

# Stall Seat Journal

## SUMMER 2025 EDITION

### Be Smarter in the Sun

Sun protection isn't only for beach days—it's essential year-round! Invisible ultraviolet (UV) rays can cause early aging, sunburn, and increase the risk of skin cancer - even on cloudy days. UVA rays can cause tanning and skin darkening, and UVB rays can cause sunburns. To protect yourself, here's some tips to remember on those hot summer days, and all year round!

- ✓ Using sunscreen with at least 30 SPF is recommended by the Skin of Color Society. SPF 30 sunscreen blocks 97% of UVB rays (UV rays that cause sunburn).
- ✓ Wear protective clothing and/or sunglasses with a UV 400 rating. Seek shade during peak sun hours (10 am - 2 pm) to further reduce UV exposure.
- ✓ Don't forget often-missed spots like your nose, ears, neck, hands, feet, and lips.
- ✓ No sunscreen is fully waterproof, so reapply directly after swimming or sweating.

### UV Index

0-2	No danger to average person 😊
3-5	Little risk of harm from unprotected sun exposure
6-7	High risk of harm from unprotected sun exposure
8-10	Very high risk of harm from unprotected sun exposure
11+	Extreme risk of harm from unprotected sun exposure ⚠️

### SUMMER SIPS

Mocktails are non-alcoholic beverages that can be enjoyed with friends or on your own as a healthier drink option. Try out these recipes below if you are looking for something new!

#### BERRY SPARKLER MOCKTAIL

##### Ingredients:

- ¼ cup mixed berries (such as strawberries, raspberries, and blueberries)
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon simple syrup
- Ice cubes
- Sparkling water or lemon-lime soda
- Mint sprigs (for garnish)

##### Directions:

- In a shaker or a tall glass, muddle the mixed berries with a muddler or the back of a spoon to release their juices.
- Add freshly squeezed lemon juice and simple syrup to the shaker or glass. Stir to combine.
- Fill the shaker or glass with ice cubes.
- Top off with sparkling water or lemon-lime soda. Stir gently to mix everything together.
- Pour the mixture into a serving glass, making sure to strain out any fruit solids if using a shaker.
- Garnish with fresh mint sprigs.
- Serve and enjoy your delightful Berry Sparkler Mocktail!



#### BLOOD ORANGE SPRITZ

##### Ingredients:

- Half of a lemon
- ¾ cup Blood Orange Juice
- Pinch of Salt
- Sparkling Water

##### Directions:

- Squeeze lemon and blood orange juice into your cup.
- Add your pinch of salt.
- Add ice and top with sparkling water.



Scan Here for more Resources & Sources:



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### What is Self-Care?

Self-care is anything that helps you improve and take care of your mental, physical, and emotional well being.

#### Some Ways to Practice Self-Care:

- Stimulate your mind by reading, writing, meditating, or doing puzzles.
- Aim to sleep for 7-9 hours a night, engage in intentional movement, and eat a balanced diet.
- Spend time in nature or at places that are important to you.
- Create an outlet for your emotions through journaling, making art, or gardening.
- Spend time with loved ones and nurture other important relationships.

#### SELF-CARE & PREPARING FOR SUCCESS

- Self care has been known to improve mental health. Making time for yourself increases energy levels, boosts self-worth, decreases feelings of anxiety and depression, and increases optimism.
- A flourishing mind and body help to prepare you for any stressors or challenges the day brings, setting you up for success!

### Rammy Riddler

I am an odd number. Take away a letter and I become even. What number am I?

SCAN ME 

### GREENOUTS

Greening out, also known as a cannabis overdose, occurs when an individual consumes excessive amounts of cannabis, leading to adverse reactions.

- Symptoms:
  - Nausea, dizziness, anxiety, fainting, and vomiting.
  - In severe cases, individuals may experience paranoia, disorientation, or hallucinations.
- Factors that contribute to greening out:
  - Consuming high-potency cannabis products (edibles or concentrates) and mixing cannabis with other substances.
  - Tolerance levels, levels of hydration, and whether or not the individual consumed cannabis on an empty stomach.

Lower risk cannabis use includes lower frequency of use, using cannabis with lower levels of THC, and taking tolerance breaks from using cannabis (stopping or decreasing use for approximately 21 days). Avoid mixing substances and stay hydrated. If someone experiences a greenout, they should rest, stay calm, and hydrate until symptoms subside. Always contact 911 if you or anyone else needs emergency medical assistance after consuming cannabis.

Did you know? Cannabis use, whether medicinal or adult-use/recreational, is not permitted on campus. The medical amnesty policy protects students needing medical attention as a result of cannabis use. Scan the QR code for more information



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