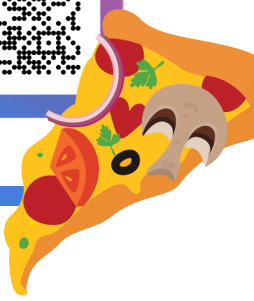


FEBRUARY 2022

# The Flourish

Supporting the well-being of all students at Stanford

What do you like on your pizza?



## A relationship is like a garden...



A healthy relationship is a container in which all involved are supported in the ways they need to flourish. Like a garden, relationships take constant maintenance, and when we invest in them they can bloom over time into something sustainably beautiful.

Focus on the “cultivating” of healthy relationships versus the common societal script of “finding a soulmate” or the perfect friend or partner.

Remember to prioritize your self-care, lean on your supports, and use all resources available to you!

Navigating college, changes, and the pandemic while trans and non-binary can be difficult, lonely, and isolating. The **Official Trans Guide** is a curated collection of resources and information pertaining to trans, non-binary, and gender questioning students at Stanford. **To view the guide:** [tinyurl.com/stanfordofficialtransguide](https://tinyurl.com/stanfordofficialtransguide)



## TIP OF THE MONTH

### Give and get the pleasure you want

Consent is about more than checking off a “yes” or “no.” Consent is about co-creating a pleasurable experience between you and another person, or other people. This involves paying close attention to what feels good to you and another person, and communicating about it!

Watch the fun, enlightening TED talk that shows how we can think about sex like making pizza, seriously: [tinyurl.com/sexneedsanewmetaphor](https://tinyurl.com/sexneedsanewmetaphor)



## IN THE SPOTLIGHT

### Your sexual health at Stanford

Having questions and concerns about sexually transmitted infections (STIs), birth control, and sexual health in general is normal and in fact very healthy. Stanford has many resources, such as the **Sexual Health Peer Resource Center**, to support you in your process of managing your sexual health, no matter how you engage with sexual intimacy.

Visit **The Flourish** for FAQs about STIs and birth control: [studentaffairs.stanford.edu/flourish-feb-2022](https://studentaffairs.stanford.edu/flourish-feb-2022)

### Running out of energy midday?

**Take a power nap!** Naps can help boost your energy and brain power as long as they are under an hour and taken before 3PM.

Late afternoon naps make it harder to fall asleep at night.

# SLEEP CORNER

