Healthy HERD Champions

ON A ROLL

October 2018

Snap the stigma is a new campaign on campus to help humanize mental illnesses. Snap the stigma week is October 8th-12th. Help us by liking an following our social media to learn how you can snap the stigma.

Www.snapthestigma.com

Instagram: @snapthestigmaNDSU

Facebook: Snap the Stigma

Sleeping Tips:

1. Try to wake and sleep at consistent times
2. Exercise regularly, but not before bed
3. Take 20-30 minute naps during the day
4. Turn on electronic devices at least 30 minutes before your go to bed.
5. Set your room temperature anywhere between 65-75 degrees Fahrenheit. This is the best temperature for catching zzz's.

Events around Campus:

Oct 5th—Grocery Bag Bingo 9:30pm-1am
Oct 8th—"Talk Saves Lives" 7pm MU Prairie Room
Oct 9th & 11th—Mental Health First Aid Training 8am-12pm
Oct 10th—Counseling Center Open House 3-5pm
Oct 11th—Comedian Kevin Bozeman 7pm MU Great Room
Oct 16th—Haunted House 6-10pm MU Great Plains Ballroom
Oct 26th—Boo! At NDSU

October Fun Facts

- More American Presidents were born in the month of October than any other month.
- October is national Pizza month, Popcorn month, pork month and sausage month.
- Nearly 35 million pounds of candy corn are produced each year.
- In the southern hemisphere, October is the seasonal equivalent to April.

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

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