

S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Indiana University of Pennsylvania Counseling Center

It's the Final Countdown!

Summer I
Courses
begin
Tuesday



REDUCE THAT STRESS!

- Get outside!
- Spend time enjoying activities
- Catch up with old friends
- Read a new book
- Lay in a hammock
- Plan a vacation/getaway

Enjoy your break!



To reduce mental health symptoms, here are some great tips for a successful summer!

- Keep a structured routine
- Plan out Fall 2023 Housing
- Budget your finances
- Obtain summer employment
- Fill out 2023 FAFSA
- Check in with PCP

New Ways to Connect

Togetherall is a safe, online community to share feelings anonymously and get support to improve mental health and wellbeing.

IUP
Crimson Connect



IUP
Student Life



togetherall