HELLO HELLOOO OLES

BOO! It's October!!! Cue the lattes, turtle neck sweaters, apple picking, pumpkin carving... whew.

The focus of this month's newsletter is... drum roll please.... AOD (Alcohol & Other Drugs). The AOD team tackles prevalent social norm concerns about alcohol and other drugs within the student body. This month, the AOD team is hosting several presentation and events from the 20th-25th (ALL WELLNESS SWIPES & SUPER INFORMATIVE). Keep an eye out for the events/presentations list (coming out soon).
Myth Busters: "Beer Blanket" ... "Is this a real thing???

"What is a 'beer blanket'?" : Warm fuzzy feelings experienced after drinking several beers, or other alcoholic beverages.

"Even though we're in Minnesota and it's -10°F, I've had a few beers and feel warm enough. I don't need a coat... I'm invincible to the cold, right?" : NO! In actuality, alcohol does NOT keep you warm. Myth "busted"!

"What's happening then?" : When consuming alcohol, blood flow shifts to the surface of the skin as your blood vessels dilate. Because of the warm blood circulating near receptors on the skin, you feel your blood’s warmth. Yet this warmth is only at your skin’s surface, like a "heated shell". Since the warm blood flow is only surface level, it is actually more easily weakened by the cold which increases risk of hypothermia.

"So I should probably wear a coat when it's cold out, then?" : Yes, don't let the false illusion of a "beer blanket" fool you. Dress warmly to keep yourself safe and
The survey results are in! "Perceptions of Alcohol Consumption on Campus"

Last Thursday, the Wellness Center tabled near the cage to gather anonymous data surrounding perceptions of alcohol consumption on campus. Here's what we found . . .

From the data we collected, there are some interesting differences between what Oles PERSONALLY believe and their perceptions of OTHERS on campus. Notably, only 25% of our respondents believe that OTHER OLES find it acceptable to show up to a party and not drink alcohol, whereas 88.9% of respondents themselves find it completely acceptable to do so.

Additionally, 44.4% of students on campus believe that others find "blacking out due to alcohol consumption" to be "somewhat acceptable" and that only 11.1% believe others find this "unacceptable", whereas 41.7% of respondents themselves find this behavior personally unacceptable.

For the full report, click on this link.

Let's keep this information in mind when working towards fostering a welcoming community for all that encourages safe drinking if you do choose to drink!
How was being a Peer Educator influenced your life as a college student?
I have been a Peer Educator since my sophomore year and I absolutely love it! It has given me a wonderful support system and a great group of friends. It has also allowed me to engage more with the campus by helping to run several Wellness Center events. For instance, I am on the physical health team and we had our physical health week last May where we got to organize a carnival with games for students, and we did a tabling event where we made and gave away smoothies. Events like these are really fun to be a part of and it's really awesome to see people enjoying them!

What is it like being an EMT on campus?
I love being an EMT! I really value getting to help people out when they need it the most. I also love this intersection of being a peer educator and an EMT. I did a Wellness Swiped presentation last year about emergency preparedness and because I had EMT experience, I could not only give the presentation with more confidence. I also use some of the EMT equipment and show others what EMT calls look like and the services EMT's can offer.

What is your go-to snack at the Cage?
Chocolate truffle cookies!

Monthly Mental Wellbeing Recommendation
School is starting to ramp up and I'm sure you're all busy running from class to library to dorm to library to caf - but it's important to take a step back, be mindful,
and reflect. Try out writing down "Three Good Things" from your day, every day for a week. [Here's a PDF as a guide](#).

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**Introducing: SQUIRREL TALK**

Roommate problems? Dealing with homesickness? Wondering how to best manage stress? Ask the squirrel any wellness related question to be answered in the newsletter for next month!

Send your questions to: wellness@stolaf.edu

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**Check out our cool events for this month**

Click this link: [https://wp.stolaf.edu/wellness/event-calendar/](https://wp.stolaf.edu/wellness/event-calendar/)

Stay tuned for more fun emails to come...

Peace & Love,
The easy, breezy, beautiful Wellness Center Squirrel
Wellness Center Office Hours:
M-Th: 1:00-8:00 PM
F: 10:00 AM - 2:00 PM
Sun: 2:00 PM - 4:00 PM

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