Great American Smokeout: Thursday, November 19

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society’s Great American Smokeout by smoking less or quitting for the day. This year’s Smokeout will take place on Thursday, November 19. The OSU Student Wellness Center encourages students to quit their tobacco use for the day in observance of the Great American Smokeout. Here are some tips to help with quitting:

Delay
Sometimes that craving hits and you think you have to have that smoke right away. If you can tell yourself to delay that cigarette for just 10 minutes, the craving will likely pass.

Drink Water
Put something else in your body while you are delaying that smoke. Carry a water bottle with you and take a sip whenever the urge starts to hit.

Do Something Else
Find something else to keep your mind busy so you stop thinking about those cigarettes. Exercise or schoolwork are both great distractions.

Deep Breathing
Stop and take a deep breath of fresh air. Count to 5 as you slowly breathe in, hold it, and count to 5 as you slowly breathe out.

The Student Wellness Center can also provide you with some great resources and support.

Find us on Facebook

The Student Wellness Center is now on Facebook! Find us on Facebook and become a fan for daily updates on our services, programs, and areas of expertise. Additionally, you will find new and exciting articles, links and statistics related to all areas of wellness. Each day, we will feature a different area; Sexual Wellness, Nutrition, Financial Wellness, Sexual Violence Education and Support, Alcohol and Other Drugs, and It’s Abuse.

To stay up to date with everything the Student Wellness Center has to offer, become a fan of “Ohio State Student Wellness Center” today!

Finances got you down?

The National College Health Assessment reports that finances are the second leading cause of stress for college students in America. Are your finances getting in the way of a successful academic quarter?

The Student Wellness Center offers free and confidential financial counseling sessions to currently enrolled students. Students can meet with a trained financial educator to discuss anything from budgeting and credit cards to student loans and investing. Call (614) 292-4527 today to set up your appointment today.

Events

It’s Abuse. Meeting
Tuesday, November 3, 5:30pm
RPAC Meeting Room 2

Students in Recovery Coffee Chat
Wednesday, November 4, 10:00am
RPAC Atrium (in front of fireplace)

Wellness Workshop: CHOICES about Alcohol
Monday, November 16, 6:30 – 7:30pm
Hagerty Hall 180

Walk-in HIV Antibody Testing
Tuesday, November 10, 12-6pm
Hale Center
Wednesday, November 18, 5:00-8pm
Derby Hall

Wellness Workshop: Safe, Sane and Sexy
Monday, November 30, 6:30 – 7:30pm
Hagerty Hall 180
Living with addiction: Recovery at Ohio State

Students who are living with an addiction are invited to join us on Friday afternoons for a time of support and community building. We will be meeting on Friday afternoons from 12:30 - 2:00pm at the Student Wellness Center. These gatherings will be informal opportunities to meet up with other students who are in recovery and to begin to form an Ohio State student recovery community.

Although these are informal gatherings, students will have the chance to hear about 12-step meetings near campus and are encouraged to attend meetings with other Ohio State students. We will also discuss future educational workshops, leadership and community service opportunities, as well as social programs for the upcoming academic year. Students are welcome to bring a lunch and to simply stop-by the meetings as their schedule allows. Please contact Katharine Stough at kstough@studentlife.osu.edu or 292-4527 for more information about these gatherings. It’s an exciting time for this new program and we’d love to have you join us!

FINANCIAL ASSISTANCE FOR STUDENTS WHO HAVE EXPERIENCED SEXUAL ASSAULT, INTIMATE PARTNER ABUSE, AND STALKING

Sexual Violence Assistance Fund

For Ohio State Students

Funding applications are available for current Ohio State students to assist with expenses related to sexual assault, intimate partner abuse, and stalking.

For more information and to learn how to apply, contact the Student Wellness Center’s Sexual Violence and Education team at:

614-292-4527
sves@osu.edu
www.swc.osu.edu

Ohio State’s Office of Student Life works to provide a safe and healthy environment for students on campus and in the surrounding community. When instances of sexual assault, relationship abuse, or stalking occur, we support those affected through the following programs and services:

- Counseling and Consultation Service
  292-5746
  css@studentlife.osu.edu
- Disability Services
  292-2007
  edus@studentlife.osu.edu
- Multicultural Center
  614-688-9449
  mcc@studentlife.osu.edu
- Off-Campus Student Services
  292-0199
  css@studentlife.osu.edu
- Office of International Affairs
  292-0591
  oia@osu.edu
- Ohio State University Police
  292-2172
  police@osu.edu
- Sorority and Fraternity Life
  347-8608
  http://ohiowomen.osu.edu/greek_life/
- Student Advocacy Center
  292-1111
  advocacy@osu.edu
- Student Housing Legal Clinic
  292-5933
  @uc@osu.edu
- Student Judicial Affairs
  292-0748
  sjc@studentlife.osu.edu

Student Wellness Center, Sexual Violence Education and Support
292-4527
sves@osu.edu
University Housing, Residence Hall Directors
292-0216
housing@osu.edu
Wilson Student Health Center
292-4523
wsch@osu.edu

*Funding is not guaranteed; eligibility for funds is determined on a case-by-case basis. Up to $500 is available per case to cover costs including but not limited to replacement items, uncovered and documented medical expenses, emergency housing and other associated costs.

Thanks to the following organizations for their support: Sexual Violence Committee, Women and Allies Rising in Resistance, Student Support for Survivors, and all other groups and individuals who have helped.

Brought to you by The Office of Student Life, in partnership with Undergraduate Student Government (USG)