Who do you see in the mirror?

Remember: Objects in the mirror are not objects at all!

Surrounded by media that often objectifies, erases or digitally alters our bodies, it’s hard to know what’s real. At #VeryCaringU, we love each other for who we are, not how we look. Let’s treat ourselves the way we would our Ramly!

Rams tell us they love their bodies by doing things that feel good and focusing on what their bodies can do instead of how they look. No matter what the world says is beautiful in the moment, self-love can be a constant.

If you’re having negative thoughts, ask yourself, “Is this thought true or helpful?”

You’re worth it. You’re worth it. You’re worth it. Repeat a helpful phrase till it sticks. (Or put it on a sticky note!)

Practice letting go. When you acknowledge that your thoughts aren’t you, they have less power over you!

Self kindness, it reminds us that our perceptions do not define us. Imperfect, but you’re worth it, so take a seat and rehearse this, now take a deep breath—perfect. When you’re ready to, ya better go work it! You are not alone, just know that you are not alone, my friend.

Unique & beautiful! 73%* of Rams picked Diverse as the word that best describes VCU!

Most Rams (80%)* personally feel a sense of belonging at VCU.

Remember that self love is a personal journey that takes time and effort. You can do it!

Having trouble with self love? Visit counseling.vcu.edu to learn how to make an appointment with University Counseling Services.

TAKE THE NCHA!

Now is your chance to win 1 of 30 Amazon gift cards worth $100 each or 1 of 50 #VeryCaringU T-shirts. The Wellness Resource Center is conducting the National College Health Assessment online survey beginning Feb. 15. Selected students will receive an e-mail to their VCU accounts with their personal access code. All who complete this confidential survey will have a chance to win one of 80 prizes! Contact trsaunders@vcu.edu for info.

FOLLOW-UP WITH SPIT FOR SCIENCE!

Spit for Science is a longitudinal study of how genetic and environmental factors contribute to substance use and emotional health.

Past participants: Earn another $10 by completing a follow-up survey!

Freshmen 18+: If you didn’t participate last Fall, you can now! Complete the new survey emailed to your VCU account for $10. Provide DNA (saliva) sample for another $10. Payment/T-shirt Pickup: Franklin Street Gym, B43, M-F, Feb. 19- March 2, noon-4 p.m.

COBE CORNER

When first-semester freshmen were asked how much their weight influenced how they thought of themselves as a person, 60% said not at all or only slightly.† Non-judgement begins with ourselves!

† (n = 6967; 84% Year 1 Fall surveys; 2011-2013 cohorts)

COBE brings Spit for Science research to the public. cobe.vcu.edu / VCU COBE

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