Hey there, Woodside Wildcats. I know it may not feel like it yet...but Spring is upon us!

This time of the year can be a really stressful time for many of you as finals are slowly creeping up and graduation is on the horizon for some of you! Please remember to take care of yourselves during the stress! Get good sleep, spend some time doing things that make you happy, and always remember the campus resources you have to help push through the stress to make it to the end of the semester!

This month’s newsletter includes some info on stress management, summer closing, and other announcements.

Positive vibes!

Becky
With the weather getting warmer, the critters are coming back around. PLEASE do not prop open the exterior doors to your buildings, giving them a way in.

DON'T PROP OPEN THE DOORS!!

In addition, propping the doors is a violation of university housing room and board agreement which states that you, as residents, have an obligation to help create a safe living environment for those in your community.
SUMMER CLOSING INFO

Non-graduating residents must be moved out no later than noon on Thursday, May 17th.
Graduating residents must be moved out no later than noon on Sunday, May 20th.

Please plan ahead now to avoid issues as the year comes to a close! DO NOT plan to receive an exception to stay later!

More details on the checkout process will be announced soon.

HAVE A LOT OF CRAP?
Consider donating to Trash to Treasure at the end of the year! Keep an eye out for more info as closing gets closer!

FIRE SAFETY
Woodside crews will be conducting Fire Safety Checks the week of Monday, April 16th.

During this time, members of our facilities staff will be inspecting apartments to check for any fire or safety hazards in our area.

For info on fire safety in the on campus apartments, visit the following link: https://www.unh.edu/housing/resource/fire-hazards
SEXUAL ASSAULT AWARENESS MONTH

8TH ANNUAL UNH ANTI-VIOLENCE RALLY & WALK
APRIL IS SEXUAL ASSAULT AWARENESS MONTH AT UNH

IT’S TIME TO STEP OUT!
THURSDAY, APRIL 12 | 12:30PM – 2:00PM

Location: The Great Lawn in front of DeMeritt (rain location: Whittmore Lobby)

Join the UNH Community for this annual event aimed at coming together to take a collective and powerful stance against all forms of violence on our campus, including violence against women. This event will include info tables, a reading of UNH’s Community Proclamation Against Violence, a Student Call to Action, and a WALK around campus to spread the word of Ending Violence at UNH.

Sponsored by UNH SHARPP along with the following organizations and departments at UNH and the local community:

- Undergraduate Admissions Office
- Office of Multicultural Student Affairs
- UNH Career and Professional Success
- Native American Cultural Association
- Athletics Department
- W.A.N.A.C. Student Life
- Residential Life
- Academic Success: University Academic Advising, CFAR, TRIO-SSSI, Connect, Orientation & First-Year Programs, Study Away USA
- Civic & Community Engagement
- Affirmative Action & Equity Office
- Student Accessibility Services
- Department of Natural Resources and the Environment
- Alpha Tau Omega, Alpha Chi Omega, Phi Sigma Sigma, Memoical Union & Student Activities
- Department of Molecular, Cellular, & Biomedical Sciences
- The Waynewest Center
- Delta Xi Phi
- Multicultural Sorority Inc.
- Community, Equity and Diversity office
- Provost’s Office
- UNH Psychological and Counseling Services (PACS)
- Prevention Innovations Research Center
- College of Health and Human Services
- Phi Mu Delta
- Healthy UNH
- College of Liberal Arts Dean’s Office
- Global Education Center
- United Asian Coalition
- Diversity Support Coalition
- Alpha Gamma Rho
- Paul College
- Student Senate
- Health & Wellness, Hospitality Services
- UNH Law Domestic and Sexual Violence Project
- Army ROTC
- Sigma Chi
- Sigma Alpha Epsilon
- The ‘Cat Pack Captains
- Sigma Alpha, Alpha Phi, Pi Mu Epsilon, Chi Omega
- Graduate Student Senate
- University of New Hampshire Police Department
- Student Organization of Social Work
- UNH Parent/Alumni Council
- President’s Commission On the Status of LGBTQ+ People
- Tau Kappa Epsilon
- Theta Chi
- ACLU NH
- New Hampshire Coalition Against Domestic and Sexual Violence

For more info on any of these events go to www.unh.edu/sharpp/events
SEXUAL ASSAULT AWARENESS MONTH

IT'S ON UNH

CLA is putting events on for April’s Sexual Assault Awareness Month as part of NACURH’s partnership with the It’s On Us Campaign

All Events: Murkland Courtyard 11:00-1:00 p.m.

4/2  It’s On US: Trivia & Pledge
4/9  These Hands Aren’t Meant For Hurting
4/16 Sunflower Empower
4/23 Marsey’s Law & Lemonade
4/30 Who Said That?
UNH Transfer Community

UNH Transfer Community

PIZZA PARTY

MONDAY APRIL 16TH | 6PM
WOODSIDE COMMUNITY CENTER
GF PIZZA AND OTHER FOOD OPTIONS WILL BE AVAILABLE
STRESS MANAGEMENT

HOW STRESS AFFECTS THE BODY

60% to 80% of primary care doctor visits are related to stress, yet only 3% of patients receive stress management help.

- Headaches, Dizziness, ADD/ADHD, Anxiety, Irritability & Anger, Panic Disorders
- Grinding Teeth & Tension in Jaw
- Increased Heart Rate, Strokes, Heart Disease, Hypertension, Diabetes Type I & II, Arrhythmias
- Digestive Disorders, Upset Stomach, Abdominal Pain, Irritable Bowel Syndrome
- Weight Gain & Obesity
- Decreased Sex Drive
- Muscle Tension, Fibromyalgia, Complex Regional Pain Syndrome

STRESS AFFECTS THE ENTIRE BODY & CAN CAUSE MANY OTHER PROBLEMS

42% of Americans report lying awake at night due to stress

American Psychological Association Stress in America Report 2013

STRESS MANAGEMENT

HOW TO DEAL WITH EXAM STRESS

An independent study of 2000 college students by Stop Procrastinating found that 64% are worried that stress and anxiety is affecting performance which will result in lower grades than expected.

Students responding to the survey stated 66% of students believe their levels of stress are greater than in the past.

Their stress and anxiety levels were high because they were struggling to cope with expectations and competition at college for results. 35% blamed this on the difficult jobs market for young people, citing worry about lack of job opportunities.

45% blamed the overwhelming significance of their finals exams, realising that underperforming could affect the rest of their lives, closing doors to opportunities and missing out on jobs, or graduate schemes that higher grades would have secured.