



# 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 — January 21, 2025

## Alcohol, Tobacco, & Other Drugs Events

**Bingo** — Fridays at 9:30pm in the HUB Ohio Room

January 24, 31  
February 7, 12, 21, 28  
March 7, 21, 28  
April 4, 11, 18, 25  
May 2



Follow @IUP\_Bingo to stay up to date on themes for each week, prizes for winning, and future events!

## 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



## Wellness Coaching Program



*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!

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



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

## 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.



## SELF CARE BINGO

Prioritize your wellness this semester by practicing self-care bingo!



Alcohol, Tobacco, & Other Drugs  
[atod-oasis@iup.edu](mailto:atod-oasis@iup.edu)  
Suites on Maple East G-57/G-56  
@iupatod



Wellness Coaching Program  
[well-coaching@iup.edu](mailto:well-coaching@iup.edu)  
Suites on Maple East G-57/G-56  
@iupatod