

# Wellness Monthly



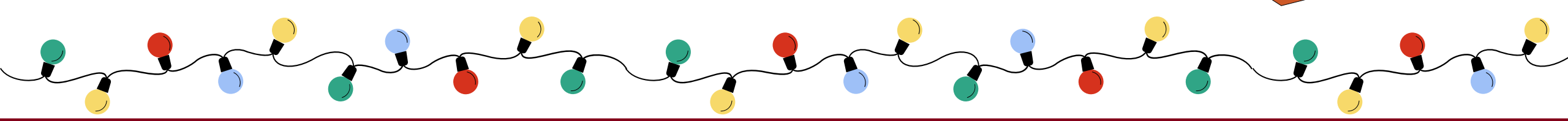
## THE HOLIDAY season

As the holiday season approaches, all was fun and cheery at UWL.

But with finals fast approaching, the stresses had grown. All through the night, students were asking, “what do we do?” To beat the stresses we must practice self-care and start anew.

## Prepare for Finals

- Make a schedule! Write down your final exams, study sessions, and breaks
- Find your best balance of studying and supportive self-care
- Express gratitude, practice affirmations, or respond to journal prompts (see page 2)!
- Know when to return your textbooks 😊
- Hydrate and rest!



## STUDY-A-THON

### When?

December 12th,  
9am-5 pm

### What?

Special study space,  
therapy dogs, activities,  
giveaways, and free lunch!

### Where?

E-Cafe, Lower Level  
of Student Union

# LET'S JOURNAL IT!

Explore new ways to prioritize your mental health! Using prompts to journal can increase self-awareness and help us express gratitude. Here are some sample prompts:



What is your favorite thing about winter?

Write a letter to yourself about goals for the new year.

Describe the perfect winter day!

What are you most grateful for this holiday season?

Reflect on a memory that brings you joy!

What is a new skill you want to learn?

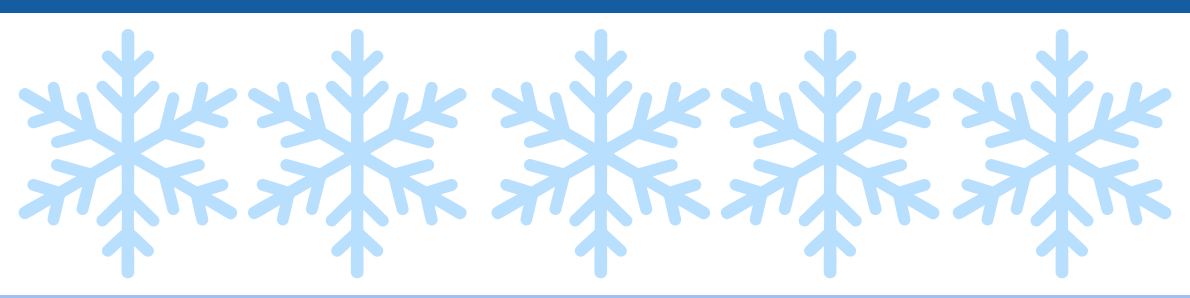
Instagram: @uwlpeerhealth  
Tik Tok: @bewellatuwl

## STAY CONNECTED!

Email: [wellness@uwlax.edu](mailto:wellness@uwlax.edu)  
Phone: 608-785-8977

# SUPPORT YOUR MENTAL HEALTH THIS BREAK

- Spend time with family and friends
- Stay physically active
- Plan fun activities
- Get involved with your hobbies
- Bake treats or practice cooking new meals
- Get 7-9 hours of sleep



## SETTING BOUNDARIES

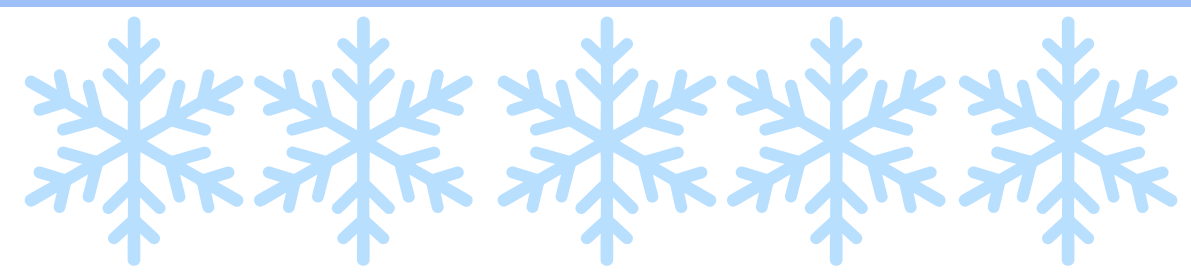


*Boundary setting is important in any relationship - platonic, familial, or romantic!*

[loveisrespect.org](http://loveisrespect.org)

- Find the right time and place to talk
- Don't attack each other
- Be honest and use positive body language

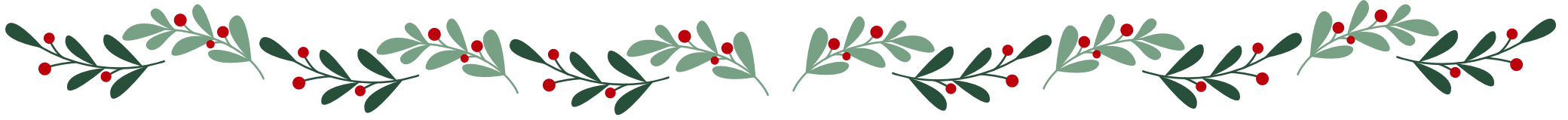
## LA CROSSE ACTIVITIES



Staying in La Crosse?  
Check out these activities!



# HOLIDAY PLANNING

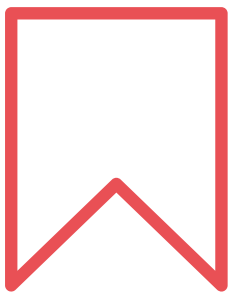


## TIPS FOR MINDFUL SPENDING



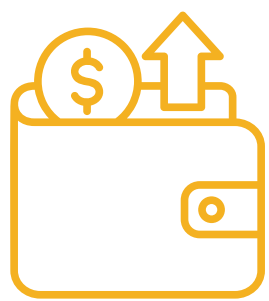
### **Budget**

Create a budget that works for you! Try budgeting apps, Excel or online banking to track your progress.



### **Save**

Try moving a set amount of money into a savings account from each paycheck.



### **Spend**

Consider cost-conscious gifts: printed pictures, DIY presents, or spending quality time with someone.



### **Gifts**

Set a predetermined limit on how much you want to spend this holiday season, on yourself and others.

**For more financial advice, check out [ItMakesCent\\$](#)**

## GIFT GIVING IDEAS

Add your personal touch and give meaningful gifts!

- DIY Ornament
- Scrapbook
- Homemade sugar scrub
- DIY macrame
- Chunky knit blanket

