

# LAUNCHPAD

the official alumni newsletter for WFU College LAUNCH for Leadership

WAKE FOREST UNIVERSITY

## COLLEGE LAUNCH

INSPIRING STUDENTS TO PURSUE GREATNESS

## The Importance of Giving Yourself Permission to Rest

With Spring Break approaching, I want to encourage each of you to take the time to rest, relax, and spend time with people and activities that bring you joy. You've worked really hard during your senior year. You've balanced the normal high school responsibilities in the midst of a global pandemic where so much has shifted and changed. You are likely excited, nervous, and maybe even a little afraid of the major life transition that will happen in several months when you graduate high school and move on to your next endeavor. Know that those feelings are totally normal AND give yourself permission to set them aside for the coming weeks in order to rest.

The research is clear: rest has tremendous benefits on your brain health, physical health, and mental health. As you prepare for college, this article highlights how rest will continue to be critical for you as you transition into life as a college student. Work on building the skills and boundaries now to allow yourself the unapologetic freedom to prioritize your rest and happiness.

Whether you are spending your Spring Break hanging out with friends (the CDC has shared ways that people can be together safely) or enjoying a hobby that brings you happiness or taking a nap every single afternoon just because you feel like - I hope that you will use your upcoming Spring Break to give yourself the space and time to breathe, laugh, rest, and enjoy life.

Dr. Meleah Ellison



YOU CAN FIND US ON FACEBOOK, INSTAGRAM & TWITTER @WAKEPRECOLLEGE

### NEED ANY HELP?

Your College LAUNCH family is here to help you! Feel free to reach out to Dr. Meleah Ellison at [ellisonm@wfu.edu](mailto:ellisonm@wfu.edu)

## Life on a College Campus Workshop: April 13th @ 5:30 pm

Our Quarter 3 workshop is a highly requested topic from you all - LIFE ON A COLLEGE CAMPUS! Our panel for this event will be representatives from various college departments at Hampton University, Elon University, Duke University, and more! Topics will include Study Abroad, Counseling Services, Academic Resource/Tutoring Services, etc. The information we will share will help you at ANY college you attend in the Fall! You won't want to miss this! [Sign up here!](#)



*"I am freeing myself of comparison and making space for understanding, empathy, and forgiveness. I am a work in progress, and I will continue to unravel and make space for ease as I learn my way and walk my path."*

Alexandra Elle,  
author and storyteller