

OCTOBER 2021

The Flourish



Supporting the well-being of all students at Stanford

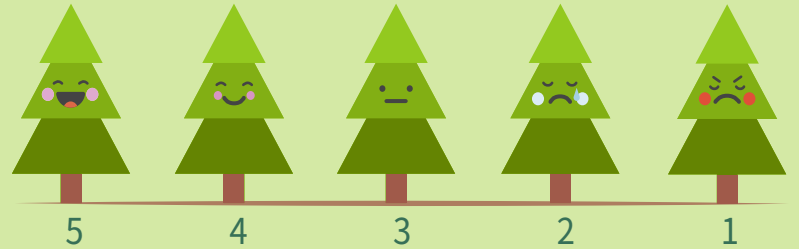
IN FOCUS:

TRANSITIONING TO CAMPUS. “The way you move through this time will not look the same as your classmates, yet we can learn from each other and find the support we need to move through the process.” We are Trees Together and we invite you to transition with us.

studentaffairs.stanford.edu/resources-our-communities/transitions

HOW IS LIFE TREE-TING YOU?

Rate yourself on a scale of 1 to 5, with 5 being flourishing (presence of positive feeling of well-being) and 1 being languishing (absence of positive feeling of well-being).



Use this space to check in with yourself. Reach out for support when you need it.

Remember... It's Okay to Not be Okay.

Between getting along with roommates to planning for life after graduation, and everything in between, life can be stressful. Check out the many mental health resources at Stanford to support you during these challenging times.

studentaffairs.stanford.edu/resources-our-communities/mental-health-resources-stanford

Struggling with Feelings of Loneliness and Anxiety?

Feeling lonely right now is normal, though the feeling does not need to be permanent. Learn about healthy and sustainable ways to build connections and community, and what contributes to our experiences of loneliness versus healthy solitude.

studentaffairs.stanford.edu/resources-our-communities/loneliness-connection

92%

Of the incoming class said that they would only use prescription drugs as directed by a doctor

Stanford Class of 2025 AlcoholEdu Survey

October 23rd is National Prescription Drug Take Back Day.

Be aware that an increased number of counterfeit and laced drugs are circulating in Santa Clara County. For more information, and 'no questions asked' drug disposal locations: studentaffairs.stanford.edu/news/dangerous-counterfeit-drugs-our-community

IN THE

SPOTLIGHT

TIP OF THE MONTH

Get a Flu Shot!

It's EASY and FREE for all enrolled students. Additional flu information: flu.stanford.edu

SCAN QR CODE to view upcoming clinics on campus.



SLEEP CORNER

Get regular sleep

- ★ Go to bed and get up at more or less the same time each day, even on the weekends.
- ★ Recommended amount of sleep for those 18+ is >7 hours per night daily.

