



# 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 — September 9, 2024

### Alcohol, Tobacco, & Other Drugs Events

#### Bingo

All About Legos Theme — Friday, September 13 at 9:30pm HUB Ohio

Falling for Fall Theme — Friday, September 27 at 9:30pm HUB Ohio

Homecoming Fun Theme — Friday, October 4 at 9:30pm HUB Ohio

Pink Friday Theme — Friday, October 11 at 9:30pm HUB Ohio

## How to Practice Gratitude

### 1. Be Aware

Notice the world around you, be mindful of the abundance in your life and appreciate the little things.

### 2. Be Mindful

Be mindful of the moment you are at. Recognize the physical environment around you, and express gratitude for it.

### 3. Give Thanks

Use methods like meditation and journaling to express gratitude to yourself, or thank someone else using words or gestures.



### WAYS TO EXPRESS GRATITUDE



Write ten things you're grateful for



Tell someone 3 things you appreciate about them



Spend five minutes breathing



Offer your help



Take a mindful walk

### Wellness Coaching Program



Wellness Coaching services will be offered virtually or in person for IUP students! You can sign-up for an Initial Appointment here.

#### What is Wellness Coaching?

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!



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

## 4 Ways to Boost Your Mood & Wellness

### SLEEP

Set a bedtime routine

### SOCIAL SUPPORT

Reach out to someone you care about

### STRESS

Practice 10 minutes of meditation

### SUBSTANCE USE

Plan a sober weekend activity



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