



Let's talk about BOOze!

We are not here to give you any tricks, but treats when it comes to consumption of alcohol during the Halloween season. If you choose to consume alcohol, it is important to utilize risk reduction strategies to create a safe and comfortable space for you and those around you! In the spirit of Halloween, let us remind ourselves of the “tricky” effects of mixing alcohol with other drugs:

- **Alcohol + Stimulants** (ex: Adderall, Vyvanse): impairs the ability to recognize bodily signs of intoxication which increases the risk of overdose and death.
- **Alcohol + Hallucinogens** (ex: MDMA, Molly): increases heart rate and body temperatures to abnormal levels; can lead to potentially severe dehydration; increases risk of heart attack.
- **Alcohol + Depressants** (ex: Oxycodone, Xanax): slows involuntary body functions; increases risk overdose and death.
- **Alcohol + Cannabis** impairs motor skills; can create unpredictable mood swings anxiety, paranoia; can induce nausea.
- **Alcohol + Cocaine** impairs the ability to recognize bodily signs of intoxication; creates cocaethylene, which strains the heart and lungs; increases overdose or death.

It is also important to take care of your emotional health by making time to unwind, connecting with others while physically distancing, and taking breaks from social media and the news.

It is important to prioritize your mental health and seek immediate help in a crisis. Here are some helpful resources that you can turn to if you need support:

Additionally, during the trick and treat season let's remember the eight Healthy Drinking Strategies

CHOOSE your own drinks (alcoholic or otherwise), don't let the pressure creep up on you

EAT, before you drink, Arrive with your stomach full, not hollow.

STAY with your friends, don't ghost your friends, stick with the buddy system!

HYDRATE, or hangover, Don't be haunted in the morning.

TRACK, your BOOze (number of standards drinks) if you choose to drink.

MODERATE, your drink consumption, one drink per ghostly hour.

DESIGNATE, a non- drinking driver, have a friend without any BOOze in their system to drive.



TUPHE FEATURE

Tips for reducing exam stress

Midterms are coming up, and preparing for college exams can be difficult and stress-inducing. Some stress can be good for you, like when a deadline motivates you to complete a challenging assignment. However, excessive stress can cause mental and physical effects on your body that can impact how successful you are in college, such as trouble concentrating, excessive worrying, a rapid heartrate, trouble submitting assignments on time or attending class, changes in sleeping habits, or even head or muscle aches. According to the National College Health Assessment in 2021, 43.4% of students reported that stress impedes their academic performance, and 80.8% of students reported their overall stress levels being moderate to high over the past 12 months. It is important to know a few techniques to manage your stress so you can be successful at Tulane.

Here are some tips for reducing exam stress that you can do right now:

- Take deep breaths. Deep breathing can help lower you blood pressure and heart rate.
- Limit your alcohol and caffeine intake, because these beverages can make you more tense and anxious. Choose non-caffeinated tea or flavored water in periods of high stress.
- Try to understand what triggers your stress. Some examples could be school, work, family or social life. Identifying these triggers is the first step towards finding solutions.
- Exercise! Any form of exercise, even walking, can improve your mood.
- Prioritize your sleep. Making sure you get adequate sleep boosts mood and lowers stress.
- Be kind to yourself, and remember that you cannot control everything.
- Seek help when needed. On-campus resources are here for you. The Counseling Center (504- 314-2277) is open during business hours, but the Line (504-264-6074) is open 24/7.

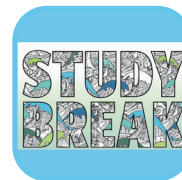
live well Highlights



Live Well Hut
Wednesdays & Thursdays,
11:00 AM- 1:00 PM @
McAlister



Menstruation Celebration
Wednesday, October 6th
11:00-1:00 PM on McAlister



Study Break: Affirmations and Art Therapy!
Wednesday October 13th,
3:00-5:00 PM, Pederson
Lobby