

# THE STALL SEAT JOURNAL

Summer 2023 Edition

## STAYING HYDRATED IN THE HEAT

Warmer weather is here! Are you drinking enough water? Here's why it is so important to stay hydrated!

### Why does my body need water?

- Water helps regulate your body temperature. It is also needed to move waste through your digestive system and protect the spinal cord, sensitive tissues, organs, and joints. Most importantly, your body needs water to sweat!

### Symptoms of Dehydration to look out for:

- Mood changes
- Headaches/dizziness or Confusion
- Fatigue

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### How much water should I drink?

- It may vary, but most people calculate how dividing their weight in half: Half of your weight = the number of ounces of water you should drink daily.
- If you are more active or out in the heat, you may need to drink even more water!

### Tips to help you drink more water:

- Carry a reusable water bottle with you throughout each day.
- Add a wedge of lime, lemon, or diced fruit to improve the taste!
- Drink water with meals.
- Track your water intake to make sure you are drinking enough.



## THREE SUNSCREEN MYTHS DEBUNKED

Is sunscreen a part of your daily routine? It should be! Let's debunk a few common myths to find out why: "I do not need to wear sunscreen because ..."

### 1. "There is SPF in my makeup."

- Makeup is not a reliable source of SPF. The Cleveland Clinic recommends applying a SPF 30+ sunscreen before applying makeup.

### 2. "I am a person of color."

- UNC Health dermatologist Priyanka Vedak, M.D., maintains that melanin typically provides SPF 4, not nearly enough to protect your skin from the sun.

### 3. "It is overcast."

- According to the World Health Organization, up to 80% of UV rays can penetrate light cloud cover and reach your skin.

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## WHAT IS SELF-COMPASSION?

Self-compassion is a positive attitude we can have towards ourselves. We can achieve this by practicing self-kindness and mindfulness, and reminding ourselves that we are also human, just as deserving of care and kindness.

### How to practice self-compassion:

#### Treat Yourself as You'd Treat a Friend

- Let yourself make mistakes
  - Giving yourself permission to be human is a way to accept your flaws and remind yourself that you're not alone in being imperfect.
- Care for yourself as you'd care for others
  - Be understanding and empathetic towards yourself as you would towards others.

#### Becoming More Self-Aware

- Practice self-acceptance
  - This means embracing your own perceived shortcomings as well as your character strengths.
- Try not to judge yourself too quickly
  - Don't assume you'll behave in a certain way when presented with a situation. This is a future-focused way to give yourself the benefit of the doubt.

#### (Re)Gaining Perspective

- Let go of the need for outside validation
  - A lot of our negative thinking comes from how others perceive us. Avoid linking happiness to outside influences. This is an act of self-kindness with a much larger effect.
- Reaching out to others
  - Place your feelings in context.
  - This is an important part of reaffirming our sense of connectedness, reframing our perceived problems within the "bigger picture," and building social support networks that are invaluable to our well-being

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## CODEPENDENCE VS. INTERDEPENDENCE

The key difference between codependency and interdependency is that codependency involves dependence on one another to the point where it negatively impacts their life.

Interdependence involves sharing roles, but not being so dependent on another person that you lose yourself. A healthy relationship requires that both partners are interdependent.

If you want to develop more interdependent relationships in your life, practice these key values;

- Active listening
- Time for personal interests
- Clear communication
- Taking personal responsibility for behaviors and emotions
- Not being afraid to say "no"
- Not keeping parts of yourself hidden to please your partner(s)

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