WHAT IS DRY(ISH) JANUARY?

It’s Dry(ish) January! Are you participating? “Dry what?” you ask? Dry January is shorthand for going substance-free during the month of January. It’s a chance to better understand your relationship with alcohol, cannabis, and other drugs, and how they might affect your daily life.

WHY THE (ISH) IN DRY(ISH) JANUARY?

First off, we are all imperfect humans, and we can only try our best. This challenge is certainly not about perfection, because changing or breaking habits can be especially difficult. If you’re doing the challenge but you have a drink or two during the month, THAT’S OKAY!

This Dry(ish) January campaign is about revisiting your relationship with alcohol, cannabis, and other drugs to make sure it is serving you, and not the other way around. Slips ups are okay, and they happen to the best of us. We in no way want to discourage or discredit anyone who is putting in a serious effort to take this month off from substances. If you started late or skipped a few days somewhere in the middle due to an event, your participation is not negated in any way. You can always start again the next day.

Also, we recognize that classes don’t resume until early in January, which means some students might not know about this campaign before returning to class. Even if you drank alcohol or used cannabis or other drugs before knowing about Dry(ish), YOU CAN STILL PARTICIPATE! And if for whatever reason January is too stressful to try this out, you can always use this guidebook to be dry(ish) another month.

Lastly, we recognize that there could be a special occasion where you might want to drink or use cannabis or other drugs. Having a planned night or two during the month is also not the end of the world.

Dry(ish) January is about removing substances for a brief period so you can examine the parts of your life (social, health, financial, etc.) it may be affecting, so you can plan to create healthier changes if you so choose. You can still reap all the benefits of participating, even if there is a change of plans one night. Hence, the (ish).
ADCAS ALCOHOL & DRUG SUPPORT SERVICES
ADCAS is Western's alcohol and drug support program. ADCAS is a free resource available to any Western student who wants to talk with a professional staff member about taking a substance break. ADCAS is promoting Dry(ish) January at Western to support students who are interested in revisiting their relationship with alcohol, cannabis, or other drugs.

Email ADCAS@wwu.edu to learn more about our services and to set up an appointment.

COUNSELING CENTER
The Counseling Center is another free resource for Western students seeking support with their mental health, including the impacts substance use may have caused.

Call 360-650-3164 to learn more about their services and to set up an appointment.

Visit counseling.wwu.edu for information about support groups, upcoming workshops, and self-help wellness resources.

@BEWELLWWU
Follow the Counseling, Health, and Wellness Instagram account for wellness tips, resources, and WWU community events. Find us @BeWellWWU and tune in every Friday for the ADCAS Peer Health Educator Stories takeover!

To request this document in an alternate format, email pws@wwu.edu or visit pws.wwu.edu/dryish to download a pdf. AA/EO.
31 DAYS OF DRY(ISH) JANUARY

JAN 1
Write down your reasons for participating in the challenge and what YOU want to accomplish—nobody else should tell you why abstaining from substances for a month is important. What's motivating you? What will keep you on track?

JAN 2
Are there other resolutions/changes you want to make (that aren't substance related), that might be indirectly impacted by your drinking or using? Reflect on all areas of your life that are either impacted or not impacted by your drinking or substance use habits—social, recreational, financial, etc.

JAN 3
Decide how you will communicate your participation to friends and family. Are there folks who might be resistant? It never hurts to practice saying no once or twice before heading out for the evening. How can you show your dedication to the challenge? Find your allies. Do you have a friend or companion who might be interested in joining you? Write this down. Consider downloading a “Dry January” app tracker or follow BeWellWWU and DryJanuary on social media for support. Here are a few noteworthy accounts: Sober otter, bipolarandsober, and mindfultimes sobriety.

JAN 4
Here are a few questions to reflect on that can represent a safety plan of sorts for refraining from using substances:
• What are some warning signs that you’re starting to feel stressed? How does your body feel? What thoughts do you notice?
• Who can you call for distraction? What places can you go to distract yourself?
• What are some coping skills besides substance use that you can use to help yourself calm down?
• Who can you call to talk about your stress and/or urges to drink or use?
• When you’re starting to feel stressed and you might want to drink or use, what changes can you make to your environment to help you avoid using? (Examples: Leave the apartment, not keep liquor in the house, put on some music, have a friend hold any marijuana)

JAN 5
If your best friend told you they were trying to make a change in their life, what would you say to encourage them? How would you be present to assist them? We often give great advice to others and don’t take it ourselves. Use the encouragement you wrote down for your friend for yourself!

JAN 6
We often talk about consent in terms of sexual activity, knowing that consent is freely given, not coerced, and it can be revoked at any time. Reflect on college drinking culture (either at WWU specifically or more broadly). How might alcohol or other substances not always be consumed with consent? Think about folks pressuring each other to consume, pouring a drink for someone who is already intoxicated, etc. What are the larger impacts that this might have on student’s substance use behavior?

JAN 7
Everyone deserves to have healthy, positive sexual experiences that make them (and their partners) feel good. If alcohol or other substance use is involved in your sexual activities, it may be helpful to ask yourself these questions:
• Why am I having sex when I’m intoxicated or with partners who are intoxicated?
• How is alcohol/drug use impacting the quality of my sexual experiences?
• Does being intoxicated contribute to doing things sexually that I later regret? How do I think about that now?
• What would it be like to have my sexual experiences be more clear-minded?
When we drink, we feel the effects as our blood alcohol level rises. ADCAS encourages a safe, predictable, and pleasurable BAL of up to 0.06. At this level you should feel euphoria, a slight warmth, and elevated mood. Beyond 0.06 the effects can become unpleasant: dizziness, nausea, lack of coordination, and impaired judgment. Blackouts can happen with a BAL around 0.15; anything beyond 0.20 can result in an alcohol emergency. See how number of drinks and hours spent drinking changes your BAL with this online BAL calculator: www.drinkfox.com/tools/bac-calculator. Then reflect on what your most pleasant level of intoxication is, and what a night of risky drinking looks like.

Think about your identity—your age, gender, race, class, physical ability levels, etc. In what ways has drinking or other substance use been determined by one or more of these factors? Has your identity impacted how other people interact with you when alcohol or drugs are involved?

Reflect on this: I am proud of myself for _________________. Here’s a great mindfulness exercise you can use at any point throughout the next few weeks: 5-4-3-2-1 Mindfulness Exercise. This exercise helps ground you by focusing fully on one sense at a time.

Start by taking deep, cleansing breaths. In through your nose and out through your mouth. Clear your mind. Once you are ready to start, look around and choose (one by one) five objects to SEE. Really look at each object. Notice its shape, color, size. Take time to fully appreciate each object.

Next, close your eyes and find four things you can HEAR. Focus on each sound one at a time, and really HEAR them.

With your eyes still closed, notice three things that you can FEEL. It may be where your body meets with the ground or chair you are sitting on. It may be a breeze blowing by. Take the time to fully observe each sensation.

With your eyes still closed, notice two things that you can SMELL (or, think of two of your favorite scents). Take the time to fully observe each scent.

Finally, open your eyes and name (out loud or to yourself) one thing that you love about yourself.

Take this time to reflect on any noticeable changes so far. Sleep, study habits, relationships, etc., can all be impacted by frequent or heavy substance use, and taking a break is a great way to hit the reset button. Write down and reflect on what you’ve noticed so far into this Dry(ish) challenge. What’s working and what isn’t?

For today, practice radical self-love and self-acceptance. It’s perfectly okay if the changes you’ve made has been difficult. Remember that a smooth sea never made a skillful sailor. Write down a list of positive qualities/affirmations about yourself. If this list starts small, that’s okay. Keep it and add to it when you can.

Today is a great day to practice mindfulness. Studies show that when we take a break from regular substance use, we can become more focused and clearer headed. As you go through your day today, be extra aware of yourself, your overall well-being, and your surroundings.

Try the Body Scan mindfulness exercise. Lie on your back or rest in a comfortable chair, remaining still. Close your eyes and bring your whole attention to your breath, and work to bring it to a regular tempo. Slowly move your attention to the way your clothing feels, how individual body parts feel, etc. Start from the core and work your way out, and then in reverse. Don’t leave any body parts out!

Congratulations on two weeks in! For today, find a verse, quote, song, etc., that’s reflective of your current state. Write it down—why you chose it, and why it’s symbolic.
MONIQUE TULA is the director of the Harm Reduction Coalition, an agency focused on advocating for the health and dignity of substance users through a nonjudgmental lens. In an interview with author Adrienne Maree Brown (in her book *Pleasure Activism*), Tula says, “In practice, harm reduction is comprised of a continuum of strategies that range from working with people to maintain abstinence from substances if that’s what they choose, to reducing risks around controlled or even chaotic use. Regardless of where a person is on that continuum, they deserve to be treated respectfully and seen as an equal.” What ends of this spectrum have you fallen on before? Where do you desire to be? Write that down and which risk reduction practices you can use to keep you where you want to be.

JAN 16
Here’s another quote from Adrienne Marie Brown in her book *Pleasure Activism* to ponder: “I smoke, vape, and/or eat edibles to help me relax, but try to be careful about numbing myself—using weed to put a fog over life. Not feeling the hard stuff means sacrificing the lessons that come with pain and heartache. And the good stuff can be numbed alongside the hard stuff.” What stuff—good and bad—have you potentially missed out on fully because of the fog that substances can put over our lives?

JAN 17
Be patient with yourself today. Rewriting habits can be especially hard, because the use of any psychoactive substance (YES, this includes alcohol) hijacks the brain’s reward/pleasure pathways, so our brains have a hard time telling us not to drink or use when it has learned that drinking or using is a pleasurable means for survival. In honor of our pleasure pathways, what can you do today that will truly bring you pleasure? Write down the little things, the big things and the mega things that bring you joy.

JAN 18
If you’ve been following along since January 1st, then Happy Martin Luther King, Jr. Day! Be proud of your progress and efforts today, large or small, and enjoy your Monday off from classes. But also, what can you do today to better your community? What are you passionate about and how can you use that passion to bring positive change to yourself and others around you? We can’t all be a historically epic leader and changemaker, but we all DO have a circle of influence and can be the light in that way. “Be a bush if you can’t be a tree. If you can’t be a highway, just be a trail. If you can’t be a sun, be a star. For it isn’t by size that you win or fail. Be the best of whatever you are.”—Martin Luther King, Jr., from speech before a group of students at Barratt Junior High School in Philadelphia, October 26, 1967.

JAN 19
January can be tough for many, since we lack sunshine and have consistent grey skies here in the PNW. What can you do to bring more color, brightness and warmth in your day today? Write those down and seek them out!

JAN 20
Write down a gratitude list—what are you most thankful for in this moment? What are you most thankful for in your life? If you live to be 100 years old (or whatever, just play along), what do you think you’ll be most grateful for then?

JAN 21
It’s Day 21 of Dry(ish) January! They say it takes 21 days to make a habit. How are you feeling today? Are you noticing a difference in how you view alcohol/cannabis/etc.? Remember that this challenge is not an excuse to detox our bodies and binge for the rest of the year. It’s an opportunity to take a break from a habit, evaluate what works and what doesn’t, and make the changes necessary to be the healthiest and happiest versions of ourselves. Write down your thoughts today and take pride in the journey so far.

JAN 22
How about another mindfulness exercise? Bundle up and go outside. Hopefully the sun is shining. Find a place where you can sit or stand comfortably. Clear your mind of outside thoughts. Focus on every little thing you can see, every little thing you can smell or hear, or maybe even taste or touch. Be absolutely present—even if it’s just for a moment. One of the most popular AA/NA (12-step recovery program) sayings is “one day at a time,” but sometimes a day seems quite large. Take it hour by hour, or moment by moment.
**31 DAYS OF DRY(ISH) JANUARY**

**JAN 23**
It’s not uncommon to hear people say that their friend or family member isn’t quite “themselves” when they are under the influence of substances. This is because being intoxicated can alter our judgment, our body language, etc. How would someone close to you describe what you’re like when you’re under the influence of substances? What about a random person you might meet at a party? Do either of these descriptions contain aspects you might want to change? Reflect on this.

**JAN 24**
In Sonya Renee Taylor’s book, *The Body is Not an Apology*, she walks us through the pages with interactive prompts called “Unapologetic Inquiries.” Here is Unapologetic Inquiry #30: “As children, we loved the unconstrained power of imagination we encountered in fairy tales. We could be an opulent princess, a cunning wizard, a talking dog. There were no boundaries around our possibility. What story have you been telling yourself that is binding your possibility? What would be possible if that story were different?”

**JAN 25**
In *The Body is Not an Apology*, Taylor also prompts readers with “Radical Reflections.” Here’s one from page 104: “Humans aren’t laundry! Stop trying to compartmentalize and sort yourself out. Messy does not always mean dirty. Sometimes it just means complicated, and complicated can be beautiful! Ask yourself, how might I approach life differently if I had compassion for my beautiful mess?”

**JAN 26**
Okay here’s one more “Radical Reflection” from page 64 of Taylor’s book, *The Body is Not an Apology*: “Notice the next time your actions are not in alignment with your thoughts. The discomfort you feel is trying to tell you something. It is pushing you beyond just thinking or doing, toward radical self-love being.” What does this reflection mean to you? When do you experience a discrepancy between what you think/believe and how you feel or act?

**JAN 27**
What’s the best thing that’s happened so far this week? This month? Reflect back on your gratitude list and see if there’s anything you want to add.

**JAN 28**
Studies show that refraining from regular alcohol use can strengthen our immune system and taking a break from smoking any substance is a great boost to your lung health. How has your overall health been affected by Dry(ish) January? Do you ever feel that when you’re regularly drinking or using, you’re more likely to catch whatever bug is going around?

**JAN 29**
Who has been your biggest ally for Dry(ish) January? Reach out to that person today to say thank you. If this has been a bit of a solo month, reflect on your efforts with gratitude, and thank yourself for being patient, determined, and courageous. What has been your favorite memory of this month?

**JAN 30**
It’s almost your last night of Dry(ish) January! Write a letter to yourself from before you started this Dry(ish) challenge. It could be at any point in your life that you think your earlier self could have learned from the you that you are today.

**JAN 31**
It’s the last day of Dry(ish) January—WAY TO GO! Reflect on your accomplishment today. What have you learned or gained from this experience? How do you think your relationship with alcohol or other substances might be different from here on out? Finishing the challenge presents the opportunity to continue the healthy habits you’ve established, rather than heavy drinking in response to being done. Moderation is always the safest bet. Be proud of yourself. You set a goal and you accomplished it!
MOCKTAILS AND WARM, COZY BEVERAGES

HOT CHOCOLATE
Heat milk (or milk substitute) and mix in hot chocolate packet. Adorn with marshmallows, sprinkles, etc.

CHAI TEA
Heat chai liquid with milk (or milk substitute). A 1:1 ratio makes a strong flavorful cup, so go lighter on the chai if you want it more mellow.

WARM TODDY
Add lemon juice, honey, a sprinkle of ginger and cinnamon to hot water.

MIMOSOBER
Mix your favorite juice with seltzer water (flavored or unflavored) and adorn with a few pieces of fruit.

ITALIAN SODA
Fruity syrup flavor (like a tablespoon, but depends on the size of your glass), ice, club soda almost to the top, and a splash of cream (or cream substitute). Top with whipped cream if you’ve got it!

ENGLISH TEA
Black (or Earl Grey) tea, with honey and a splash of milk or cream.

DRY IRISH COFFEE
Heat milk/cream (or milk substitute) and mix with coffee. Add Irish Cream flavoring or your other favorite sweetener.

NON-ALCOHOLIC BEER
Hey some people just miss the flavor of beer, don’t knock it ‘til you try it!

DRY MOSCOW MULE
Ginger beer, lime juice, and maybe a splash of seltzer water to mellow the ginger beer.
SELF-CARE STRATEGIES

- Take a bath/shower
- Make a mocktail or warm beverage
- Exercise or take a walk in nature
- Play a board game
- Call a friend or family member
- Research something that interests you
- Practice a hobby you enjoy
- Dress up for the fun of it
SELF-CARE STRATEGIES

MAKE A GIFT FOR SOMEONE

PACK UP AND DONATE THINGS YOU DON’T USE

ENJOY SOME MEDIA (TV, PODCASTS, MOVIES)

JOURNAL/WRITE FOR FUN

READ A BOOK FOR PLEASURE

PLAY WITH PETS

CLEAN YOUR LIVING SPACE

SELF-PLEASURE
SLEEP HYGIENE

Getting the right amount of sleep has many health benefits. It can reduce your risk of cancer, heart disease, and even depression. Getting proper sleep can boost your immune system and help with weight management. Equally important are the brain benefits to getting enough sleep. Getting proper sleep helps to make us more alert, improves our memory recall, and helps us concentrate better. These sound like some great things to have for finals! However, sometimes it can be difficult to make time for sleep in a busy schedule, and sometimes it’s hard to fall asleep. Here are some tips for making sleep a priority and getting better sleep!

- **CONSISTENCY.** Go to bed and wake up at the same time each day. This helps train your brain and body to create a consistent sleep pattern.

- **ROUTINE.** Create a relaxing bedtime routine. This helps your brain understand when it’s time to go to sleep. Suggested activities include journaling, stretching, warm shower or bath, and drinking sleepy tea.

- **PROTECT THE BED!** Use your bed only for sleep and sex. Don’t do homework, watch TV, or do other activities in bed. This will help train your body and brain that being in bed means sleeping (or sex).

- **NAP CONTROL.** Taking naps is fine, but limit them to 20-30 minutes. Excessive napping can make you feel more drowsy, and can interfere with nighttime sleeping.

- **SET THE SCENE.** Sleep experts suggest sleeping in a dark, quiet, cool place. Consider investing in a sleep mask and some ear plugs!

- **TURN OFF THE TECH.** Bright light from phones, TVs, and computers interferes with the release of melatonin, a chemical that signals the brain that it’s time to sleep. Stop using technology at least one half hour before bed. It might be tough, but don’t use your phone in bed! It will wake your brain up when you are trying to get it to go to sleep.

- **DRINK SMART.** Try to limit the amount of caffeine you consume during the day, and stop drinking caffeine at least six hours before bedtime. Alcohol can also affect your sleep, and experts recommend cutting it off at the same time you cut out caffeine. Nicotine is also a stimulant and should be avoided at night.

- **EAT SMART.** Avoid heavy foods too close to bedtime.

- **EXERCISE.** Getting enough exercise each day contributes to better sleep. Exercising too close to bedtime can interfere with falling asleep though, so don’t engage in heavy exercise within two hours of bedtime.

- **TAKE THE PRESSURE OFF.** Experts recommend not having clocks that you can see from your bed. Getting stressed out that you’re not asleep yet actually makes it harder to fall asleep. Worrying too much about anything interferes with the brain’s ability to calm down and fall asleep, so consider keeping a worry list near your bed. When you find yourself worrying, get up and write down everything you are worried about. Leave it for the morning and go back to bed!

- **GET UP!** If you can’t fall asleep, get out of bed and do a calming activity, like reading, coloring, or journaling until you feel sleepy. Experts recommend not lying in bed for more than thirty minutes without falling asleep. Lying there getting stressed about not falling asleep can have a stimulating effect, waking you up when you’re trying to settle down to sleep!

Sources: Healthline Media, WebMD, Verywell Health, Sleep Savvy, Pzizz, No Sleepless Nights

Information courtesy of Prevention and Wellness Services at WWU. To request this handout in an alternate format, call 360-650-2993 or email pws@wwu.edu. AA/EO. Rev. 3/2020
**SLEEP ROUTINE**

Take a minute to plan out a sleep routine to try. See the example below for some ideas!

*Goal for sleep time: 10:00 PM*

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9:00 PM</td>
<td>Turn off electronics</td>
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<tr>
<td></td>
<td>Cup of sleepy tea</td>
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<tr>
<td>9:05 PM</td>
<td>Write tomorrow’s to-do list</td>
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<tr>
<td>9:10 PM</td>
<td>Gratitude journal</td>
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<tr>
<td>9:15 PM</td>
<td>Stretch/yoga</td>
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<tr>
<td>9:25 PM</td>
<td>Get in bed</td>
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<tr>
<td>9:55 PM</td>
<td>Lights Out</td>
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<td></td>
<td>Meditation</td>
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*Goal for wake time: 7:00 AM*

**Goal for sleep time:**

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<tr>
<th>Time</th>
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**Goal for wake time:**

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**SLEEP DIARY**

Track your sleep for a week. Notice any patterns and how different actions throughout your day influence your sleep.

**Morning Questions:**
- Time you fell asleep
- Time you woke up
- # of wake ups during the night

**Evening Questions:**
- # of caffeine drinks today
- Time of last caffeine drink
- Minutes exercised
- Minutes spent napping

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Can’t sleep because you’re thinking about everything that you need to get done tomorrow? Assorted life worries keeping you awake? Make a list of everything that’s worrying you. Tomorrow you can address what you can, but tonight, leave them on the page so your mind can fall asleep!
WHAT DOES IT MEAN TO BE RESILIENT?

To be resilient means to be able to “spring back” into shape after being bent, stretched, or pressed. To be emotionally resilient means to be able to spring back emotionally after suffering through difficult and stressful times in one’s life. Stressed people experience a flood of powerful negative emotions which may include anger, anxiety, and depression. Some people remain trapped in these negative emotions long after the stressful events that caused them have passed. Emotionally resilient people, on the other hand, are able to bounce back to their normal emotional state.

Emotional resilience is important to cultivate and develop because we live in a world that is constantly changing. We don’t always have control over what happens to us or around us. While this is always true, we are all experiencing this truth on a grand scale as we adjust to a very different world during the COVID-19 pandemic. Viewing this as an opportunity to strengthen your resilience is a great way to find a positive during what, for many people, is a trying time.

Healthy Mind Platter

One way to work on developing your resilience is to consider The Healthy Mind Platter. The Healthy Mind Platter was developed by Dr. David Rock and Dr. Daniel Siegel, who were inspired by the new Choose My Plate alternative to the Food Pyramid. The concept behind the Healthy Mind Platter is that our brains need different types of activities to function optimally, just like our bodies need different types of nutrients from different types of foods. The idea is that our brains need to engage in each of the seven mental activities each day to be able to function optimally and build resiliency. Take a look at the back of this page to learn about the seven different mental activities, reflect on what you are already doing, and consider what you could start doing to make your mind as healthy as possible!

Help Is Available

Sometimes people have more challenges “bouncing back” than others. Reaching out for help and support can be a crucial part of increasing your ability to move forward with resilience. Below are some resources that can help if you or someone you know is struggling:

Counseling Center
360-650-3164
counseling.wwu.edu
Provides private counseling sessions, therapeutic groups, and educational workshops such as the weekly Wellness Wednesdays workshops.

Disability Access Center
360-650-3083
disability.wwu.edu
Advances the education of people with disabilities at Western by identifying and removing barriers toward the realization of a fully inclusive campus.

Prevention and Wellness Services
360-650-2993
pws.wwu.edu
Supports the health and well-being of Western students through wellness outreach programs, as well as direct services around the issues of substance abuse, surviving sexual assault, and making healthy choices regarding sexuality.

WWU Campus Well
wwu.campuswell.com/resources or phone app
A website covering a variety of college wellness issues, including stress, sleep, mental health, and more. The link listed here takes you to WWU-specific resources.

Crisis Text Line
Text HELLO to 741741
crisistextline.org
A national, free, and anonymous service available 24/7 that offers a nonjudgmental place to work through a crisis with a volunteer crisis counselor.
# What’s On Your Healthy Mind Platter?

In the table below, please consider each of the categories from the Healthy Mind platter. For each category, please list at least three things that you already do to support that category of wellness, as well as at least three things you do not currently do but could try doing to support that category of wellness.

<table>
<thead>
<tr>
<th>Category</th>
<th>What it looks like</th>
<th>Examples</th>
<th>I already do:</th>
<th>I could also try:</th>
</tr>
</thead>
</table>
| Focus Time     | When we closely focus on tasks in a goal-oriented way, taking on challenges that make deep connections in the brain. | - Doing homework  
- Working on a puzzle  
- Creating a piece of art/music/dance/writing |                      |                          |
| Play Time      | When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, which helps make new connections in the brain. | - Trying a new hobby  
- Playing a game  
- Trying a new art form |                      |                          |
| Connecting Time| When we connect with other people, ideally in person, or take time to appreciate our connection to the natural world around us, richly activating the brain's relational circuitry. | - Talking to a friend  
- Zoom "party"  
- Taking a nature walk |                      |                          |
| Physical Time  | When we move our bodies, aerobically if possible, which strengthens the brain in many ways. | - Working out  
- Playing a physical sport  
- Dancing |                      |                          |
| Time In        | When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, helping to better integrate the brain. | - Journaling  
- Meditation  
- Mindfulness exercises |                      |                          |
| Down Time      | When we are non-focused, without any specific goal, and let our mind wander or simply relax, which helps our brain recharge. | - Watching TV/movies  
- Playing video games  
- Reading for leisure |                      |                          |
| Sleep Time     | When we give the brain the rest it needs to consolidate learning and recover from the experiences of the day. | - Having a bedtime routine  
- Going to bed at the same time each night |                      |                          |
As we get back into the swing of classes, papers, and exams, many of us are likely to find ourselves struggling to stay motivated from time to time. Data from the 2020 National College Health Assessment at WWU indicates 81% of students reported experiencing problems with procrastination. Of that 81%, 63% said their problems with procrastination caused moderate to high levels of distress. You are not alone in your struggle! Check out the ideas below, and use the motivational tools that work best for you!

**ARE YOUR BASIC NEEDS COVERED?**
Abraham Maslow’s hierarchy of needs, developed in 1943, suggests we must meet our basic needs before moving on to higher goals and achievements. The levels, in order of need, are physiological (sleep, water), safety (feeling physically safe, access to resources), love and belonging (friendships, romance), esteem (confidence, achievement), and finally self-actualization (creativity, problem solving). In other words, you will be more successful at writing that five-page paper if you’ve eaten today and gotten enough sleep. If you’re having trouble focusing on schoolwork, ask yourself if there is a level of need below self-esteem and self-actualization—where we are best able to produce work—that you are neglecting and take care of that need first.

**WHAT IS YOUR WHY?**
Maybe statistics is not your favorite subject or activity. But, if you want to have the career in public health you’ve always dreamed of, you have to pass this class, which means you have to write this paper. Remind yourself of the long game, and what completing this task will get you.

**REFRAME**
Try saying, “I choose to complete this assignment” rather than, "I have to complete this assignment.” Everything in life is a choice, and no one can force you to do anything. Reminding yourself that you are in control, and reminding yourself of your why, can help reinvigorate you.

**BREAK IT DOWN**
If a certain task feels overwhelming, try breaking it up into smaller steps. Don’t fall into “all or nothing thinking”—the idea that you either finish the whole thing now or there’s no point to doing any work at all. What small steps can you take today to make some progress toward the end goal?

**LINK THE TASK TO GOOD FEELINGS**
When faced with a task you really don’t want to do, combat that negative feeling with strong positive feelings. Play your favorite music while you study. Reward yourself with a special coffee that you get ONLY after writing essays for your least interesting class.

**REWARD YOURSELF!**
There are two different types of motivation. Intrinsic motivation is when the satisfaction of achieving a goal or acquiring new knowledge is enough reward in itself. Extrinsic motivation means rewards that come from the outside when you complete something. Start a reward chart, or decide on a reward to “earn” by completing your project.

**PHONE A FRIEND**
Have an accountabil-a-buddy! This is someone who knows your goals and holds you accountable for reaching them. You can arrange how often you want them to check in with you and what questions you want them to ask.

**REACH OUT**
Decreased feelings of motivation or trouble focusing on assignments can sometimes be a sign of depression or other mental health issues. Reach out to the Counseling Center here at WWU or try the Crisis Text Line (text “hello” to 741-741) if you think you may need support.
CHOSE YOUR MOTIVATION TOOLS!

CHECK IN WITH YOUR NEEDS
If you’re struggling to focus or complete something, check in with your levels of need.

LEVELS WHERE WORK GETS DONE

- Physiological
  - Am I feeling okay about my relationships?
  - Am I distracted by personal conflicts?
  - When was the last time I ate?
  - Did I get enough sleep last night?
  - Do I have any physical discomfort?
  - Am I warm enough?

- Safety & Security
  - Do I feel safe in my work space?
  - Am I worried about losing my job, access to food, or other important resources?

- Love & Belonging

- Self Esteem

- Self Actualization
  - Creativity, problem solving, new ideas
  - Confidence, feeling respected

BREAK IT DOWN
Write your big goal, and then identify smaller steps to take to reach it.

Goal: ___________________________________________
________________________________________________
________________________________________________
________________________________________________

Steps:
☐ _______________________________________________
☐ _______________________________________________
☐ _______________________________________________
☐ _______________________________________________
☐ _______________________________________________

WHAT IS YOUR WHY?
If I complete ______________________________________,
I will be able to ____________________________________.
I choose to work toward my long term goal of __________
________________________________________________
________________________________________________
by ______________________________________________
________________________________________________.

Example: If I complete my physics lab, I will be able to graduate from college. I choose to work toward my long term goal of graduating from college by studying for this physics quiz.

ACCOUNTABIL-A-BUDDIES
Who are your accountabil-a-buddies? Write down who keeps you accountable for what goals and how often you have agreed they will check in on your progress.

Example: Rob, Anatomy paper, once a week
1. _______________________________________________
2. _______________________________________________
3. _______________________________________________
4. _______________________________________________

REWARD CHART!
An example of how to use this chart would be, for every hour I study Math, I get 1 star. Once I collect 15 stars, I get to ___________________ (insert your reward here)!

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SELF LOVE

“You yourself, as much as anybody in the entire universe, deserve your love and affection.”
—Buddha

We are taught to be kind to other people, but how kind are we to ourselves? Many of us don’t think about the care and love we give to ourselves, being focused instead on the importance of caring for and loving others. Learning to love yourself can be challenging. “Self compassion is a practice of goodwill, not good feelings”, says Dr. Kristin Neff, an expert on self compassion. Neff goes on to define self compassion as a mindful acceptance of pain (and acceptance that pain is temporary), reacting with care and kindness to yourself, while remembering that imperfection is a part of the human experience.

But spending time and effort on loving yourself is just as important, if not more important, than spending time and effort loving other people, and can also improve the health of your relationships! Other benefits include higher self-esteem, less stress and anxiety, a healthier lifestyle, and feeling more comfortable handling adversity.

So how do we turn our care and kindness from only benefitting others and use some of it on ourselves? Below are the three areas of self love (or self compassion). Below each you will find some ideas for how to increase them within your relationship with yourself. Also try out the Self Love Daily Check In on the other side of this page to help you put some of these ideas into practice!

**SELF KINDNESS**  
(vs Self Judgment)

- Recognize your inner dialogue
- Challenge negative thoughts and perceptions about yourself
- Use positive self talk and cut out negative self talk
- Forgive yourself for mistakes
- Set healthy boundaries with others
- Take care of your body, soul, and mind

Think to yourself- would I talk to a friend who was struggling with something the way I am talking to myself about it?

**COMMON HUMANITY**  
(vs Isolation)

- Acknowledging that mistakes, difficulties, and pain are things that everyone goes through
- Stop comparing yourself to others
- Challenge your story about yourself
- Forgive yourself for mistakes
- Reach out for support

Everybody messes up and goes through painful things sometimes.

**MINDFULNESS**  
(vs Over Identification)

- Focus on one thing at a time
- Recognize and accept your feelings, just as they are
- Value your feelings as tools that can help you realize what you need
- Take time out to breathe and be present
- Try some mindfulness exercises
- Make a list of things you are grateful for each day

Make it a point to take small breaks throughout the day, just to breathe and be fully present.

Information courtesy of Prevention and Wellness Services at WWU. To request this handout in an alternate format, call 360-650-2993 or email pws@wwu.edu. AA/EO. Rev. 2/2020
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<thead>
<tr>
<th>Question</th>
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<td><strong>3 THINGS I DID REALLY WELL TODAY:</strong></td>
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<td><strong>INSTEAD, NEXT TIME I CAN TRY:</strong></td>
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<td><strong>2 THINGS I NEED TO FORGIVE MYSELF FOR:</strong></td>
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<td><strong>3 THINGS I’M GRATEFUL FOR:</strong></td>
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SEX, DRUGS, ALCOHOL, AND CONSENT

WHAT ROLE DO ALCOHOL AND DRUGS PLAY IN YOUR SEX LIFE?
Everyone deserves to have healthy, positive sexual experiences that make them (and their partners) feel good. If alcohol or other substance use is involved in your sexual activities, it may be helpful to ask yourself these questions:

• Why am I having sex when I’m intoxicated and/or with partners who are intoxicated?
• How is alcohol/drug use impacting the quality of my sexual experiences?
• Does being intoxicated contribute to me doing things sexually that I later regret? How do I think about that now?
• What would it be like to have my sexual experiences be more clear-minded?

INTOXICATION VS. INCAPACITATION
Consent cannot be given by a person who is incapacitated by alcohol or other drugs. Therefore, it is imperative to be able to recognize the signs of incapacitation. Someone who is intoxicated by alcohol may exhibit some physical or mental impairments (clumsiness, loss of articulate speech, increased emotionality) and still be aware of and in control of their behavior and decisions. Incapacitation, however, is a state beyond drunkenness or intoxication. **If your partner is showing signs of incapacitation or you’re not sure, STOP.**

Signs of incapacitation include, but are not limited to:

• Inability to speak clearly or coherently
• Confusion on basic facts (Where am I? How did I get here? Who are you? etc.)
• Inability to stand or walk unassisted
• Vomiting
• Glassy or unfocused eyes
• Loss of consciousness (passing out)

CAN YOU GIVE CONSENT WHEN YOU’VE BEEN DRINKING OR USING OTHER DRUGS?
Yes, you can give consent if you have been drinking or using other drugs. However, the ability to give consent depends on your ability to make decisions free from pressure, coercion, and incapacitation. **If you are incapacitated from alcohol or other drugs, you cannot give consent.**

CAN YOU GET CONSENT FROM SOMEONE WHO HAS BEEN DRINKING OR USING OTHER DRUGS?
Yes, you can get consent from someone who has been drinking and/or using drugs as long as they are not incapacitated and the consent is clear and voluntary. Agreeing to have sex can only happen when it is free from pressure or coercion. Taking advantage of a person’s impairment from the use of alcohol or other drugs is not okay under any circumstances. If you see this happening around you, do what you can to intervene and stop it.

If someone has been using alcohol and/or other drugs and you are thinking about having any kind of sexual interaction with them, it is your responsibility to check in and find out whether they are okay with what you’d like to do before moving forward. If you are not totally sure they want to, don’t do it.

WHAT IF BOTH/ALL OF US HAVE BEEN DRINKING OR USING OTHER DRUGS?
It’s okay to have sex when drinking or using other drugs, but all of the rules of consent still apply and this adds an additional level of responsibility to make sure that consent is clear before moving forward. Even if you are intoxicated or impaired by alcohol or other drugs, you are still responsible for making sure your partner(s) really want to participate in any type of sexual activity with you. **If there is any uncertainty about whether someone is incapacitated or uncertain, don’t have sex.**

THINGS TO KEEP IN MIND WHEN DRINKING OR USING OTHER DRUGS AND HOOKING UP
Sexual activity requires active and ongoing participation from both or all parties involved. People have different definitions for things like “hooking up” and “making out.” Be sure that you and your partner(s) are clear about what each of you actually wants.

Communication about sex can sometimes be awkward and challenging in general. Adding alcohol or other drugs to the situation can make that communication even more challenging, especially with people who don’t know each other very well and/or are more uncomfortable talking about sex.

There are a number of factors that can impact how alcohol or other drugs affect a person (e.g., body size, tolerance, gender, mood, medication use, etc.). Determining whether someone is incapacitated has less to do with how much they have consumed than how it is affecting them. It is always best to rely on a clear verbal YES and stay attuned to your partner(s) facial expressions and body language to make sure they are in congruence. If you’re getting mixed messages, or you haven’t asked and received a clear yes, STOP and check in. **If it’s not clear, it’s not consent.**

Information adapted from Dartmouth College: dartmouth.edu/consent/sex_drugs_alcohol/index.html
MY DRY(ISH) JANUARY REFLECTIONS