

Wellness Center Presents

Issue 17: Purchase Perseveres

April 2020



Support and programming for students living a sober lifestyle? See

[Purchase's Lighthouse Program](#) for virtual resources!

Virtual Wellness Resources:

[Virtual Big Vision Events](#)

[Virtual Broadway Shows](#)

[Barry's Virtual Boot Camp](#)

[Lululemon Self Care Home Programming](#)

ALRIGHT PEOPLE

LET'S DO THIS!

April's Clearly Genius
Art Contest Winner

TOBACCO
FREE
CAMPUS



BATHROOM TALKS

for the captive audience...

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

Bored? Make a virtual date!

4/1 [EcoCareers Conference](#)

4/1-4/30 [Contemplative Studies Daily Meditation](#)

4/8 [Virtual Seder](#)

4/15 [Tour a Museum for World Art Day](#)

4/20 [Virtual Brooklyn Job Fair](#)

4/22 [Earth Day](#)

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?

Enter our artist competition!! All mediums accepted!
Winners get their art displayed and a \$50 Gift Card!

Submit to: clearlygenius@purchase.edu

