



AAPI THRIVE
UNIVERSITY of WASHINGTON | TACOMA

Scholars Newsletter



Fall 2024 Mental Health Workshop

Mental Health Check-In

By: Haina Mataese

Oof, we're already in week 9. Congratulations for holding out so long! It is not easy, but you've worked incredibly hard to make it this far, and I am very proud of you! Now that we've made it to week 9, you're officially three weeks away from finals and four weeks from winter break. How are you doing? Mentally, are you well? We're 9 weeks into the quarter and from one student to another I know how hard school can be on us physically and mentally. It is perfectly okay to not be okay, school is hard and stressful but hey we're doing the thing aren't we? I believe you can make it! Just remember to breathe and take things one step at a time and if you need to take a break, take that break because you're deserving of it. Stay strong, we have only a few more weeks, we got this!

Daylight Saving

A few weeks ago, Daylight Saving Time ended, giving us an extra hour of sleep. The sun sets way earlier than it should, and it is common to feel extra gloomy and sluggish when paired with our lovely Washington weather. Try to keep your blinds or curtains open to get your extra dose of sunlight before it goes away in the morning or stay in brightly lit places to boost your mood and your energy levels! Don't forget to bundle up as it has been getting colder and colder!



What's Happening This Week?

Monday:

- Mental Health Workshop (12:30 @WPH)

Tuesday:

- First Gen x Music Club DJ Workshop (3:00 PM - 6:00 PM @MAT 214)
- Weekly Food Truck: Starvin' Marvin (11am - 2pm @Outside WPH)
- MAPS' Transgender Day Of Remembrance (12:30 - 1:30 @CEI Chill Space)
- Drop-In Advising with an Academic Advisor in person or over Zoom (1pm @GWP 102)

Wednesday:

- LGBTQ+ Speaker Panel (4pm-7pm @WPH)
- Pre-Med General Meeting (12:30-1:30pm @Joy 101)
- Cedar Circle General Meeting (12:30-1:30pm @WCG Family Room)
- Basketball Club General Meeting (6pm-9pm @University Y)
- Karaoke Nights W/ Music Club (6pm-9pm @SNO 150A)

Thursday:

- Pride Pack General Meeting (12:30-1:30pm @GWP 101)
- BSU General Meeting (12:20-1pm @BHS 103)
- Nourish Mobile Food Truck (4:30 PM - 6:30 PM | Pinkerton Parking Lot)

Friday:

- Native & Indigenous Higher Education Symposium (9am-2pm @MLG 110)
- YMCA Annual Friendsgiving (11am-2pm @University Y)
- Volleyball Club (12-3pm @University Y)
- Soccer Club (6pm-9pm @University Y)

Campus Resources

- Teaching and Learning Center (TLC): Tutoring, Peer Success Mentors Wayfinders and Writing Consultants
- Disability Learning Services (DRS): Campus disability accommodations
- Psychological and Wellness Services (PAWS): FREE private and group therapy sessions
- The Pantry: Run by CEI, provides FREE groceries
- The Cupboard: FREE meals
- Student Affairs: Student services for academic support and resources
- The WholeU: Nationwide UW student discounts

RSO Spotlight!

CEDAR CIRCLE

A Native and Indigenous RSO at UWT, focusing on holding space for community members, students and faculty. Cedar Circle holds Bi-Weekly Meetings and will meet this week on Wednesday!

Be on the lookout for fun events happening later this quarter!

AWESOME MENTIONS

AJ will be doing an IG takeover on Tuesday, make sure to tune in for it! Our Instagram is @uwttlc

Additional Resources

We recognize that it may be a difficult time for some of you. Whether that's anxiety or disappointment, here are a few tips for you to help cope:

- Limit doom-scrolling: It's important to take a break from forms of media like TikTok or Instagram during this time. Having so many notifications can feel overwhelming, so using Do Not Disturb or setting your phone aside can help!
- Try not to spiral: If you find yourself constantly thinking about the outcome and theorizing about what could happen, take a breather and understand that things can change! You have overcome things and you will continue to overcome them.
- Ask for help: If you need more assistance processing your emotions, please reference PAWS and create an appointment with them today as they can provide guidance and direction if you're feeling a little lost during this time.

Moniuszko, S. (2024, November). Post-election emotions? here are expert tips and resources to manage your mental health. CBS News.

<https://www.cbsnews.com/news/post-election-emotions-expert-tips-resources-mental-health/>

Meet the Peer Success Mentor / Wayfinders!

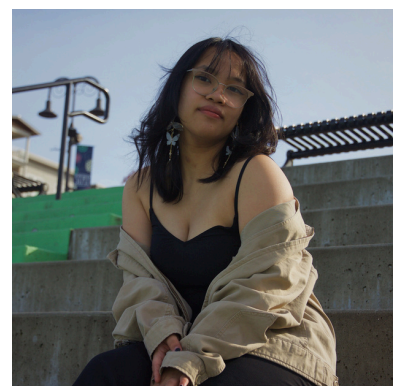
**Ambre
Fontana**

Biomedical
Sciences
Senior



**AJ
Pioquinto**

Psychology
Senior



**Jalina
Sison**

Education
Sophomore



**Gabbie
Quintinita**

Ethnic
Gender &
Labor Studies
Junior



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Teaching and Learning Center

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