

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 24th 2022

Events on Campus

Fall Break— Rest & Recharge

October 24th & October 25th

Narcan Distribution Day! October 26

Learn how to help save someone from an Opioid Overdose
North Dining, 3pm to 5pm

Fall Fest—Candy & Conscious Consumption

October 27th, HUB Ohio Room, 430pm-830pm

Bingo!!

October 28th, HUB Ohio Room, 930pm

Takeover Tuesday: Clearheaded Communication

November 1st, Library Atrium, 6pm –9pm

Although 29.3% of IUP Students said they drink alcohol more than once a week, that leave 70.7% who do not. If you choose not to drink, you are definitely not alone. (ACHA, 2019)

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

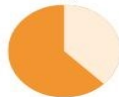


WELLNESS AND SUBSTANCE USE



College students reported drinking 6.3 drinks on Halloween

On Halloween 2019, out of 47 car crashes, 16 were due to drunk driving... 3x more than an average day.



Substance use is associated with both physical and mental health issues. Integrating wellness into substance use prevention has the potential to allow students to explore their expectations around alcohol, cannabis, nicotine or other drugs, as well as the potential risks.

“Drug Abuse at IUP is Not the Norm! 9 out of 10 Students Don’t Abuse Prescription Medication or Use Opioids (ACHA, 2019)



Apple Pie Mocktail



Ingredients:

- 4 Cups Apple Cider
- 1 tsp Apple Pie Spice
- 1 Cup White Grape Juice
- 3 Cups Ginger Ale
- 1 Apple, Diced Finely.

Directions: Add all liquid ingredients into a pitcher & Stir. Then add apples & enjoy

Recipe courtesy of Mocktail.net

Student Wellness & Engagement Resources

E-CHUG, E-TOKE AND OTHER CANNABIS/MARIJUANA ONLINE SELF-ASSESSMENT TOOLS →



FALL BREAK

Remember that Fall Break is a great time to practice self care!

1 Catch up on sleep!

2 Spend time with friends and/or family

7 Take time to relax!

3 Listen to music, read a book, watch a tv show

6 Journal, meditate, or practice yoga

4 Go for a walk outside or to the gym

5 Do something you love! Work on your passions/hobbies



Self-care IS EMPOWERMENT

Message brought to you by Student Wellness and Engagement/ATOD and IUP Student Government

