



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 Drugs Events

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

Bingo

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...



- Set a limit before you start drinking
- Plan a ride home beforehand
- Use a buddy system!
- Eat foods high in protein - it slows down alcohol absorption
- Don't accept open containers from other people
- Count your drinks
- Avoid chugging, slamming, or gulping drinks



Creepy Shirley Temple

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

Caramel Apple Mocktail



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

WELLNESS 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!

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 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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