

# 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 — October 28, 2024

## Alcohol, Tobacco, & Other Drug; Event;

#### **Halloween Tables**

Monday, October 28 at 9:30am North Dining Tuesday, October 29 at 12:30pm HUB

Halloween Party by ATOD, Haven, & CWIP

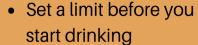
Wednesday, October 30 at 7pm HUB Ohio Room

Day of the Dead — Friday, November 1 at 9:30pm HUB Ohio Disneyland — Friday, November 8 at 9:30pm HUB Ohio

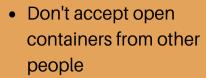
#### **Open Mic Night**

Every Monday at 8pm Folger Student Center

## IF YOU CHOOSE TO DRINK...



- Plan a ride home beforehand
- Use a buddy system!
- Eat foods high in protein
  - it slows down alcohol absorption



- Count your drinks
- Avoid chugging, slamming, or gulping drinks





# Shirley Apple Temple

- Ginger ale
- 1 syringe filled with grenadine
- Maraschino cherries
- Ice cubes

# Creepy Caramel Mocktail

- · Caramel sauce
- Apple cider
- Ginger beer
- Sugar and caramel for

### COACHING PROGRAM

Wellness Coaching uses evidenced-based skillful conversation and principles of positive psychology to assist in identifying areas of concern and developing a wellness vision and goals to make positive behavior changes. This is a free service for IUP students!

students! You can sign-up for an Initial



Please email us at well-coaching@iup.edu or sign up through the QR code!

# How To Support Your Spirit

TAKE TIME TO UNWIND

**USE SOCIAL MEDIA MINDFULLY** 

TAKE CARE OF YOUR BODY





**CONNECT WITH OTHERS** 

PRACTICE GRATITUDE

**DEVELOP A SLEEP SCHEDULE** 

### Alcohol, Tobacco, & Other Drugs

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### **Wellness Coaching Program**

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