

Wellness Center Presents
Issue 18: Congrats Graduates
May 2020



Support and programing for students living a sober lifestyle?

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

Celebrate a Sober Cinco!

[Have a Mexican theme movie marathon](#)

[Make a Mexican themed dinner](#)

[Make some colorful DIY decorations](#)



May's Clearly Genius Art Contest
Winner is: @artbysnorkledog



BATHROOM TALKS

for the captive audience...

Zoomed out?

During this shelter in place, there have been an abundance of online virtual wellness resources that have emerged and, many for free (BONUS!) But which ones should you be using? Take a look at our tips below:

- Where do you need support? Take a minute to look at these [eight areas of wellness](#) to see where you might need extra support and then look for resources in that area. For example, if your physical wellness needs some support check out our yoga program or something like [Barry's Virtual Boot Camp](#).
- How will you be accessing the resource? If you are mainly using a handheld device, an app resources may be a good platform to use. If your using a computer, consider whether the resource needs to be portable. Will you need access to speakers? How private is the device/computer?
- What are the professional and your peers saying? Check out the reviews and make sure the resources has good endorsements from both your peers and professionals.
- Lastly, Keep your commitments realistic. Try to keep your commitment to these resources realistic in terms of time and energy.

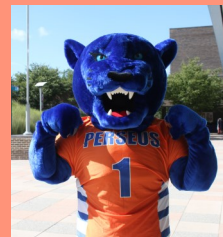
While we cannot connect physically. we can connect from a distance to help support each other through this.

See our [website](#) and [IG](#) for virtual programming.



Celebrate Purchase student-athletes' accomplishments!

Watch this [cool video](#) montage with messages from Athletic Director Chris Bisignano and Student Affairs Dean Patty Bice.



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

