Quarantini’s aren’t a Quick Fix
Scrolling through social media has become all too frequent an activity as we all learn more about our new normal. In searching for the message I wanted to post for this month’s now digital Bathroom Talks, I came across this quote and it seemed perfect, “Alcohol won’t fix this.” How true. One thing that has remained the same is the Wellness Center’s message; stressful or traumatic experience will not be fixed by an external substance.

Now is the time to develop a self-care regime and healthy coping mechanisms to move through this pandemic. Misuse of substances can complicate things by weakening your immune system and increasing mental health symptoms. Additionally, any negative health consequences of using alcohol or drugs puts individuals at-risk of going to the hospital.

While we cannot connect physically, we can connect from a distance to help support each other through this. Please contact the Wellness Center for referrals and resources. See our website and IG for virtual programming.

@wellnesscenteratPC wellness@purchase.edu

Want to be a Wellness Intern Fall 2020?
Send resume and cover letter to:
wellness@purchase.edu

Check out our Red Zone Prevention Planning post here!

Do you make art without using drugs or alcohol?
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