

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

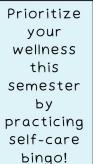
Practice 10 minutes of meditation

SUBSTANCE USE

Plan a sober weekend activity



SELF CARE BINGO





Wellness Coaching Program



What is Wellness Coaching?

Wellness Coaching uses evidencedbased 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 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.



atod-oasis@iup.edu
Suites on Maple East G-57/G-56
@iupatod



Wellness Coaching Program

well-coaching@iup.edu
Suites on Maple East G-57/G-56
@iupatod