Spring is here!

Spring is right around the corner! We are so close to warmer weather and green surroundings! But first we have to make it through a chilly March. Thankfully we have Spring Break coming up very soon! Let’s keep pushing through midterms and make the best out of this time!
SOCIALS THIS MONTH

This month we will have socials aimed specifically for your floor!

DIY Mugs
3rd floor
03/03 @ 7pm

Stress Relief
5th and 6th floor
03/06 @ 8pm

Decorate Cookies
2nd floor
03/11 @ 7pm

Quesadillas
Basement
03/12 @ 8:30pm

Tye Dye
4th floor
03/23 @ 8pm

Painting
1st floor
03/30 @ 8pm

Lets see what your CAs have prepared for the month:

Tea and Coffee
Basement
03/9 @ 8am
w/Claire and Colleen

Healthy Relationships
B floor
03/10 @ 7pm
w/Mason and B

Women's History Month Kahoot!
B floor
03/25 @ 8:30pm
w/Mehdi and Alison

KEEP A LOOK OUT FOR FLYERS!
If you are not staying over Spring Break, the building will close on March 13th at 7pm. Make sure to plan ahead since your access will be shut off!

*All UNH Policies will be in full affect during the week of Spring Break, including quiet hours.

**Plans for Spring Break?**

Make sure to apply online at: https://www.unh.edu/housing/vacation-break

Applications are due no later than **4:30pm on Friday, March 6th**

*If you miss the due date you will be charged late fees.

Are you planning to leave ATW? Make sure to fill this document on your door!

### Spring Break Closing Info

ATW closes at **7PM on Friday, March 13, 2020**. You may return at **10AM on Sunday, March 22, 2020**. The following things must be done before you leave for break:

- Unplug all outlets.
- Close and lock windows.
- Empty ALL trash/recycling in room.
- Pull furniture at least 6 inches away from vents.
- Leave heat dial on Low.
- Turn off the lights.
- Make travel arrangements ahead of time and take everything you may need.

Please tell us when you are planning to leave for Winter Break:

- Name: ___________________________ Date: ____________
- Name: ___________________________ Date: ____________
- Name: ___________________________ Date: ____________
- Name: ___________________________ Date: ____________

If you put your initials, you acknowledge you have left the building and have done the above:

__________________________
__________________________
Students sometime throw perfectly good items into the landfill in May because it doesn’t all fit in the car! Bring anything you don’t need from fall/winter home with you at spring break. No need for those:

- sweaters,
- extra blanket,
- winter boots,
- throw pillows,
- skates, or
- textbooks from last semester

If you don’t need it, now’s the time to get it home. We ask you for your partnership and cooperation in helping UNH reach its goal of becoming a Zero Waste campus.
SHARPP Survivor Support Group

Have you been affected by interpersonal violence such as sexual assault, relationship abuse, stalking, or sexual harassment?
Are you looking for a safe space to feel supported by peers who have had similar experiences?

SHARPP is offering a Support Group for students who are looking to move forward in the healing process through discussion and creative activities. This group is completely confidential and we will not ask anyone to re-live their trauma.

Goals of the group:
• Providing a confidential environment to talk openly and honestly about issues of interpersonal violence.
• Sharing coping skills and self care techniques.
• Receiving support from others who can understand the impact of interpersonal violence.

Topics may include:
Creating and maintaining healthy relationships, identifying and managing triggers, self care, and more.

If you're interested in participating in our SHARPP Support Group, please contact our Direct Services Coordinator, Julia Kelley-Vail, at julia.kelley-vail@unh.edu or (603) 862-3494
UNH is once again accepting applications for new tour guides! The deadline to apply for spring semester is Friday, March 6th. Being a tour guide is a great opportunity for students to get great leadership experience, improve their public speaking skills and professional skills, and to share their UNH pride!

Students can either apply by picking up an application at Smith Hall or by applying online through the following link - https://forms.gle/ay4L7EdoDBnjca4q6
Housing is looking for individuals with a great attitude to contribute to a positive work environment and help create a welcoming place to live at UNH. More than 100 positions available! Submit your application today!

If you have any questions, please contact Emma Tobin at emma.tobin@unh.edu.

Find out more at: https://www.unh.edu/housing/summer-jobs
Well hello everyone, it's me again. I just want to inform you guys about the importance of being active.

Mehdi why would you talk about being active? I've been hearing this since middle school and that's so boring? Well I'll tell ya, staying active will benefit you now more than any other time in your life. Being active doesn't just mean going for a run 3 days a week, it also means keeping your brain active.

There are a multitude of benefits for staying physically active of course. By having weekly exercise, your metabolism increases, your overall energy will increase, and you will often feel better about yourself. In terms of staying mentally active, by introducing yourself to a lot of problem solving situations, social interactions, and allowing it to rest, you can keep your brain healthy and young. It is easy to stay mentally active as you only have to play problem solving games such as chess, sudoku, or wordscape. Keeping your brain active, or “mental exercise” has proven to lessen your chances of alzheimer's. Physical exercise can help with mental health as well as it increases dopamine output and helps you to focus on the present rather than what might be stressing you out.

Although it can be a lot of effort to keep your mind and body active, if you do it often enough it won't feel as if it is going out of your way, and rather just a part of your day. A common rule is known as the 21-90 rule. The 21-90 rule claims that if you commit to a personal or professional goal for 21 straight days. After three weeks, the pursuit of that goal should have become a habit. Once you've established that habit, you continue to do it for another ninety days. In order for this to work, you will need to accept the small improvements, as over time they become bigger and more evident. I challenge you to accept these small improvements, to better you brain, body, and life.