



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 2, 2023

Alcohol, Tobacco, & Other Drugs Events

Homecoming Tables

Tuesday, October 3 from 1-4pm Oak Grove

Friday, October 6 from 12-3pm Oak Grove

Halloween Tables

Friday, October 27 from 12-3pm North Dining

Tuesday, October 31 from 1-4pm North Dining

Bingo

Throwback Friday — Friday, October 6 at 9:30pm HUB Ohio

Surprise Theme — Friday, October 13 at 9:30pm HUB Ohio

Open Mic Night

Every Thursday at 6pm HUB Ohio Room

HOW TO BE A HEALTHY HAWK THIS HOMECOMING:

PACE & SPACE DRINKS

EAT BEFORE DRINKING

USE THE BUDDY SYSTEM

AVOID MIXING DRUGS

HAVE A DESIGNATED DRIVER

PRACTICE ABSTINENCE

ENGAGE IN LOW RISK BEHAVIORS



Mojito Mocktail

- Fresh lime juice
- Mint leaves
- Sugar
- Ice cubes
- Top with soda water

Rosemary Mocktail

- Fresh orange slices
- Rosemary
- Simple syrup
- Ice cubes
- Top with soda water



WELLNESS COACHING PROGRAM

WHAT IS IT?

Wellness Coaching is a chance to work through goals without having to commit to therapy. Our coaches use Motivational Interviewing skills and techniques to help you find short-term solutions to your concerns. This is a free service for IUP students!

HOW DO I SIGN UP?

Please email us at well-coaching@iup.edu or scan the QR code.



HOW LONG IS IT?

You will complete an initial appointment, 3 sessions with a wellness coach, and a post-session survey.

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



Alcohol, Tobacco, & Other Drugs

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Wellness Coaching Program

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