

## Emotional Wellness Month



This is the month to boost your emotional wellness! Get more out of every day with laughter and enjoyment. This is a time to reduce stress and seek moderation in mood swings. Balance your activities to support your emotional state, avoid overloading and overwhelming yourself. Remember to keep your positive attitude in check! Here are some steps you can take to help your emotional wellness:

- Collect Friends**– Friends are an invaluable support group.
- Enjoy Solitude**– take time for yourself and relax.
- Get Fit**– Exercise will make you feel better physically and mentally.
- Seek Pleasure**– Don't forget to enjoy life!
- Find a Passion**– A passion will make your life happier.
- Plan for Problems**– Life isn't perfect, prepare yourself for roadblocks and think of the best way around them!
- Seek Constructive Criticism**– You can always make yourself a better person.
- Take Healthy Risks**– Don't be afraid to try new and exciting things.
- Don't Do It Alone**– Everyone has their emotional downs, don't be afraid to take advantage of counseling resources available to you!
- Write It Down**– expressing your thoughts and feelings is better than keeping it bottled up inside you.

Source: [http://www.medicinenet.com/emotional\\_wellness/article.htm](http://www.medicinenet.com/emotional_wellness/article.htm)

## National Breast Cancer Awareness Month

*Celebrates over 25 Years of Awareness, Education, and Empowerment*

October is the month to promote awareness of breast cancer issues, treatment and research. Breast cancer is the most common form of cancer in women and in 2007 (the latest year for which statistics are available), 202,964 women were diagnosed with breast cancer, and 40,598 women died from the disease. Yet there are hundreds of thousands of breast cancer survivors! Women should take charge of their own breast health by practicing regular self-breast exams to identify any changes, scheduling regular visits and annual mammograms with their healthcare provider, adhering to prescribed treatment, and knowing the facts about recurrence.



## Holidays Coming Up:

- October 10th–  
Columbus Day
- October 31st–  
Halloween
- November 11th–  
Veteran's Day
- November 24th–  
Thanksgiving



## Inside this issue:

Vegetarian Awareness	2
Global Diversity	2
Dental Hygiene	2
Domestic Violence	3
Book Month	3
Fire Prevention Week	3
Fair Trade	4

## Red Watch Band



Toxic drinking is an epidemic on campuses all over America. It means consuming so much alcohol that the drinker passes out. But while “sleeping it off,” the victim may be quietly dying. When you come right down to it, it’s a problem that only students can tackle. The Red Watch Band movement is designed to end alcohol overdose deaths by teaching students how to handle alcohol emergencies and summon professional help. Every second counts!

**BE RESPONSIBLE, BE SAFE!**

The Red Watch Band is coming to ESF!

October 21st 1:00-5:00pm 14 Bray Hall

\*Space is limited, sign up today in 14 Bray Hall!

“Everyone  
must take time  
to sit and watch  
the leaves turn.”

-Elizabeth  
Lawrence

## Global Diversity Awareness Month

Take the time this month to appreciate the diversity we have around the globe, and even here on campus! Diversity is something to celebrate and an important aspect of the human race. Different cultures are what bring excitement and something different to everyday life. As globalization threatens to eliminate global diversity, take time to appreciate those around you.



## Important Dates Specific to the ESF Campus

October 19th —Centennial Celebration: ESF Quad

October 21st– Red Watch Band Seminar

October 25th —LAST DAY TO DROP CLASSES!

November 2nd– Voting Day

## National Domestic Violence Awareness Month

Here is a proclamation given by President Obama on National Domestic Violence Awareness Month:

“During Domestic Violence Awareness Month, we recognize the significant achievements we have made in reducing domestic violence in America, and we recommit ourselves to the important work still before us. Despite tremendous progress, an average of three women in America die as a result of domestic violence each day. One in four women and one in thirteen men will experience domestic violence in their lifetime. These statistics are even more sobering when we consider that domestic violence often goes unreported...”

To read the full speech go to: <http://www.whitehouse.gov/the-press-office/2011/10/03/presidential-proclamation-national-domestic-violence-awareness-month>



Our local domestic violence awareness organization: **Vera House** [www.verahouse.org](http://www.verahouse.org)

## National Book Month

Take a trip to a far away place this month. Read a good book! October is National Book Month where people are encouraged to get reading! When is the last time you read a book for fun? Now is the time to do it. Reading is a good habit to get into and a way to relax and escape from your stresses.



Can't think of something to read? Check out this website:

<http://bookstove.com/book-talk/100-books-to-read-before-you-die/>

“Autumn is a  
second spring  
when every leaf  
is a flower.”

- Albert  
Camus

## Fire Prevention Week 9th-15th

Fire prevention week was established to commemorate the Great Chicago Fire of 1871 and today is a week observed to promote awareness and education about fire prevention.

This year's theme is “It's Fire Prevention Week. Protect Your Family From Fire!”

Know the reasons for a possible fire in your home. The biggest reasons for home fires reported are: unattended cooking, electrical problems, smoking materials, candles and improper use of heating equipment. Also home fire deaths are more likely to happen if you don't have a working fire alarm. This is a good week to check those fire alarm batteries!

Go to [www.nrpa.org](http://www.nrpa.org) for more information about fire safety!



## Office of Counseling and Disabilities Services

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Heather Rice  
Senior Counselor

The Office of Counseling and Disabilities Services (OCDS) provides students with an array of services and resources that will assist not only in their academic endeavors, but also their personal and professional aspirations. Committed to success, the following are some of the services OCDS provides:

- \* Assistance with re-admission processes
- \* Assistance with Change in Education Plans and withdrawal process
- \* Assistance with acquiring/providing academic accommodations to students with disabilities
- \* Academic support
- \* Short term consultation with the Senior Counselor is available to address a critical emotional incident that impacts and/or threatens a student's functioning (crisis triage).

Of course, we are also an ear if you need to simply come in and talk! College is a time where students develop into individuals, explore new things, and gain independence. Sometimes we find the demands of academics and life pull us in many different directions. Don't get overwhelmed—stop in to talk about it!

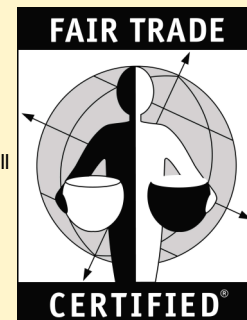
**We're on the web!**

[www.esf.edu/students/  
counseling](http://www.esf.edu/students/counseling)

## Fair Trade Month

What is Fair Trade?

Fair Trade is a non profit organization that began to help make sure that products imported from foreign countries are from farmers and workers who are justly compensated. No sweat shops here. Fair Trade's main goal is to help farmers in developing countries build sustainable business that will positively influence their communities, as well as helping the farmers use the free market to their advantage. Fair Trade certified products are now sold in 70 different countries. In the U.S. alone, you as a consumer can purchase more than 7,000 products sourced from 58 different countries.



October is the month to raise awareness in the U.S. about Fair Trade. Want to know more about Fair Trade certified products? Check out the movement's website: <http://www.transfairusa.org/>

## Did You Know?

The Office of Counseling and Disabilities Services is a National Voter Registration Act voter registration site. We will be offering you the opportunity to register to vote today and each time you visit us. We will be glad to help you fill out the form as well.

**November 2nd is Election Day. Go out and vote!**

If you haven't registered to vote yet, it's too late for this upcoming election but why delay registering for next year's election? Come visit us in 110 Bray and fill out your registration!

