It's finally April! The month where we start feeling the temperature rise and witness flowers blooming! Did you know that the word April is derived from the Latin word *aperit* which means to open. Just as the flowing and plants begin to open, let us open our hearts and minds to experience the joy around us.

**Benefits of being outside**

Being outside has so many benefits! Vitamin D synthesis that takes place in direct sunlight. All you need is about 10-15 minutes of sun exposure to receive your daily dose of vitamin D! Being outside is also a big mood booster. Take advantage of clear, sunny days by completing homework outside or taking a walk between classes.

If you're feeling a bit unmotivated or lacking creativity, going outside can stimulate your brain and help you think more clearly and creatively. Being outside can also increase your total daily exercise, which has been shown to be a mood booster. What's your favorite thing to do outside?
The Collegiate Recovery Center will continue to host events this month to raise awareness for mental health in BIPOC and LGBT communities. Below are listed the events for this month, see our website and Instagram for more!

April 12th: Mental Health & BIPOC Communities Panel @ 6pm.
Registration Link: bit.ly/bipocmh

April 15th: Latinx/Hispanic Student Connection Space: Code Switching @ 7pm.
Registration Link: bit.ly/lhaconnect

April 19th: Public Health & BIPOC Communities Chat @ 6pm.
Registration Link: bit.ly/bipocph

On April 20th 6-7pm on zoom, Oasis inc, The Appstate Women's Center, Wellness and Prevention Services, and the Office of Title IX will be hosting 'Take Back the Night' and are in search for speakers. If you wish to express your personal message of hope and resilience. Applications for speakers send April 9th. Visit bit.ly/tbtspeakerform to apply, contact patelk@appstate.edu for any questions.

April is sexual assault awareness month. This month we want to raise awareness for reality of sexual assault. Appstate's Red Flag Campaign will be sharing information on sexual violence and resources available to you on campus.