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).

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.

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

92%
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IN THE SPOTLIGHT

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.

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