World Mental Health Day
OCTOBER 10TH, 2023

For college students, this day carries special significance. Over 60% of college students report overwhelming anxiety, and nearly 40% experience depression within a year (American College Health Association). These statistics underscore the widespread mental health challenges faced by college-goers.

Stigma often prevents students from seeking help. Combatting this stigma is essential to ensuring students get the support they need. College can be overwhelming, but it’s crucial to remember that you’re not alone in your struggles. World Mental Health Day serves as a reminder that there is help available, and seeking it can be a turning point in one’s life.

MEET ALEX!
Read about their mental health journey on page 5.
Join us for a week of Halloween fun at the Bulls Team Shop from 10/26-10/31! Score a wickedly good 20% OFF on all your favorite Bulls gear. On 10/26, it's "Halloween Hoops" from 5pm to 7pm, where you can play basketball with a spooky twist and a chance to win thrilling prizes. Then, on 10/30, experience "Glow Yoga" in the Alumni Arena Dance Studio (time TBA) with neon attire & enchanting surprises. Finally, on 10/31 from 5pm to 8pm in the Alumni Arena foyer, enjoy "Unplug & Play" for giant games, free popcorn, mini-Tarot Readings, & your last chance for 20% OFF on Bulls gear. Mark your calendars and let's make this Halloween unforgettable!
We have taken your feedback into consideration and are pleased to announce some exciting changes for our 2nd annual Beat the Stampede 1-Mile Race. Originally scheduled as a morning event, we have rescheduled it to take place starting at 5pm on Thursday, October 19th. The venue remains unchanged at Kunz Stadium on UB North Campus.

We are delighted to inform you that this race is now **FREE** for all UB Students, and every participant will be awarded a **race medal**. Join us for an evening of enjoyment, physical fitness, and the gratification of completing the race. We will be unveiling the design of this year's race medal during the week leading up to the event. This marks the beginning of an annual tradition, so be sure to start your collection of unique medals with this year's race.

Thank you for your continued support, and we look forward to your participation in this exciting event.
National Sports Day
MONDAY, OCTOBER 16TH

National Sports Day, celebrated annually on October 16th, packs a punch in its significance:
1. **Fitness Focus**: It’s a rallying call for people to stay active, ward off chronic diseases, and collectively reduce global mortality rates. It’s a reminder that a healthier lifestyle starts with physical activity.
2. **Mental Boost**: Through sports activities, it’s a powerful stress-buster, tackling anxiety and depression, while also elevating overall mental well-being and quality of life.
3. **Youth Inspiration**: National Sports Day inspires young talents, putting them in the spotlight and nurturing their potential to become future athletes.
4. **Honoring Excellence**: It’s a moment to salute athletes for their unswerving dedication, sacrifices, and remarkable achievements in sports.
5. **Unity in Diversity**: Beyond borders and differences, it unites people, fostering a sense of togetherness and camaraderie, reminding us that sports can bridge divides.

National Taco Day
WEDNESDAY, OCTOBER 4TH

Get ready to spice up your day because National Taco Day is here to tantalize your taste buds! On this flavorful occasion, taco enthusiasts from all walks of life come together to celebrate the deliciousness that is the taco. Whether you prefer the classic beef taco, the zesty fish taco, or a creative vegetarian twist, there’s a taco for every palate. So, grab your favorite tortilla, pile on the toppings, and savor the mouthwatering symphony of flavors that is the taco. It’s a day to indulge, enjoy, and appreciate the culinary marvel that has become a global sensation. Happy National Taco Day!
Alex’s Story
FADING SHADOWS: A JOURNEY TO MENTAL WELLNESS

Meet Alex, a bright and ambitious college student who was juggling classes, part-time work, and a hectic social life. On the surface, they seemed to have it all together. But beneath that façade, a storm was brewing. Alex was struggling with their mental health. The stress of exams, looming deadlines, and the pressure to fit in was taking its toll. Sleepless nights and constant anxiety had become their norm. They were stuck in a dark place, feeling isolated and unable to reach out.

One fateful day, while scrolling through their university’s website, Alex stumbled upon a page dedicated to mental health resources. It was October 10th, World Mental Health Day, and the universe seemed to be sending a message. The page had information about counseling services, support groups, and recreational activities offered on campus. After some hesitation, Alex mustered the courage to make an appointment with the campus counselor. It was a life-changing decision. The counselor provided a safe space for Alex to express their thoughts and feelings. It was liberating to finally open up about the struggles they’d kept hidden for so long.

As part of the counselor’s advice, Alex decided to try out some of the recreational activities offered on campus. They joined a yoga class, started going for regular walks, and even joined a friendly intramural soccer team. These activities not only improved their physical health but also gave them a sense of belonging and purpose. Slowly but surely, things started changing for Alex. They made friends through their recreational activities and found a supportive community. The counseling sessions helped them develop coping strategies for stress and anxiety. It wasn’t an overnight transformation, but with each passing day, Alex’s outlook on life grew brighter.

Alex’s transformation, from darkness to hope, shows that with support and self-care, anyone can overcome college challenges. Remember, help is nearby, and opportunities await, especially on World Mental Health Day, when awareness and support take center stage.