

# S.T.A.H.L. NEWS

## STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by ATOD & Wellness Coaching at the Center for Health and Well-Being — December 4, 2023

### Alcohol, Tobacco, & Other Drugs Events

#### De-Stress Fest

Tuesday, December 12 from 1-4pm

Folger Student Center

Free tarot card readings, free chair massages, crafts, tons of free candy & snacks, and more!

#### Bingo

Surprise Theme — Friday, December 1 at 9:30pm HUB Ohio

Holiday Self-Care — Friday, December 8 at 9:30pm HUB Ohio

#### Open Mic Night

Every Thursday at 6pm HUB Ohio Room

# De-Stress Fest

STRESSED OVER SCHOOL-WORK?



LOOKING FOR A WAY TO RELAX?

JOIN US FOR DE-STRESS FEST!

TUESDAY, DECEMBER 12TH

1:00P - 4:00P

FOLGER STUDENT CENTER

FREE TAROT CARD READINGS

FREE CHAIR MASSAGES

CRAFTS

TONS OF CANDY AND SNACKS!



#### CRANBERRY FIZZ MOCKTAIL

3 ounces of sparkling cider or ginger ale

3 ounces of cranapple juice  
splash of lemon or lime juice  
3 tablespoon of sugar and 1/2 teaspoon of cinnamon completely blended

## WELLNESS COACHING PROGRAM

#### WHAT IS IT?

Wellness Coaching is a chance to work through goals without having to commit to therapy. Our coaches use Motivational Interviewing skills and techniques to help you find short-term solutions to your concerns. This is a free service for IUP students!

#### HOW DO I SIGN UP?

Please email us at [well-coaching@iup.edu](mailto:well-coaching@iup.edu) or scan the QR code.



#### HOW LONG IS IT?

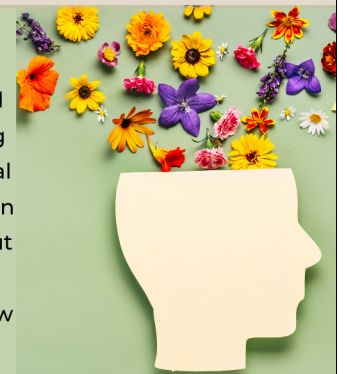
You will complete an initial appointment, 3 sessions with a wellness coach, and a post-session survey.

## A GUIDE TO UNDERSTANDING AND OVERCOMING RUMINATION

ALCOHOL, TOBACCO, & OTHER DRUGS WELLNESS COACHING PROGRAM

#### WHAT IS RUMINATION?

Rumination is a thought processing disorder characterized by obsessional, repetitive thinking that interferes with normal mental functioning. It involves dwelling on the same negative thoughts about the past, present, or future, often leading to blame, guilt, shame, low self-esteem, and helplessness.



#### TYPES OF RUMINATION

- Brooding**  
Negative emotions and dissatisfaction
- Reflection**  
Examining situations for mistakes
- Intrusive Rumination**  
Unwanted thoughts/emotions
- Deliberate Rumination**  
Making sense of an issue without a solution.

#### HOW TO REDUCE RUMINATING

- Understanding Your Triggers
- Distracting Yourself
- Physical Activity
- Practice Mindfulness Meditation
- Go to Your Happy Place
- Write About It
- Seek Mental Health Support

#### EXAMPLES

Rumination can occur with:

- Past mistakes
- Negative experiences
- Uncomfortable conversations
- Personal relationships

#### SYMPTOMS

Repetitive negative thinking can lead to issues including:

- Depression
- Sleeplessness
- Physical stress
- Difficulty concentrating

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