Quick Tips to Nix Stress

- Set yourself a weekly budget and stick to it
- Invest in a calendar and write absolutely everything on it
- Plan your time wisely. Major projects and deadlines sneak up fast, so start them early
- Monitor your diet, sleep, and exercise habits. Too much or too little of these can really affect your moods
- Get help in difficult classes before you start to struggle
- Take time to do things you enjoy

Mental Health Awareness Week………………….Mon. 9/7 - Fri. 9/11
- Self-Care for Student Success…………………………….Tues. 9/8
  Counseling Center
  Weigel 203, 12:30pm
- Horizon Therapy Dogs………………………………………..Wed. 9/9
  Houston Gym 212, 6:00-9:00pm
- I ♥ Consent Workshop………………………………………Thurs. 9/10
  Ketchum 200, 12:30-2:00pm
- Opiate Overdose (Narcan) Workshop……………………..Fri. 9/11
  Ketchum 200, 2:00-3:30pm
- Out of the Darkness: Walk for Suicide Prevention……….Sat. 9/12
  American Foundation for Suicide Prevention
  Delaware Park, 8:30am
- Flu Shot Clinic………………………………………………Tues. 9/15
  Campbell Student Union: Upper Lobby, 10:00am - 2:00pm

Apply Now!
Weigel Health Promotions is interviewing students for the 2015-2016 academic year.

Positions Available:
- Independent Study/Intern
- Graduate Students
- Undergraduate Students
- Volunteer

Looking for students with experience in graphic design, workshops, web design, social media, event planning, office support, photography, videography and more.

Contact: Louise Holmes, lholmes@buffalostate.edu if you are interested in working with us!

Services at Weigel
- Food Pantry
- Addiction Specialist
- CPR Training
- Dietitian
- HIV Testing

Remember: It is normal to feel anxious and homesick when leaving home for the first (or even 100th!) time. If you are feeling overwhelmed, take a deep breath and remember that you are here to be the best that you can be.

YOU CAN DO THIS!