HELLO 2020!

A note from your Apartment Manager

"Spring" is in the air!

While the weather may still be chilly, Spring semester is in full swing! If Spring 2020 goes anything like Fall 2019, I'm sure it'll be gone before we know it. So study hard and remember, we are hear if you need anything!

February's Woodside Times includes a TON of information on complex and campus happenings. Keep reading for programs, history lessons, job opportunities, and more!

Positive Vibes
Becky
WHAT'S HAPPENING IN WOODSIDE?

**BACHELOR WATCH PARTY!**
**MONDAY, FEB 3**
**8PM IN THE LOUNGE**
**SNACKS PROVIDED!**

**MONDAY MUNCHIES**
**MONDAY, FEB 10**
**8PM IN THE LOUNGE**
**ENJOY UNCRUSTABLES, ROOT BEER FLOATS, AND MORE!**

**VALENTINE'S MAKING**
**WEDNESDAY, FEB 12**
**7:30PM IN THE LOUNGE**

**LATE NIGHT PHILLY COMES TO WOODSIDE**
**TUESDAY, FEB 25**
**10PM IN THE LOUNGE**
**BRINGING YOUR FAVORITE LATE NIGHT COMBINATIONS TO THE COMFORT OF THE COMPLEX.**

**FEBRUARY SNACK CARTS**
**2/5 & 2/19**

**TRANSFER TUESDAY**
**FEBRUARY 18TH**
**STAY TUNED FOR MORE DETAILS!**
SUMMER EMPLOYMENT OPPORTUNITIES IN THE HOUSING DEPARTMENT!

GOING TO BE AROUND CAMPUS FOR THE SUMMER? WE ARE HIRING! DON'T HESITATE TO REACH OUT TO BECKY WITH QUESTIONS.

WORK WITH UNH HOUSING THIS SUMMER

- Starting pay - $12 per hour.
- Jobs can range from 32-37 hours per week.
- FREE lunch provided every Monday!
- FREE on-campus parking during your daily work shifts!
- PAID leadership development opportunities!
- 4-day work week opportunities!

APPLY - unh.edu/housing/summer-jobs
Psychological and Counseling Services (PACS)
Counseling Groups - Spring 2020

**Monday**

**Grief & Loss, 3:00-4:30 pm**
Engage in a warm, supportive small group to deal with the death of a close loved one.

**Tuesday**

**DBT Lite, 2:00-3:30 pm**
Learn to manage overwhelming emotions, handle distress and engage in healthy relationships.

**Creative Options, 2:00-3:30 pm**
A present-focused group using creative art activities to help develop coping skills, connect with others, and cultivate well-being.

**Men's Group, 3:40-5:00 pm**
A group to discuss male friendships, emotions, role models, masculinity, educational/career pressures, substance use and sex.

**Graduate Student Group, 5:10-6:30 pm**
Find support from other grad students, opportunities for self-growth, and strategies to manage the challenges of grad school.

**Wednesday**

**ACT Group, 1:00-2:30 pm**
A skill-building group to help you engage with your life instead of your problems. Learn acceptance through mindfulness, experiential exercises, metaphors, and discussions.

**Anxiety Management, 3:10-4:30 pm**
A six-week, structured program for group members to develop coping skills and strategies to manage anxiety.

**Women's Group, 5:10-6:30 pm**
Members will actively learn from and support each other, discussing a range of common concerns.

**Thursday**

**Understanding Self & Others, 2:00-3:30 pm**
Learn about yourself, connect with other students and explore how to manage stress related to relationships, academics, transitions and unhelpful moods.

**Skills for Success: ADHD Group, 3:40-4:40 pm**
Learn strategies to manage your ADHD symptoms effectively, using coping skills that can really work.

Group screenings required
Call PACS to schedule an appointment
3 Garrison Ave., Smith Hall - 3rd Floor
(603) 862-2090
Take part in Woodside's monthly recognition program - submit a Kudos for a friend, roommate, or staff member to have them recognized next month!

Earn a piece of Woodside/UNH swag when you submit a Kudos!

DID YOUR ROOMMATE NAIL THAT EXAM THEY'VE BEEN CRAMMING FOR?

DID YOUR FRIEND ACROSS THE COMPLEX RUN A SUCCESSFUL EVENT FOR THEIR STUDENT ORG?

DID THE CAS PUT ON AN AWESOME PROGRAM?

Give them a shout out in the next Woodside newsletter by submitting...

KUDOS

FOLLOW THIS LINK TO RECOGNIZE A ROOMMATE, FRIEND, OR WOODSIDE STAFF!

HTTPS://GOO.GL/FORMS/UZZQVXUDZWVWW7DG2

Please submit Kudos before the 25th of the month to have your shout out included in the following month's newsletter

CLICK THE GRAPHIC ABOVE TO FOLLOW THE LINK!
IT'S NOT TOO LATE TO FORM A WOODSIDE INTRAMURAL TEAM!

IF YOU AND YOUR APARTMENT-MATES OR FRIENDS WANT TO FORM A TEAM, REACH OUT TO BECKY ASAP!
The Niceties

Written by Eleanor Burgess
Directed by Catherine Stewart

Thursday, February 6th
at Johnson Theatre,
University of New Hampshire, Durham NH | 12.30PM

These performances are free and open to the public
UNH SHARPP PRESENTS:

NAMELESS

A DOCUMENTARY ABOUT
CHILD SEX TRAFFICKING IN WASHINGTON, DC.

A film by Men Can Stop Rape (MCSR)

Nameless is a documentary that addresses child sex trafficking in Washington, DC, and at-large. Through interviews with experts, advocates, and activists, child sex trafficking is reframed as a form of sexual violence that is often made invisible. Child sex trafficking is explored as an issue with deep historical-cultural roots, tackles misperceptions about which populations are most vulnerable to being trafficked, and illuminates systemic gaps in the current treatment of trafficking victims. Featuring 15 interviewees on the frontlines of the issue, Nameless mobilizes viewers to recognize and combat child sex trafficking.

Wednesday, February 12th at 6:10pm
McConnell 240

confidential SHARPP advocates will be present at the event.

unh.edu/sharpp/events
FEBRUARY IS BLACK HISTORY MONTH

Spend just a few minutes watching these videos to learn why it is important we celebrate our history fully.

(Click the graphics to be taken to the videos!)
UNH Sexual Harassment & Rape Prevention Program

LEADERS INSTITUTE

Help spread the word about violence prevention at UNH!

SHARPP will be hosting their bi-annual Leaders Institute! The Leaders Institute will dive into the realities of Inter-Personal Violence (IPV) as it happens at UNH and nationally. Topics covered include: Consent, Healthy Relationships, Rape Culture, and Bystander Intervention as well as ways to impact the larger UNH community.

The secondary purpose of this institute is to serve as SHARPP Community Educators Training for individuals looking to volunteer for our office. Community Educators are a vital resource to help us spread the word about healthy relationships and sexual assault prevention at UNH.

Friday 2/28/20 and Saturday 2/29/20

For those interested in becoming a Community Educator for our office they will have an additional session Saturday afternoon 2/29/20.

*Lunch will be provided

Register here before Tuesday 2/25/20: bit.ly/leaders-institute or go to unh.edu/sharpp/events

Questions can be directed to Erica.vazza@uhn.edu.

This training does not allow for confidential advocacy under NH RSA 173-C.
FEBRUARY 2020

Check-out what’s going on at Health & Wellness to help you be well unh.edu/health

THE WOODSIDE TIMES

FEB 2020

Emotional Wellness

Join us for a month long journey of kindness, compassion, and self-care as ways to enhance your emotional wellness.

SUNDAY

1. Emotional Wellness 101

MONDAY

2. Name Your Emotions

Tuesdays: Notice Yourself

TUESDAY

3. Notice Yourself

4. No Complain Zone

WEDNESDAY

5. Paws and Relax

THURSDAY

6. Flip the Script

FRIDAY

7. Let Go

SATURDAY

8. Emotions = Information

University of New Hampshire Health & Wellness

9. Full Moon

10. Sexual Kindness

11. Emotional Scientist

12. Live Free & Breathe

13. Social Wellness

14. Emotional Debt?

15. Emotional Learning

16. Random Acts of Kindness Week

17. Courage

18. Assertiveness

19. Perseverance

20. Gratitude

21. Compassion

22. Self-Care

23. Coping with Emotions

24. Eating Concerns

25. Emotional Impact

26. Cooking Classes

27. Not A Choice

28. Get Peer Support

29. Get Help at UNH

Mood Meter

WE’RE ALL FEELING BEINGS WHO ARE EXPERIENCING EMOTIONS EVERY MOMENT OF OUR LIVES

INSTRUCTIONS: Physically stop what you are doing to check in with the state of your mind and body. Ask yourself: At this exact moment, what is my emotional state? Am I feeling up or down? Pleasant or unpleasant? Energized or depleted? Don’t search for the precise emotion but rather observe the general area where your mood exists in the Mood Meter. This practice will help you build your emotional vocabulary and enhance your emotional wellness. Download the Mood Meter app: https://moodmeterapp.com/

= WELLNESS EVENT, opportunity to reconnect with your UNH community after winter break.

MOOD METER
You recharge your phone’s batteries when they’re low…
How do you recharge yourself?

Daily Recharge
with Health & Wellness

Guided meditation for those who are new to meditation or who use it as part of their everyday self-care practice

No registration required
Open to students, faculty, & staff

Monday-Friday
12:30-1 pm
Thrive Breathing Space
HRC Room 238

Paws & Relax

Need a “paws”? Come snuggle up with our trained therapy animals!

Wednesdays
January 22 - April 29
12:00 - 3:00 pm
Thrive, HRC Rm 243
# Get Your Nature Fix

**Did you know?**
Spending at least 2 hours in nature per week (less than 20 minutes per day) can improve memory, concentration, mood, and more.

Come explore College Woods with us and get your daily dose of nature!

**Last Thursday of the month**
Jan 30 • Feb 27 • March 26 • April 30
1:00-2:00 pm

Meet in the Hamel Rec Center lobby
rain, snow, or sunshine

Open to UNH students, faculty, and staff

Arrive early to borrow adventure gear from Campus Recreation
Winter boots • Microspikes • Crampons • Snowshoes • Cross country skis

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## Pause, Breathe, Be

We are human be-ings, not human do-ings.
Mindfulness & meditation can help us slow down...

### SELF PRACTICE
- Drop-in to the Breathing Space whenever Thrive is open
- Offers yoga mats, pillows, and a quiet space for napping, yoga, prayer, and meditation
- Open to UNH students, faculty, & staff

### DAILY RECHARGE
- Drop-in half-hour guided meditation session Monday to Friday at Thrive
- No experience required
- Open to UNH students, faculty, & staff

### MINDFULNESS & MEDITATION WORKSHOPS*
- Two options:
  - Four-week session (students only)
  - Half-day retreats (students, faculty, & staff welcome)
- No experience required

### 8-DAY ONLINE SPRING BREAK RETREAT*
- Self-directed online learning through UNH MyCourses
- Sessions take approx. 30 minutes per day
- Held during Spring Break
- Open to UNH students, faculty, & staff

### YOGA NIDRA SESSIONS*
- Practice “yogic sleep,” the state of consciousness between waking and sleeping, for a simple and powerful way to relax
- No yoga experience required
- Open to UNH students, faculty, & staff

### FOR DETAILS & REGISTRATION
visit: unh.edu/health/events
or scan code below

*Registration required

# BeWellUNH