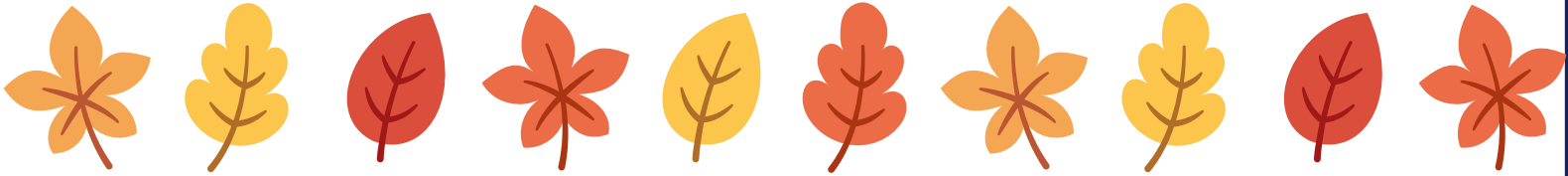




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Train Your Brain with Positive Affirmations!

It's common for our minds to wander into negative or unhelpful thinking. **Practicing positive affirmations on a regular basis** can train your brain to think more positive and helpful thoughts. Positive affirmations can also trigger the release of feel-good hormones.

Use these **affirmation activities** to train your brain to think and feel more positive:

I can do anything

*I ADD VALUE
TO THE
WORLD*

1. **Say your affirmations out loud.** Try starting your day by saying your affirmations out loud. Organizing your thoughts and saying them out loud trains your brain to form new thought patterns.
2. **Create affirmation sticky notes/posters** and put them in visible places to remind you of positive thoughts.
3. **Use a positive affirmation app** to provide you with positive inspiration wherever you are. Check out the [ThinkUp - Daily Affirmations](#) or [Unique Daily Affirmations](#) apps.

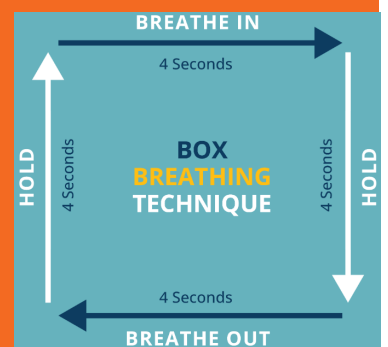
**I AM STRONG
I AM CAPABLE
I AM RESILIENT**

Huskies Use Healthy Coping Skills

Huskies know that using marijuana is **not** a safe way to manage stress. A recent study from Illinois' annual cannabis report highlighted the association between marijuana use and serious mental health disorders. The CDC has also states that teens who use marijuana are more likely to develop mental health problems, such as depression.

Instead, Huskies are using **healthy coping skills** to prepare for the end of the semester and finals:

- Listening to music
- Hanging out with my pet
- Drawing
- Reading a book
- Box breathing
- Talking to a friend or therapist



Try adding a new healthy coping skill to your routine this fall!



Fall Jokes To Leaf Your Smiling



How do leaves get from place to place?
In Autumn-mobiles.

What do you call a pumpkin that works at the pool?
A life gourd.

Why did the apple pie cross the road?
It saw a fork up ahead.

What is it called when a tree doesn't think it's Autumn?
Disbe-leaf.

What do you call a small pepper in late Autumn?
A little chili.

What is the best book to read in Autumn?
Gourd of the Rings

How does a pumpkin listen to music?
On vine-yl.

Why were so many people collecting leaves under the tree? *It was a poplar tree.*

What is a turkey's favorite dessert?
Apple-gobbler.

What Thanksgiving side dish tells the worst jokes?
The corn-y bread

