



The Stall Street Journal

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My Calm Place

As the semester continues and you experience new stressors or challenges, try this quick **relaxation exercise** to refocus your mind (from strong4life.com).

- Find a comfortable place to sit and close your eyes. Take a few deep breaths in through your nose and out through your mouth.
- **Imagine yourself in a place where you feel safe, happy, and comfortable.** This might be a favorite place you go, somewhere you've been before, or somewhere you've completely made up.
- Think about every detail that makes this place calming for you: **What do you see? What do you hear? What can you touch? What do you smell? What do you taste?**



- Know that you can return here any-time, wherever you are, whenever you need to feel calm.



Be Kind to Your Mind

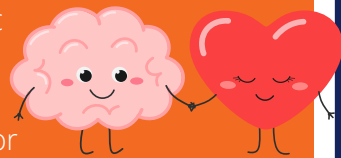


Red Ribbon Week is Oct. 23-31 and is the nation's largest and longest-running drug-use prevention campaign. This year's theme is *Be Kind to Your Mind*.

You can be kind to your mind by avoiding vaping. Vaping nicotine can **worsen** anxiety symptoms and amplify feelings of depression. That's because **nicotine rewires your brain**. According to thetruth.com, "Nicotine can reactivate the receptors in your brain that respond to stress, and actually **increases nicotinic receptors over time**...In short: Vaping nicotine can increase stress levels."

Instead of reaching for a vape, be kind to your mind and try other ways to cope with stress:

- Listen to relaxing music
- Color, draw, or paint
- Focus on one or more things you're grateful for
- Practice breathing exercises (Breathwrk app)



Halloween Jokes That Will Tickle Your Funny Bone



What do you call a movie about zombies falling in love? *A zom-com.*

How did the zombie become an expert at trick-or-treating? *Dead-ication.*

Why did all of the vampires read the newspaper?
They heard it had great circulation.

Why are vampires not good at art?
They can only draw blood.

Why are graveyards so noisy?
Because of all the coffin.



How do mummies tell their future?
They read their horror-scope.

Why are ghosts terrible liars?
You can see right through them.

How do you know that you've been ghosted?
The poltergeist doesn't text you back.

Why are skeletons always so relaxed?
Nothing gets under their skin.

What do skeletons order at restaurants? *Spare ribs.*

