ON A ROLL

October Observances and Events:

Breast Cancer Awareness Month
Domestic Violence Awareness Month

- Oct 4 (4:00 pm) – Equity and Diversity Center’s Safe Zone: Level 1 Training
- Oct 13 (3:30 pm) – Counseling Center’s Destress in the Dirt: General Students
- Oct 18 (4:00 pm) – Equity and Diversity Center’s Safe Zone: Level 2 Training
- Oct 25 (4:00 pm) – Equity and Diversity Center’s Safe Zone: Level 3 Training
- Oct 27 (3:30 pm) – Counseling Center’s Destress in the Dirt: Sophomores

For more health and wellness information visit:
www.ndsu.edu/studenthealthservice

“A HEALTHY OUTSIDE STARTS FROM THE INSIDE”
- ROBERT URICH

The ability to understand your own feelings, accept your limitations, achieve emotional stability, and become comfortable with your emotions. Emotional wellness relates to the ability to express emotions appropriately, adjust to change, cope with stress in a healthy way, and enjoy life despite its occasional disappointments and frustrations.

Invest in Self Care:
Investing in self care can boost your mood, help you manage stress, and benefit your overall emotional well-being.
- Get enough rest
- Consider your diet/ exercise
- Meet with people face to face
- Take a break

Domestic Violence Stats and Facts:
- Domestic violence is the leading cause of injury to women—more than car accidents, muggings, and rapes combined.
- Ninety-two percent of women surveyed listed reducing domestic violence and sexual assault as their top concern.
- Studies suggest that up to 10 million children witness some form of domestic violence annually.
- Men can also be victims of domestic violence.

http://domesticviolencestatistics.org/domestic-violence-statistics/

Be Emotionally Well with the Counseling Center

- Counselors, Psychologists, and Therapy Dogs
- Free Personal, Academic, and Career Counseling
- Group Classes and Workshops
- Online Stress and Depression Assessment Test

Schedule an appointment by calling:
701-231-7671
Located in Ceres Hall

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