

# S.T.A.H.L. NEW

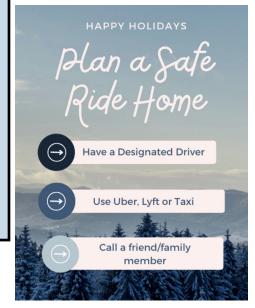
Brought to you by ATOD & Wellness Coaching at the Center for Health and Well-Being

December 5. 2022

WINTER BREAK IS HERE!!! Final Exams Dec 6-10! First day back Jan 17 2022.

We hope to see you back in January after a fun and safe holiday season! Regardless of what holiday you celebrate (Or even if you celebrate none) give yourself the gift of a break from the negative consequences of drinking!

- Choose to celebrate your break sober
- If you choose to drink, set a limit, alternate alcoholic and non alcoholic beverages and eat beforehand!
- Stay with a group of friends when you go out!
- Remember that while alcohol may make you feel warm, it actually lowers your body temp, so be careful if you choose to drink outdoors!





# **Healthy Holiday** Boundaries

Establishing boundaries with friends and family can help you to have more high-quality interactions.

Have conversations with your loved ones and colleagues this holiday season about the most comfortable and effective ways that you can communicate with



Engaging in healthy habits during the holiday season is important. Our Wellness Coaching program can help you stay on top of your goals, incorporate changes you want into your daily life, and maintain these healthy habits!

# **Stress Management**

The holiday season can place extra demands and stress on us, so it is especially important to prioritize self-care and healthy coping.

- 1) Social supports can be great resources during times of stress. Family, friends, mentors, co-workers, and significant others can all provide a listening ear and emotional support.
- Relaxation and coping skills can help deactivate our body's stress response. Going to a quiet place, deep breathing, listening to soothing music, smelling calming scents, etc. are ways to naturally cope with stress.
- 3) Therapy is a great way to identify sources of stress, learn stress reduction techniques, and receive support and accountability. On-campus resources include the Campus Counseling Center and the Center for Applied Psychology.



## **INGREDIENTS:**

- 1 cup half and half
- 12 oz. cream soda
- 4 tsp. simple syrup

coaching

2-4 drops peppermint oil or extract

### **INSTRUCTIONS:**

- Coat the rim of your cup in simple syrup on a plate
- then dip the glasses that have been coated in simple syrup into the candy canes
- To make the drink: stir together 1 cup half and half, 12 oz. cream soda, 4 tsp. simple syrup, and 2-4 drops of peppermint oil in a small pitcher Pour mixed drink into the candy cane rimmed glasses



# Student Wellness & **Engagement Resources**

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



If you or someone you know needs support now, call or text 988

