UMaine Office for Diversity and Inclusion_A Time for YOU! Email

University of Maine Office for Diversity and Inclusion

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Hello Sunshines!

Finals week is finally upon us! The semester is coming to an end. I’m sure y'all are ready to wrap up and spend time with loved ones or snuggle your furry friends! I know I will be giving my little fur babies, my dog Charlie and cat Bagel, all the snuggles and treats their little hearts could ever desire.

For many, this semester has been overwhelming. For some with demanding circumstances beyond our control. With life being full of ups and downs it can be hard to manage school, work, and relationships of all kinds. Making those tasks a priority can make it very easy to forget your needs and self-care.

Now that the semester is over, take deep breaths and reflect upon what you’ve been successful at throughout this time. You finished classes (yay!), and for a lot of you, this was your first semester in college (again, yay!). Take a second to look at all that you were able to accomplish; You’ve made some friends, you have been able to learn what your limits are, you’re one more step closer to your degree, and you also were able to survive a semester during Covid!

It’s important to take care of yourself. Here are 5/10 helpful tips from mentalhealth.org:
1. Talk about your feelings!

It’s okay to talk about what makes you feel stressed or happy. Grab a trusted loved one or a counselor from the Student Counseling Center, tell them what’s up.

2. Do something you’re good at!

Doing something you love is massively important to your mental health. Take the time to focus on what makes you happy. I know I am excited to go home during break and horseback ride!

3. Take a break!

If you’re tired, you’re not going to be able to focus, so take that nap! Recharge your brain by taking a walk, don’t become a prisoner of your studies.

Need more resources? Check out SWELL

4. Eat well!

I know it is easy to forget to eat, but as a car needs gas to run, you need food to fuel your body. If you have to, set a reminder on your phone to eat.

5. Ask for help.

Asking for help is completely okay! We need each other! It takes courage and strength to reach out for support. Remember that. If we are to care for others, that caring needs to start with us.

For ways to serve or volunteer check out the Bodwell Center

Be kind to yourself. You are doing the best you can. College can be hard, and it can be easy to get caught up in the business of it all. However, over the next few weeks, take time for yourself- eat, laugh, sleep, take a walk, listen to music, connect with a friend, give hugs, get vaccinated and boosted and most of all, know that the only person that knows how to take care of you best is.... You guessed it, YOU!

Until 2022 - finish well, be happy, and stay safe!!

Cheers,

Lillian Hunt (She/They)

Graduate Assistant for the Office for Diversity and Inclusion
FINALS WEEK
AT THE WILSON CENTER

JOIN US FOR STRESS-REDUCING AFTERNOON ACTIVITIES

STARTING @ 4:30 PM:

MONDAY | ACROYOGA WITH TRAVIS
TUESDAY | DANCE PARTY WITH SONJA
WEDNESDAY | YOGA WITH JESS

ALL ARE WELCOME!
WILSONCENTERORONO@GMAIL.COM
MENTAL HEALTH TIP

WHEN YOU ARE AT YOUR STRESS LIMIT, TRYING TO FEEL BETTER BY PUSHING YOURSELF TO DO MORE OR THINKING YOUR WAY THROUGH THE DISCOMFORT MAY NOT BE WHAT YOU NEED.

INSTEAD:

• BE PATIENT WITH YOURSELF JUST AS YOU WOULD FOR A FRIEND

• ACKNOWLEDGE HOW YOU FEEL & PERMIT YOURSELF TO MEET YOUR NEEDS DIFFERENTLY

• SIMPLIFY & SLOW DOWN

• ACCEPT YOUR LIMITS & ASK FOR HELP

• RETURN TO WHAT GROUNDS YOU

• RECONNECT WITH THE MEANING IN YOUR LIFE

• STOP EVERYTHING, REST, CIRCLE BACK
OFFICE FOR DIVERSITY AND INCLUSION

WE AREHIRING!

SCAN QR CODE TO ACCESS
APPLICATION OR REQUEST
APPLICATION FROM
KATHERINE.MCCARTHY@MAINE.EDU

POSITION INCLUDES:
- PROGRAMMING AND EVENT MANAGEMENT
- ADVERTISING
- PROFESSIONAL DEVELOPMENT
- COMMUNITY BUILDING
- COLLABORATIVE AND CREATIVE WORK SPACE
- REQUIREMENT: FEDERAL WORK-STUDY FUNDS

APPLICATION DEADLINE: 1/10/2022
CALL FOR ARTISTS!

$100 REWARD!

Your artwork could hang in the Rec Center and/or Maine Bound for years to come!

Design a banner to showcase the spirit of campus recreation and its diversity, equity, and inclusion values.

https://umaine.edu/campusrecreation/diversity-inclusion/callforartists/

Questions?
beth.jackson@maine.edu
Tired of paying hundreds for textbooks and selling them back for pennies?
Check out UMaine's new student-to-student

FREE TEXTBOOK LIBRARY!
TAKE A BOOK - LEAVE A BOOK - PAY IT FORWARD

Hosted @ the Wilson Center
67 College Ave. in Orono
Donation bin on the front porch