

THE INSTITUTE OF AMERICAN INDIAN ARTS (IAIA)
 TRIBAL COLLEGE
 STUDENT LIFE DEPARTMENT
 SANTA FE, NM



Campus Prevention Program

Institute of American Indian Arts

Student Life Department

December 2019 Finals Edition

Prevention Program Newsletter



Preparing for Finals (when stress is actually a good thing): As we get further into the holiday season and the semester's end, it's time to start making a game plan for finals. Although it can seem like the hardest and maybe the most intimidating part of the semester, [human beings actually need stress in small amounts](#), it's how we become motivated to finish up amazing projects and make our ideas into reality! But maintaining good habits to manage our stress is key to carrying out those projects and keeping from developing stress burn out in the process. Here we share some stress and time-management tips that have worked for us!

Keep your phone in another room our phones tend to be our biggest enemy when it comes to staying focused. It makes a huge difference to remove distractions and if you keep your phone out of arms reach, it could make a difference in getting your projects done. If you struggle to keep track of time while studying or working in the studio without your phone, this could be a great opportunity to treat yourself to a good old-fashioned watch or a Bluetooth speaker with long distance range so you can keep your music going at a distance. **Stay hydrated!** As obvious as this might sound, we like

caffeine and sugar a lot more when we have a lot to stress over, so keep a water bottle on hand to prevent fatigue and headaches while you sip your coffee. **Take breaks.** Don't force yourself to go too long or you can cause burn out and the project could take even longer. Be gentle with yourself and if you feel like you really need some support or some advice on coping with stress, click the link to contact one of our three [on-campus Counselors/Art Therapists](#).

Safety & Travelling Over the Winter Break: Check your car before you hit the road. check the tread & pressure on your tires, your fluid levels (antifreeze, oil, power steering fluid are all essential), and leave your windshield wipers pulled up off of the windshield at night to prevent them from getting stuck frozen. Make sure to [stay alert](#) and be cautious when it comes to [driving in icy and snowy conditions](#).



Finals Week 12/9-12/13

Congrats Fall Seniors!!

College closed 12/24-1/1/2020

IAIA Annual Holiday Party 12/17 @the Hogan from 12/17 at 11:30a-2:30p.

Fun Holiday Cookie and Mocktail Recipe

- [Biscochitos, New Mexico's Official State Cookie](#)
- [Non-Alcoholic Holiday Drink Alternatives](#)



Safe Holiday Drinking Tips

- Make sure there is always a Designated Driver (Uber & Lyft are good options too!)
- Start the New Year off with Mocktails and water between alcoholic drinks
- Don't binge drink and avoid drinking and driving!

[Staying sober during the holidays?](#)

You have support!



Staying Well Over Your Winter Break

- Get lots of rest while you can
- Enjoy not having to think about assignments or classes for awhile
- Six (6) tips for holiday self-care...[click here!](#)
- Empowering writings by indigenous femmes!! [click here!](#)

Have fun!!! Do your favorite de-stressing activities & chill ☺

December 2019

"To empower creativity and leadership in Native Arts and cultures through higher education, life-long learning, and outreach." IAIA Mission

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Student Life Newsletter

Celebrate December!

Merry Holidays & Happy New Year 2020!

**College closed
12/24/19-1/1/2020**

**New Student Orientation
1/13-1/17**

**Spring Semester Courses Begin
Tuesday, 1/21/20**

*Winter Solstice 12/21
World AIDS Day 12/1*

Join Prevention Program Efforts

**Campus Coalition
AIPA (aipa@iaia.edu)
American Indian Prevention Association
Open to all IAIA Students, Staff, Faculty, & Alumni.**

- **Contact:**
toney.johnosn@iaia.edu or
mstempien@iaia.edu
- **Office Hours/Day: 10-6p; M-F**
1st Floor CLE near cafeteria

**Need Support?
Campus Counseling**

Eliza Combs, MA, LPCC, ATR
eliza.combs@iaia.edu
505-424-5758
1st Floor CLE

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Staying healthy and happy in 2020!

Start the new year with new goals and outlooks for overall health and wellbeing. [Read more here! 10 Tips for Staying Healthy & Happy in 2020.](#)

As the end of the year starts to wrap up, along with the holiday season, December is a great time for reflection. Reflecting on the past year can help you set new goal and is a great way to find happiness—and healing. Enter a contest for Native youth 18-24 years old...[ENTER HERE.](#)



How can we help our friends who are facing tough times? ❤️🤝 Native youth and teens (15-24) 📱text the word **BRAVE to 97779** to gain some tactics to navigate these challenging situations. 🌐 Visit [WeRNative Wesbite here!](#)

Health and Healing. Though considerable diversity exists throughout Indian Country, traditional Native worldviews were often fundamentally different than Western and Eastern worldviews, having unique concepts about health and healing.

Traditionally for many American Indian and Alaska Native people, all aspects of life were viewed as intimately intertwined. Mind, body, spirit, and context are all connected, requiring harmony and balance to promote health and wellbeing. The Native Wellness Model inseparably integrates physical, emotional, social, and spiritual elements. Imbalance in any one area can manifest as sickness or disease in another. The social dimensions of health extend beyond the individual, encompassing the community, tribe, nation, and world...[READ MORE HERE!](#)

Prevention News

RX & other Drugs

- **A new challenge for colleges: opioid-addicted students.** Research suggests that recovery programs benefit both students and colleges. [One national survey found](#) that students who participate in such programs have higher grade point averages than their peers and are more likely to graduate...[READ HERE!](#)
- **Addressing Drug-related Violence on Campus: Analyze Before Acting.** This forthcoming guide lays out a strategic and systematic approach to substance misuse prevention that also can serve as a roadmap for addressing the overlap of drug and alcohol abuse with violence...[READ MORE HERE!](#)

Alcohol

- **From binge drinking to blacking out, the disturbing epidemic putting America's kids in danger.** On America's college campuses, there are epidemics we talk about and those we don't. There's sexual assault. There are fraternity hazing deaths. And in both cases, the attention of the nation usually turns to these issues only *after* a tragedy has occurred...[READ HERE!](#)

Suicide

- **Colleges need to do more to address mental health.** Between schoolwork, extracurriculars and social life, the college experience can be an emotionally draining time — a time where help and guidance can make all the difference. [READ HERE!](#)

Good luck with finals and Happy New Year 2020! Be safe 🍀

