



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 — March 17, 2025

Wellness Coaching

What is it?

Wellness Coaching is a chance to work through goals without having to commit to therapy. It can help you find short-term solutions to your concerns surrounding substance use, sleep, stress, and/or social support. This service is FREE to students and will be located in Suites on Maple East G-56/57.

Virtual sessions over breaks are also offered!



DON'T TEST YOUR luck

Ways to stay safe:

- Pace drinks
- Stay with friends
- Try little to no drinking
- Drink water often
- Avoid mixing substances
- Eat before drinking

March EVENTS

Wednesday, March 19th | 3:00p - 4:30p
'Reclaiming Body Image' in 104 Kopchick Hall

Thursday, March 20th | 11:00a - 2:00p
'Mason Jars, Mocktails, & Trivia'
@ Ground Floor, Suites on Maple East

Friday, March 21st | 11:00p - 2:00p
'Mason Jars & Mocktails'
@ Ground Floor, Suites on Maple East

Thursday, March 27th | 4:00p - 6:00p
'Unapologetically Free' in 103 Kopchick Hall

Follow us for more details.

SPARKLING SHAMROCK MIMOSA



- 2 oz fresh orange juice, chilled
- 1 1/4 oz [Monin Blue Curaçao syrup](#)
- Non-alcoholic sparkling wine, chilled
- Gold shimmer dust (optional)
- Rainbow sour string (optional)

LEPRECHAUN LUCK



- 4 cups of lemonade
- 1 tablespoon of blue raspberry drink mix, such as Kool Aid
- 5 drops of green food coloring (optional)
- Ice

Positive Coping Strategies

Knowing how to deal with stress can be a moment of trial and error. Try something below that might work for you.



1

Create your peace.

Creating things allows you to express yourself and your emotions. Whether you want to play music, write a poem, crochet, or paint - your peace is in your hands.



2

Connect with loved ones

Loved ones can always bring us happiness. There's nothing like calling a friend or your parents to vent or watch a movie.



3

Mindful meditation

Find a calm and quiet place and breathe. Deep breathing can help with stress and grounding ourselves in the present.



4

Exercise

If you like high or low intensity workouts, this is a great activity for you. Take a walk or join a group fitness class to engage in some fun activity.



5

Gratitude Journaling

Find the beauty in life and write about it. From getting a great meal from Chick-fil-a to meeting your daily water intake, there's a moment of joy that can liven up your day.



6

Read or Listen to an AudioBook/Podcast

Take your mind to a new place with a good book or podcast. Reading and listening to stories can create moments of comfort, so lean in and find something you like.



7

Do your favorite activity.

There are so many activities that can create moments of peace and happiness. From video game play to game nights with friends, you can find something to bring you joy that's healthy!

Alcohol, Tobacco, & Other Drugs
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Wellness Coaching Program
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