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To our graduating students, CONGRATULATIONS! We know that the end of your time as a Hokie hasn't been quite what you imagined, but we hope that you can focus on being proud of this amazing achievement and all that you have accomplished.

To our Women's Center student staff: You all have played a vital role in the success of the Women's Center and ensuring that the VT community is safe, equitable, and supportive for women and one that celebrates their experiences, achievements, and diversity. You will be deeply missed but we wish only the best for you and your future endeavors.



## Women's Center Graduating Staff

<b>Cara Boim</b>	Receptionist   SAVES
<b>Arielle Boykin</b>	SAVES
<b>Anna Britt</b>	AWARE
<b>Carla Garcia</b>	AWARE
<b>Sydnee Hartwig</b>	Receptionist
<b>Mariama Djelika Kabore</b>	Intern
<b>Hanna Kim</b>	Receptionist
<b>Sophia Mastakas</b>	SAVES
<b>Armaghan Mosavian</b>	Receptionist
<b>Doreen Ndizeye</b>	SAVES
<b>Darian Phillips</b>	Intern
<b>Olivia Semones</b>	Receptionist   SAVES
<b>Emma Shenk</b>	SAVES
<b>Kat Simko</b>	SAVES   Intern

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## Community Donations

Thank you to everyone who has dropped off donations for the [Women's Resource Center of the New River Valley](#) during this time. Your donations are essential to the success of the WRCNRV programs.

We are still accepting donations! This is a no contact drop-off; the drop-off box is located on the side porch of the house. Free masks are available and located there as well as to anyone in need.



## Practicing Gratitude During a Pandemic

During the stress and uncertainty of this



pandemic, it is important to take time to reflect and have gratitude for even the smallest things in our lives.

Maybe you've reconnected with old friends on Zoom? Or finally watched that show you've had on your list forever? Read a book for pleasure? Or maybe enjoyed an entire day just laying on the couch? While it is easy to focus on the bad that is happening, take a minute to find one small joy in each day.

[\*\*READ MORE\*\*](#)

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## How can we help?

In order to provide you with the resources and programming that is relevant to what you need, please take a moment to share with us the current needs and challenges you are experiencing during this pandemic.

[\*\*Share with Us!\*\*](#)

## Upcoming Events

## "Talk About It Thursdays"

Join Advocates and Educators from Virginia Commonwealth University, University of Richmond, Virginia State University, Virginia Tech and William and Mary **each Thursday at 1 p.m.** via Zoom to discuss relationships, safety, and trauma.

**Thursday May 14, 1 p.m. - 2 p.m.**  
**Screening and Discussion of the Show "Unbelievable"**

Join us at: [tinyurl.com/talkthursday](https://tinyurl.com/talkthursday)

*We need your input!*

We will be conducting 1.5-hour focus groups to get your feedback on *BERT*, a new online prevention program, teaching emotion management skills for college students. Focus groups will be conducted **online via Zoom**

\$10 amazon gift card for your participation

To see if you are eligible to participate, fill out the following survey or use the QR code  
[https://virginiatech.qualtrics.com/jfe/form/SV\\_89b4jf6SZ5EWBJr](https://virginiatech.qualtrics.com/jfe/form/SV_89b4jf6SZ5EWBJr)

This study has been approved by the institutional review board: IRB #20-018



VT students of ALL backgrounds are invited to participate, and we really want to hear from **LGBTQ+, African American, and Hispanic** students to help us build an inclusive BERT!

For more information contact the study investigator Alyssa Gatto at [BERTstudyVT@gmail.com](mailto:BERTstudyVT@gmail.com)



See if you are eligible [HERE](#)

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Try to drink only water today	2 Organize a virtual game night
3 Write a thank you note to someone	4 Unfollow social media accounts that do not uplift you	5 Create a working budget that matches your income	6 Enroll in Kroger Community Rewards, or support a local organization	7 Take a walk	8 Surprise a loved one with a handmade card	9 Make a list of three things you are grateful for
10 Commit to a device-free evening	11 Set an annual reminder to check your credit report	12 Check on your neighbors; call or leave a kind note in their mailbox	13 Wake up 30 minutes early	14 Host a virtual book club	15 Create a personal mantra	16 Create a mood-boosting playlist
17 Set a financial goal and outline the steps to reach it	18 Support a local business	19 Drink less caffeine today	20 Create a virtual mixtape for a friend	21 Volunteer virtually! <a href="http://here.azc">here.azc</a> some ideas	22 Try a free meditation on the Headspace or Calm app	23 Review your bank statements and cancel unused subscriptions
24 Experiment with a new recipe	25 Watch a movie with a loved one on Netflix Party	26 Use items you have at home to create a vision board	27 Take a warm bath before bed	28 Review your mobile phone plan and shop around for cheaper options	29 Try an online workout, or create your own with items you have at home	30 Organize an essential need swap (using proper precautions)
31 Greet someone with a warm smile and wave	<p><b>Congrats! You made it through May.</b>            For more ways to stay well throughout the year, visit:  <a href="https://www.hokiewellness.vt.edu">https://www.hokiewellness.vt.edu</a></p>					

# MAY 2020

## DAILY WELLNESS CHALLENGE



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