



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

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 each other.

HAPPY HOLIDAYS



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.
- 2) 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.

Candy Cane Holiday Mocktail

INGREDIENTS:

- 1 cup half and half
- 4 tsp. simple syrup
- 2-4 drops peppermint oil or extract
- 12 oz. cream soda
- Candy canes

INSTRUCTIONS:

- Coat the rim of your cup in simple syrup on a plate
- On another plate, place the crushed candy canes and 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 TOOLS →



If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

