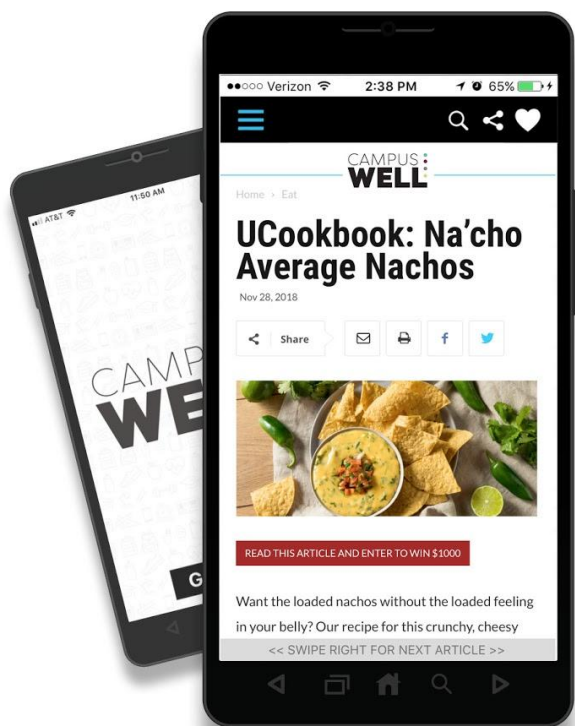


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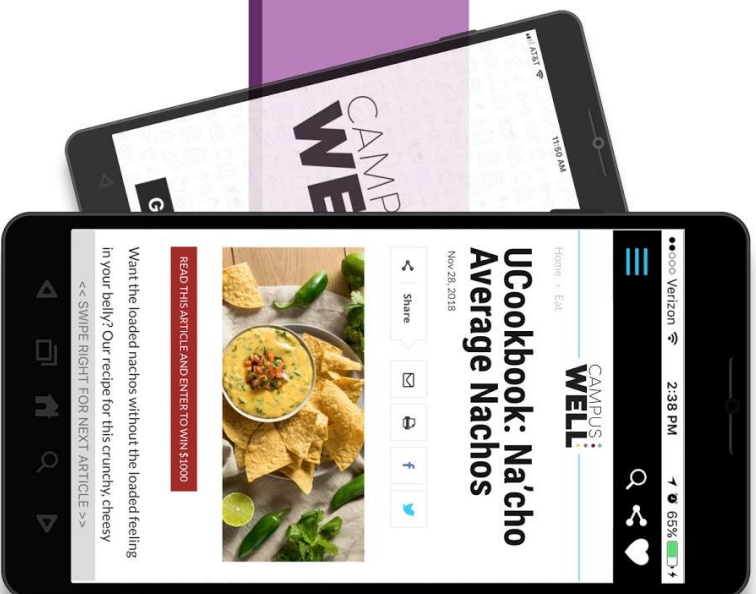
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national suicide
prevention lifeline
1-800-273-TALK

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Do your thing
AND DON'T CARE
if they like it.

—Tina Fey

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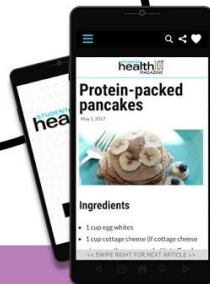
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Spread the word,
spread the
wellness



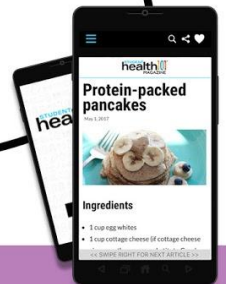
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MAKE FRIENDS, *not “friends”*



Read an actual book. Go for a unicycle ride.
Make Neapolitan ice cream. Admire salsa dancing.
Sell soap at the farmers market. Meet your neighbors
and host a block party. Run a half-marathon in toe shoes.
Try to understand modern art. Write a sincere letter.
Learn Hungarian. Try beatboxing. Make your own list.



Most of life happens offline. Don't miss out.



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5 veggies to try today



LETTUCE BEGIN

Add a colorful variety of vegetables to pastas, omelets, and quesadillas for a healthy twist on go-to favorites.

- Spaghetti squash
- Kale
- Edamame (fresh soy beans)
- Beets
- Watercress

Get a lot of bang for your buck with these nutrient-dense and tasty vegetables:

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3 WAYS TO MEET PEOPLE

Making friends—the struggle is real. But it's worth it. A stronger social network makes you happier and can even extend your life, according to research. So how do you get there without redefining awkward? Try some of our tips, and you're on your way to a happier life, or least someone to groan about stats with.

1. Join a club you're actually into. Because someone else probably geeks out over organic arugula, right?
2. Keep your door open. Throw on some Dylan and see who pops in for a listen...or a cringe.
3. Admire her sweet skateboarding skills? Tell her. Compliments can open a convo.

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TURNIP FOR WHAT



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I feel good from my head
tomatoes!



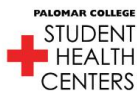
You can too



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lettuce be friends



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droppin' a **beet**
for health and wellness



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THIS WEEK IN



Deck of cards workout

Take a study break.

Grab a deck.

Draw cards.

For each suit:

♥ = push-ups

♠ = squats

♦ = crunches

♣ = lunges

Number on card
= number of reps



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STRESS LESS

stay active



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Schedule time FOR EACH RESPONSIBILITY IN YOUR PLANNER

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SLEEP



affects hormone and insulin levels.

MAKE IT A PRIORITY.

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The beautiful thing about
LEARNING

is that
NO ONE
can take it away from you.

—B.B. King



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—B.B. King



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I can choose to let it
define me
confine me
refine me
outshine me



or I can choose to
move on and leave it
behind me



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I can choose to let it
define me
confine me
refine me
outshine me



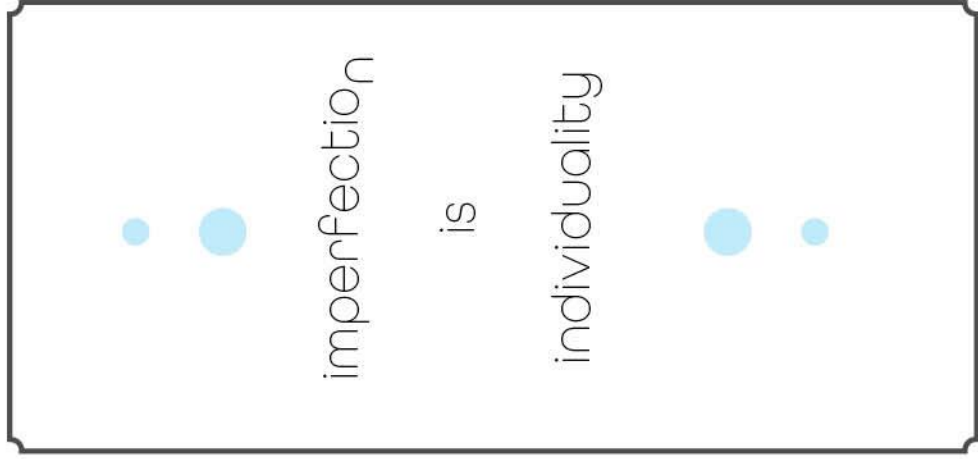
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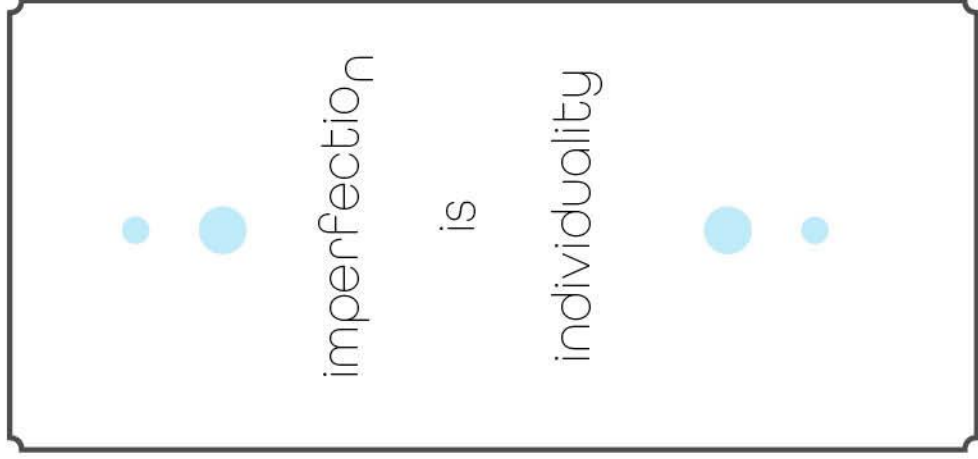
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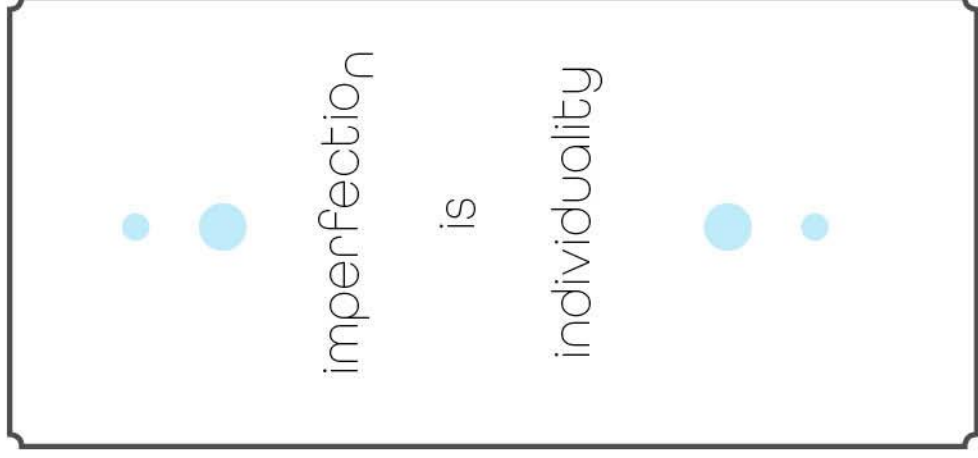
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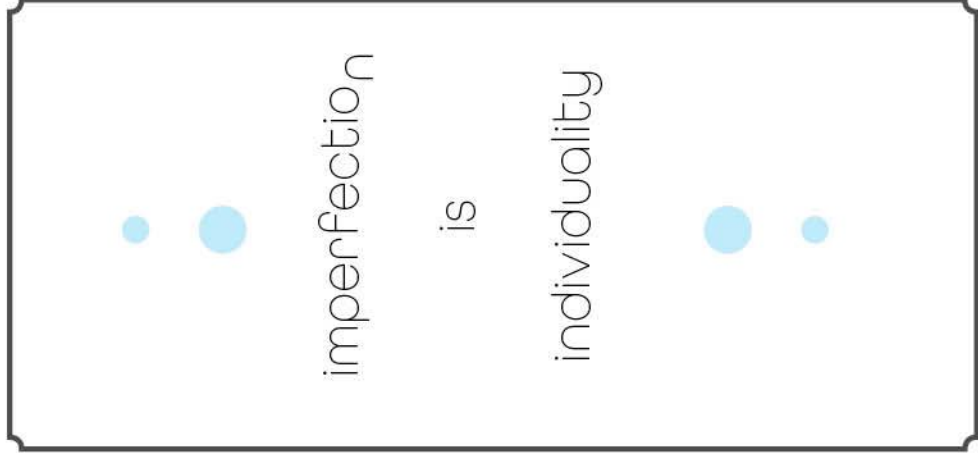
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7 things students wish they'd known sooner

1

"Don't be afraid to ask questions to your professors or advisors. Others may have the same question. So do us all a favor, be cool and ask." —Second-year undergraduate, New Jersey Institute of Technology

2

"Don't lock yourself in the library all day and night. Find new places to work; outside when it's warm, other buildings, places with good views." —Fourth-year undergraduate, Michigan Technological University

3

"Find a workout partner." —Third-year undergraduate, University of Massachusetts

4

"Remember to find the balance between school and fun. Fun doesn't always mean getting trashed." —Fourth-year undergraduate, California Polytechnic State University

5

"Take advantage of the gym and psychological counseling. These resources will never be free to you again." —Name and university withheld

6

"Take a random class. You might end up finding an unexplored talent or fascination that changes your life." —Fourth-year undergraduate, University of Maryland

7

"Don't overbook your semester! You need to leave time to relax and enjoy time with friends between your attempts to conquer the world." —Fourth-year undergraduate, University of Delaware

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A SHIP IS SAFE IN HARBOR,
but that's not what ships are for.

—William G. T. Shedd



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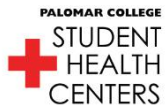


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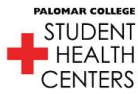
Reframe setbacks

with positive language

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REFRESHING mocktails

Orange Fizz:

splash of lime or grenadine
1 cup OJ
1 cup sparkling water

Lime-Mint Spritzer

2 cups seltzer water
½ fresh-squeezed lime
fresh-chopped mint



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CAMPUS
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by Student Health 101

REFRESHING mocktails

Bay Tease:

½ cup peach or mango nectar
2 cups cranberry juice
1 cup pineapple juice

Lime-Mint Spritzer

2 cups seltzer water
½ fresh-squeezed lime
fresh-chopped mint



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REFRESHING mocktails

Cocoa Cooler:

½ cup crushed ice
2 packets hot chocolate mix
4 oz. half-and-half or almond milk

Arnold Palmer:

1 cup iced tea
1 cup lemonade



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REFRESHING mocktails

Sorbet Squeeze:

1 scoop sorbet
2 cups juice

Arnold Palmer:

1 cup iced tea
1 cup lemonade



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BEAT THE SWEETS

*chase away those junk food cravings:
snack on fruits and vegetables*



Raw fruits and vegetables make healthy snacks and won't harm your teeth or your body.



Fresh, frozen, juiced, dried, canned: They all count.



Eat the rainbow: Choose different colors so your body gets the nutrients it needs.



Eat five or more portions every day: about a third of your day's food.



A fruit or vegetable serving is about the size of your fist.

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