



Sparking Change:
Bridging the
Sustainability
Communication(s) Gap



Who are we?



The Spark! Newsletter seeks to streamline and synergize communication and advocacy regarding social justice, equity, wellness, and environmental issues at Willamette University.

Why?



- Streamlining sustainability efforts through coalitions
- Roots of Change → The Spark



Format

- [Mailchimp](#)
- Delegation of Tasks
- Communications with groups
- Coalition Building



Wellness

This section of The Spark! focuses on accessibility to wellness and the general well-being of individuals in our community. This section is composed of everyday tips and information aimed at increasing mental and physical wellness in the Willamette and Salem community.

De-Stress For Finals Season

With finals season fast approaching, there is plenty of stress building up within students. Stress not only inhibits our productivity and full potential, but more importantly our health. Here are some ways to de-stress from studying or general practices of well deserved self care.

- **Journaling:** Writing down your thoughts and feelings can be a great way to declutter your mind. You can write about anything that helps you reflect: what you're grateful for, your feelings, or something that is stressing you out.
- **Physical Activity:** Getting up and moving around doesn't always mean a brutal workout routine. You can go for a walk, stretch, dance, or anything else that has you get up and move around. Getting blood flowing through your body will help you feel less stiff and increase your alertness. Pro-tip: try to do some of these outdoors to get fresh air!
- **Cleaning/Decluttering:** Often times, our surroundings can really impact our mental state. Try to organize things around your room or clean things to make you feel like there's less going. Doing repetitive motions like vacuuming, doing dishes, or folding laundry can help us deal with feelings of anxiousness.

Barriers & How to Overcome Them

MON 25	TUE 26	WED 27	THU 28
WOHESC			
Burke and Film 9:10am, Smullin 1		Burke and Film 9:10am, Smullin 1	
	Presentation Time 11am – 12:15pm		
History: Hispanic 12:40pm, Walton 2	Designing 12:50 – 2:20pm Ford 201	History: Hispanic 12:40pm, Walton 2	Designing 12:50 – 2:20pm Ford 201
Topic: Popular 2:30 – 4pm Ford 201		Topic: Popular 2:30 – 4pm Ford 201	

- Finding a structure that works for your environment
- Engagement
- Taking action!

Hopes & Dreams

- Institutionalizing
- Leadership
- Collaboration
- Promotion



Thank you!

Claire Pockell-Wilson:

cepockellwilson@willamette.edu

(925) 639-8672

Natalie Roadarmel:

naroadarmel@willamette.edu

(925) 353-6744

