

October Newsletter

The Office of Care and Civility

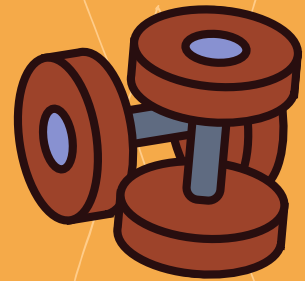


Fuel

As we get closer to the holidays, it can be harder to eat right and stay on track! Here are a couple tips to think about: 1) Don't give up your favorite foods; instead, eat in moderation. 2) Add extra vegetables to the dinner table! 3) Don't forego exercise; take a short walk after dinner. 4) Go homemade instead of processed; here's a recipe for [Healthy Green Bean Casserole](#).

Hustle

With the weather cooling down, it's easier to get outside for a quick workout. Check out one of these three [Outdoor Workouts](#). Don't forget, the UNTHSC Fitness Center is FREE to all students, including group exercise classes such as cycling and yoga.



Relax

Ever realized that you feel better after talking through your feelings with someone else, maybe a close friend? Sometimes just putting your thoughts out there can relieve anxiety. This month, try keeping a thought journal to reduce stress. Here are some [tips](#) for getting started.

Unwind

Love Halloween? Need to get your mind off school? Check out this spooky podcast called [Haunted Places](#).



Reach Out

It can get especially lonely during the holiday season, especially if we are not surrounded by loved ones. If you need someone to talk to, the [CARE Team](#) and [My SSP](#) are ALWAYS here for you! You can also refer a friend.

Extra Resources for Students:

[Food Pantry](#)

[Relaxation Room](#)

[Domestic Violence Awareness Month](#)

[Fitness Center](#)