STUDENT health101™

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Beyond Happy & Sad

With the end of the semester can come conflicting emotions. You might be happy to be almost done with the school year, but sad to be leaving friends, anxious about next steps, and unsure if you've accomplished your goals. There is a wide range of normal, healthy emotions that everyone cycles through in any given week.

Life isn't cut-and-dried, and lumping everything you feel into the big categories of "happy" and "sad" can limit your ability to use your emotions in constructive ways.

Learning to describe and talk about the specifics of what you're feeling is a skill everyone can use, but for some people, it's hard to share emotions. Many channel their emotional energy into activities such as exercise or creating music. There's a fine line, though, between coping with emotions and outright ignoring them.

If something is troubling you, or even exciting you, one of the best things you can do is talk it out. Strong emotions are normal and healthy and—whether you turn to a friend, family member, counselor, or someone else you trust—explaining how you feel can help you connect with people and experience life more fully.

IN THIS MONTH'S ISSUE OF *STUDENT HEALTH 101*:

Creative Ways to Break a Sweat

Making Fitness Part of Any Activity.

READ *STUDENT HEALTH 101* TODAY:

http://readsh101.com/wlu.html

Student Health Center
540-458-8401
Lower level Davis Residence Hall

Counseling Services
540-458-8590
Early-Fielding

Office of Health Promotion
540-458-4501
Elrod Commons, Room 250

Campus Recreation
Warner Center 416
540-458-8244