



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 — September 30, 2024

Alcohol, Tobacco, & Other Drugs Events

Homecoming Tailgate

Join our department on **Saturday, October 4th** at this year's homecoming game during the tailgate from 11:30am to 1:30pm at Miller's Stadium.

Bringing you waters to keep hydrated throughout the day and during the game.

Good Habits Aren't Boring, They're Iconic.

Be an icon this homecoming...

- Have a designated driver.
- Set a limit before you start drinking.
- Eat food high in protein.
- Don't accept open containers from those you don't know.
- Alternate between alcoholic and non-alcoholic beverages.
- Pace and space drinks.
- Use the buddy system.
- Avoid mixing substances.
- Know where your drink is at all times.
- Engage in low-risk behaviors.



PRACTICE WELLNESS IN THE OAK GROVE



Read a book in a hammock.



Share your gratitude with friends.



Practice yoga with the squirrels.



Be one with nature.



Take a mindful walk.

"The cultivation of grateful affect through daily and weekly journaling led to overall improved well-being, including fewer health complaints and a more positive outlook toward life."

Emmons & Muecke, 2011

1

"Gratitude has been shown to contribute not only to an increase in happiness, health, and other desirable life outcomes but also to a decrease in negative affect and problematic functioning."

Emmons et al., 2019

2

The Benefits of Gratitude Journaling

"Gratitude is... a preexisting key strength with which the client can draw upon for healing. As such, gratitude may spontaneously catalyze healing processes."

Emmons & Stern, 2013

3

"Gratitude demonstrated strong relations with the following positive affects: proud, hopeful, inspired, forgiving, and excited."

Proh et al., 2009

4

ICONIC SIPS



HOMECOMING
2025

Apple Cider Mule Mocktail

ISO 200

8 oz Apple Cider
4 oz Ginger Beer
2 oz Tonic Water
1 TBSP Caramel Drizzle
1 Cinnamon Stick*
Apple Slices*
(*Optional Garnish)

HOMECOMING
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Ingredients

ISO 200

Alcohol, Tobacco, & Other Drugs
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