

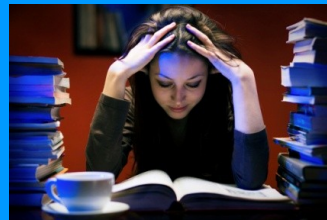
Total Summer Wellness

- Wear sunscreen, even if it's overcast
- If you catch a buzz, catch a ride
- Hydrate, hydrate, hydrate with non-diuretic beverages
- Wear sunglasses to protect your eyes
- Focus on eating plenty of fresh fruits and Vegetables
- Watch out for those pesky mosquitoes...wear insect repellent!
- Make sure to keep your pets indoors to avoid heat stroke.

HAVE FUN!!!

Stress-Reducing Tips

- Don't Procrastinate
- Yoga
- Meditation
- Laughter
- Take a Walk
- Journaling
- Listen to Music
- Eat A Balanced Diet
- Exercise
- Meet Your Own Needs
- Get Enough Sleep



STRESSED RIGHT BEFORE FINALS??
TAKE A BREAK WITH THE S.W.E.E.T PEER EDUCATORS AT OUR
STRESS FREE ZONE!
WHEN: FRIDAY APRIL 30TH, 12-5PM—FLIK PATIO
TYE-DYING, STRESS BALLS, FREE COOKIES,
"THAT'S WHAT SHU SAID" TSHIRT(\$10)

s.w.e.e.t. Peer Educators are SHU students equipped with information and resources to help lower the risk of eating disorders, alcohol poisoning, depression, and other wellness-related issues, and to promote a safer, healthier, happier campus community through various fun and educational programs. If you are interested in learning more about s.w.e.e.t. or becoming a Peer Educator, e-mail Karen Flanagan at flanagank879@sacredheart.edu. This message has been approved by the Student Wellness Education and Empowerment Team.

Adderall and You

Common Side Effects

- Dry Mouth
- Loss of appetite
- Headache
- Difficulty falling asleep (insomnia)
- Nervousness including agitation, anxiety and irritability
- Addiction

Overdose Side Effects

- Restlessness, Aggression
- Hallucinations, Delusions
- Panic states
- Seizures, overactive reflexes
- High blood pressure, Rapid heart beat
- Swelling of hands/feet/ankles
- Sweating, Vomiting, Dehydration