments you inhabit are truly safe and welcoming to everyone—those who choose to be sober, those who are in recovery from addiction, those who choose to engage with alcohol or other substances. Are those social settings welcoming to individuals with marginalized identities? Are they consent-oriented?

You can find information and resources related to substances and recovery on the WRC website: www.coloradocollege.edu/other/wellness/substance-use-prevention/index.html
Simply being in green, outdoor space has positive effects on our mental, physical, and emotional wellbeing. Yet most Americans spend 90% of their lives indoors. Some doctors are writing "Nature Prescriptions" for their patients so time in nature can be part of their path to wellness. Studies have shown that as little as 20 minutes per day outdoors makes a difference.

Want help getting outside or finding people to go outside with? Outdoor Education is running lots of in-person outdoor trips, and virtual clinics this year! Trip details and registrations can be found on Summit. For those at home, we are here to help you plan your adventures!

CLEAR YOUR MIND!
Time in the outdoors has been shown to improve cognitive function, concentration, and mood. There is a strong connection between time spent in nature and reduced stress, anxiety, and depression. Head outside and take a break from technology for a bit, clear your mind, and focus on your experience.

BREATHE!
Try taking your indoor exercise routine outside, soak up the sun and get some vitamin D, and breathe in a little fresh air. Concentrations of air pollutants can be greater indoors than outdoors. Head outside for some cleaner air, plus more oxygen makes your brain and body happier! During wildfire season you should be mindful about outdoor air pollution as well.

BE BRAVE!
The outdoors is a great venue to try new things and step outside your comfort zone! Being brave helps us grow and learn, opens us up to the possibility of enjoying something new, and keeps us from getting bored. Try a new activity, head to a new park, or challenge yourself in a new way.

If you’d like to share a snap of where you put your stickers, tag us in your IG post!
The experience of compassion can be transformative. So often we are taught to hide the fact that we are struggling, which in turn leads us to feel increasingly isolated and alone. In our work, we talk often with people about topics like mental health challenges and experiences of trauma. These are human experiences that touch all of us in some way (50% of us will experience a mental illness in our lifetimes; nearly 90% of us will experience trauma in our lifetimes). Yet stigmas, myths, and misunderstandings create barriers that keep us from really talking about these intense human experiences.

Receiving a compassionate response at such a moment can push away the mist and shadows of judgment and assumption and help us move into the warm light of acceptance and healing. When someone else shows compassion for us we begin to see ourselves in a different way—worthy, understandable, loveable. Extending compassion to those around us can also be transformative. When we connect compassionately with another person who is suffering, we have the opportunity to be part of something larger than ourselves and to see the powerful positive impact we can have on those around us. There are so many such opportunities in our daily lives; some of them are big—like the chance to be present with a friend who is grieving, or to respond to the signs that an acquaintance is feeling down; some of them are small—like stopping to listen to the answer when we ask “how are you.” Regardless, whenever we extend our compassion to another, we walk away enriched.

We envision a Compassionate Community in which most people take the time to educate themselves about the signs and symptoms of mental illness and what it means to be “trauma-informed,” and they put that knowledge into practice by responding to the needs of those around them. In a Compassionate Community, people also offer themselves grace, and accept the care and compassion of others when it is offered, because as Buddha reminds us, “If your compassion does not include yourself, it is incomplete.”

Our mental health impacts every aspect of our lives, including cognitive functioning, relationships, physical health. So we encourage you to invest in cultivating your mental health just as much as you do any other part of your life. You can find resources for self-care, mindfulness, self-awareness, and stress management on the WRC webpage (https://tinyurl.com/y5n99yk4). Also, remember that regardless of where you are living, offices like the Wellness Resource Center, the Chaplain’s Office, the Butler Center, the Advising Hub, and the Counseling Center remain available to you.
Labyrinths have been used for centuries by many cultures and faiths around the world as a meditative practice and tool symbolizing a journey to our own center. At times, they have been used as a form of pilgrimage, the external manifestation of the inward journey. Unlike mazes, labyrinths have only one entrance which moves you through a spiraling path to the center and then back out. Walking a labyrinth offers time and space for contemplation, prayer, and mindfulness. The process is simple: Open your senses and focus on the process of taking slow and deliberate steps. When you reach the center, pause to reflect, pray, and observe the thoughts, feelings, and sensations that you are experiencing. Then, again open your senses and be present to the process of slowly making your way to the exit. As you leave the labyrinth, absorb the experience with continued reflection, prayer, or journaling.

If you are on campus, we encourage you to try the CC Labyrinth, located next to Shove Chapel. Many communities around the world have labyrinths, so try googling “labyrinth near me” to see if there is one you could try out. You can also find smaller portable versions where you trace the path to the center with your finger rather than your feet—you can even draw out a labyrinth on paper!

**Are you looking for community and interested in exploring the intersections of spirituality, sexuality, and queer identity?  
Check out the Rainbow Labyrinth Queer Spirituality Group!  
Contact Chaplain Kate Holbrook at kholbrook@coloradocollege.edu for more information and meeting times.**

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**Never underestimate the power of play as a part of nurturing your own wellbeing!**

Play is a great mindfulness activity which unlocks creativity, releases stress and tension, offers joy and lightness of being, and can help connect us to others. And, luckily for us, opportunities for play are abundant—board games, card games, bingo, bowling, pick-up games of B-ball, snowball fights, hide-and-seek, coloring books, drawing, paper plane races, swinging on a swing set, sliding down a slide, skipping down the street, “I Spy,” 20 Questions, telling corny jokes, lip sync competitions. . . However you do it, just make sure you play at least a little every day!

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If you’d like to share a snap of where you put your stickers, tag us in your IG post!
As we move into the new year, 2021 is already presenting so many challenges for us—attacks on our democracy, ongoing racist violence, and the global pandemic. At the same time, we are all part of a community that has been actively engaged in creating change and supporting one another. In the WRC, we are grateful to be a part of such a vibrant, compassionate community.

As we move through the next weeks and months, there will be much to process and much work to do in order to create the equitable, inclusive, and healthy community that is our aspiration at CC. We are fostering HOPE for 2021 because we know that hope is a key to making change—both cultural/systemic and individual. Here are a few tips for fostering hope in the face of adversity:

- **IDENTIFY OR RE-IDENTIFY GOALS:** Keeping our eye on what we are hoping to accomplish and why it’s important to us is an imperative for hope. Connecting our goals to what we value makes it easier to move through hard times and manage stress.

- **TAKE STOCK:** Remember that hope is not act of denial or a passive wish that things were different. In order to foster hope, we must acknowledge the reality of where we are and all the challenges this moment presents, while holding on to the possibility of a better future. By doing so, we can become problem-solvers who can develop strategies for coping with adversity, as well as creative pathways to that better possible future.

- **SEEK INSPIRATION AND AWE:** Especially during adverse times, it’s easy to get focused on all the negative events or stories that we are hearing. While it’s important to acknowledge the bad things that are happening, staying focused on them will often send us into a negative spiral of diminishing hope. So, we must actively seek out inspiration—looking for uplifting stories, spending time thinking about the people that inspire us. Hope also comes from connecting with a sense of awe—something bigger than ourselves like the vastness of the forest, or the majesty of the mountain, or a connection to the divine (however you define that!).

- **APPRECIATE SETBACKS AND FAILURES AS YOU MOVE THROUGH THEM:** When we persevere in the face of setbacks or failure, it connects us to our own strength and sense of hope for the future. Try re-framing setbacks by asking yourself what you have learned, what supports or resources have helped you through a challenging time, or what new resources you’ve connected with.

Here’s to HOPE bringing us all Resilience and Wellbeing in 2021!
As we return to campus for the Spring 2021 semester, the U.S. is continuing to see very high rates of COVID, and the new more easily transmitted strains of COVID are moving through communities. Although we are all probably experiencing COVID fatigue, it’s as important as ever for us to remain committed to following risk mitigation strategies—this means staying 6 feet apart and wearing masks when we are outside our residences. For those of you who aren’t great at estimating distance, picturing some of your favorite animals for scale might help! 6 feet is about the length of a Llama from nose to tail (check out the Llamas in the Worner Center)!

However, we can still build social connections and intimacy, even while maintaining physical distance! Here are a few tips:

- **As you are interacting with people who are wearing a mask from 6 feet away, slow down to pay attention.** Studies show that human beings are quite good at determining other people’s emotional states just from their eyes. Reading another person’s emotional state makes us feel more connected, and it gives us an opportunity to engage empathically.

- **Try turning your video on at least at the beginning of zoom calls/classes/meetings.** Although you might find Zoom calls and meetings a bit exhausting, facing a screen of muted videos contributes to a sense of isolation. Also, take the opportunity to say hello to people—they’ll typically unmute their video screen to say hi back. The act of engaging with another human’s whole face—with smizes AND smiles—can help us feel more connected, seen, and cared for.

- **Get outside.** Go for a walk with a friend or open your windows and chat with people outside.

- **Connect in more out-of-the-box ways.** You could post messages to friends and fellow community members in your windows. Or perhaps you could organize a community game—maybe a word unscramble where a hall comes up with a word or message to share with the whole building, and every room posts just one letter.

- **Go Old School and write a letter or send a hand-made postcard.** Everyone appreciates receiving something meaningful in the mail, and a letter feels much more intentional and intimate than a text message.

- **A little space provides the perfect opportunity to reflect on what’s working and not working in your relationships.** Check out this Reflecting on Friendships Journaling Activity: https://tinyurl.com/42pfkvgw and use those reflections to have meaningful conversations with friends about how to make your relationships even better.
For many people, social interactions can be draining. Regardless of how introverted or extroverted we might be, it is important to nurture the more introverted parts of ourselves. Staying connected and tuned into yourself is a key to mental and physical wellbeing. Here are a few ideas:

- **Stop to check in with yourself.** What sensory feedback is your body giving you? What are you thinking about? What emotions are you feeling?

- **Be responsive to yourself.** Your mind and body have wisdom for you. For example, if you’re getting signals that you’re stressed, respond with stress management strategies.

- **Make time to connect with things that bring you joy**—whether that’s plants, art, books, nature, or the billion other things that make human beings smile.

- **Invest in getting to know yourself** (and appreciating yourself) through journaling. Here are a few prompts to get you going:
  - I love the way I . . .
  - I love my body because . . .
  - My life is full of . . .
  - I value . . .
  - What unexpected experiences rubbed off on me to make me into who I am today?
  - I choose . . .
  - I am so grateful for all these little things in my life . . .
  - When I . . ., I thrive.
  - It makes me laugh to think about . . .
  - I am proud of myself for . . .

- **Spend time developing a skill or talent.**
- **Go for a solo walk or workout.**
- **Practice mindfulness.**

The WRC Handouts and Health Resources webpage ([https://tinyurl.com/1mkyfcoe](https://tinyurl.com/1mkyfcoe)) has lots of resources that can help you connect with yourself, including mindfulness information and practices, mental health and stress management resources, and information about self-care.

You can also find a wealth of resources on [YOU.coloradocollege.edu](http://YOU.coloradocollege.edu).

If you’d like to share a snap of where you put your stickers, tag us in your IG post!
March 20 is the Spring Equinox in the Northern Hemisphere. On the equinox, the length of day and night is nearly equal in all parts of the world, and here in Colorado it is the official first day of Spring.

The Spring Equinox is significant for many. There are a diversity of traditions, practices, and observances that spiritual, religious, and cultural groups have, and continue to, observe on and/or close to the Spring Equinox. Examples include, various Native American tribes and Indigenous peoples with specific ceremonial practices; neo-Pagan observation of Ostara with different types of ritual practice; and the celebration of both the Zoroastrian new year Nowruz and Baha’i New Year Naw-Rúz around the time of the Spring Equinox.

On the equinox, time held between seasons, we are invited to hold space in harmony as day and night are held even in balance, in union. It is a time of renewal and awakening, for reconnecting to the earth and our bodies. It is an opportunity to reflect on questions such as:

- How are things aligned in my life in ways that are life giving to me right now?
- In what ways do I experience harmony and balance? In what ways would I like to seek more harmony? How may I take steps towards that?

However you might observe the Spring Equinox, we hope it will be a moment of pause and reflection for you. An opportunity to reconnect with yourself on the gift of this day.

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If you’d like to share a snap of where you put your stickers, tag us in your IG post!
Healing is a process. Whether we are healing from a physical injury or from trauma or another kind of emotional or psychological injuries, the journey through healing is not a linear one. Rather, our progress forward is often interrupted by what feel like steps backwards. One day, we may feel like we are finished with the healing journey, only to find ourselves the next day feeling like our wounds are re-opened fresh and raw. This is a natural part of the healing process. Yet, perhaps especially for emotional or psychological healing, we often hold judgment for ourselves—that we should be healing faster or better. It would be far better for us to hold grace for ourselves—that healing takes a tremendous amount of energy; that there will be good and bad moments along the journey. So, this is a reminder that healing does indeed come in waves. When you find yourself at a low point, consider the following:

- What is different now than the last time you felt low?
- What was working well for you when you last felt you were at the top of a wave?
- What resources and supports might help you ride through this low point?
- How will you celebrate and savor the next strides you take in your healing journey?

We are very excited to introduce YOU.coloradocollege.edu! YOU is a 24/7, anonymous online well-being platform which offers space to check in with yourself, set goals, and explore personalized resources. You can create a completely confidential account with your campus credentials and begin exploring the portal today. Here are just a few of the things that YOU can help with, immediately:

- Tips to adjust to online learning
- Coping with stress and anxiety in a changing world
- Maintaining and growing social connections even while practicing physical distancing

Visit YOU.coloradocollege.edu to create an account with your campus credentials or find it linked on the CC Single Sign-In webpage (YOU@CC button).
April is Sexual Assault Awareness Month. As we mark the 20th anniversary of SAAM, we are looking back at the successes of the movement to end sexual violence and as always looking forward to how we can create the communities we want to live in where people are free to live as their authentic selves without the threat of violence, both “in real life” and online. This is fitting since this year’s national theme for the month is “We Can Build Safe Online Spaces.” For us in the Wellness Resource Center, we are certainly focused on raising awareness during SAAM, but also on bringing everyone into the movement, because every one of us has a role to play in ending sexual violence. You can find the schedule of SAAM events here: https://tinyurl.com/hbvrz4

One of the fantastic events we have scheduled is a workshop with Feminist & Gender Studies Program Artist-In-Residence, edxí betts: Reclaiming Our Radical Consent: Confronting Harm, Gender, Race, and Class Borders on Tuesday, April 27th at 6pm. Register: https://tinyurl.com/22z8pkvf.

edxí is an Afro Indigenous (Black, Blackfeet, Filipina) Trans feminine multi-disciplinary artist and organizer. Her goals have been to support colonized peoples through insurrectionary mutual aid and political art, performance and education through an anti-colonial lens. She is also a creator of zines and a published writer in the anthology, Love WITH Accountability: Digging Up the Roots of Child Sexual Abuse, an anthology of Black Diasporic writings by Black child sexual abuse survivors and advocates exploring transformative means of healing and accountability. (The first 20 people to register for the workshop will receive a copy of the book!)

Radical consent is the idea that everyone should have control over our own bodies in any context—sexually, interpersonally, medically, politically, and more. It also expands consent beyond simply “asking” by acknowledging the role that power dynamics set up by systems of oppression (sexism, racism, heterosexism, transphobia, ableism, etc.) play in whether all people do indeed have control over their bodies. We hope everyone in our community will adopt a practice of radical consent that is based on respect, enthusiasm, emotional responsiveness, responsibility for each other’s well being, and an active acknowledgment of the historical matrix of power that regulates and controls all the aspects of our lives. Such a practice empowers us to take action and create change in all of our relationships: personally, socially, sexually, medically, mentally, politically, and more.
Given the intersections between sexual violence and alcohol use (about 90% of campus sexual assaults involve alcohol), it is perhaps not surprising that April is also Alcohol Awareness Month. Alcohol is the most abused substance on our campus and, based on surveys like the Healthy Minds Survey and the National College Health Assessment Survey, it has been linked to higher rates of physical injury, mental health challenge, and instances of non-consensual and unprotected sex on our campus. In addition, the patterned abuse of substances in college can stick with an individual after they graduate into later adulthood.

**We are encouraging all members of our community to take a little time this month to reflect on the role that alcohol plays in their lives.**

**If you drink alcohol, consider:**
- How often and how much are you drinking?
- What is your pattern with alcohol use? Are there certain life events or stressors that you tend to respond to with drinking?
- How does drinking affect you?
- How does drinking impact your relationships? Ask your friends and family if you’re uncertain.

Learn more about alcohol use and its intersections with mental health, or take a confidential self-evaluation screener at [http://www.ulifeline.org/CC/](http://www.ulifeline.org/CC/).

The reduced inhibitions and detachment often experienced when drinking makes it harder for people to pick up on social cues which are critical to upholding our community values of creating spaces that are consent-oriented, inclusive, and trauma-informed. **Whether you drink or not, consider:**
- What role does alcohol play in our CC campus culture?
- Do you see a disconnect between student behavior in academic settings vs. social settings? Are there values that students espouse in their sober lives that they don’t live out when they are drinking?
- Does alcohol set up or reinforce power dynamics based on identities like gender identity, group affiliation, and age? Who seems to benefit from these power dynamics? Who seems to be at a disadvantage within these power dynamics?

We hope you have a restful block break that helps you move into 8th block well!

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If you’d like to share a snap of where you put your stickers, tag us in your IG post!
In some respects, the last year+ has felt interminable. On the other hand, it’s hard to believe that we’re already in 8th block! The end of the academic year is always a good time to reflect on what has been working for us, as well as what changes we might like to implement in the coming year. One of the things that has helped me stay grounded in difficult times is looking at the beauty of Pikes Peak and the Colorado landscape—it helps me take perspective on what is permanent or changeable in my life; it reminds me to pause and breathe; and connecting with beauty and with the natural world sparks joy for me.

Whether your sunglasses will be reflecting the Colorado landscape or not, I hope that you are able to pause and contemplate what you’ve accomplished (which includes simply making it through an incredible tough year), what practices and resources have helped you stay well, what you are looking forward to, and what new skills, practices and resources you want to cultivate as you navigate the next steps of your journey.

I also hope that this summer brings you rest, joy, and wellbeing.

--Heather

The summer season is indeed a great time to build consistent self-care and wellbeing practices into your routines. We hope that you’ll make YOU.coloradocollege.edu a part of those routines. YOU is our 24/7, online anonymous well-being platform—a space to check in with yourself, set goals, and explore personalized digital and campus resources in one centralized location. New content is constantly being added and includes:

- **Thrive: Mental & Physical Health**
  - Stress & Anxiety
  - Sleep, Physical Health, Fitness, & Nutrition
  - Alcohol & Substance Use
  - Sexual Health
  - Loneliness & Depression
  - Body Positivity

- **Matter: Life Purpose & Campus Connections**
  - Relationships & Making Friends
  - Mindfulness & Balance
  - Diversity & Identity
  - Purpose & Meaning
  - Clubs & Volunteering

- **Succeed: Academics & Career Success**
  - Learning Strengths, Academics & Grades
  - Leadership & Professional Development
  - Degree Options, Internships, & Career Paths

Put this sticker in a highly visible location as a reminder to use you.coloradocollege.edu regularly!
Philosophers and scientists consider curiosity to be fundamental to human development—at both the individual and species levels. Although Merriam-Webster defines curiosity simply as the “desire to know,” researchers have uncovered many factors that contribute to the expression and experience of curiosity, including Joyous Exploration, Social Curiosity, Stress Tolerance, Deprivation Sensitivity, and Thrill-seeking. Importantly, curiosity is associated with mental health, life satisfaction, and wellbeing. Although there is a genetic/trait aspect to curiosity, we can also do things to cultivate our curiosity. And in so doing, we can cultivate wellbeing, too. Here are a few tips for Staying Curious:

• **Exercise.** Exercise has been demonstrated to elevate mood, and curiosity has a bi-directional relationship with positive emotions: curios engagement and exploration seems to generate positive emotions, and positive emotions generate curiosity.

• **Re-frame “Boring” Situations.** If you find yourself feeling bored, look for details of the situation that you had been overlooking. If you’re waiting in line for something, notice things about the people around you and ask a question. If you’re sitting on the Quad, notice the behavior of the squirrels or the ants and look closer to see where they hang out, or what they’re eating.

• **Invest In Building Strong Interpersonal Relationships.** Researcher Todd Kashdan says having strong secure interpersonal attachments seems to “allow people the freedom to be less inhibited and to explore.”

• **Don’t Let Anxiety Stop You.** Although new experiences can be intimidating or anxiety provoking, if we can push through that anticipatory anxiety our level of anxiety tends to go down. AND curiosity feeds itself. The more we engage with new people, places, and points of view, the more curious we become about them.

• **Follow Your Joy or Passion.** The curiosity factor Deprivation Sensitivity is that drive we feel when we recognize a gap in our knowledge and the relief or sense of satisfaction we feel when we fill the gap. Although this type of curiosity may not always feel good while we’re in it, it can also lead to a state of “flow” or mental immersion which can result in a sense of well-being.

• **Practice Mindfulness.** Mindfulness practices strive to bring our full attention to our body and mind in the present moment without trying to change our thoughts or experiences. We simply observe whatever is occurring in the body or mind (sensations, thoughts, and feelings). As we practice mindfulness, we cultivate an attitude called Beginner’s Mind, which is a quality of awareness characterized by curiosity, in which we see things as fresh and new.