

The Hidden Dangers of Study Drugs:

Protecting your health and integrity



As the new academic year begins, it's essential to address an important but often overlooked issue: the use of study drugs.

While these substances might seem like a shortcut to improved academic performance, they come with significant risks and can have serious consequences.

Study Drugs include:

- Adderall,
- Vyvanse,
- Ritalin



Commonly used to treat ADHD, some students misuse these drugs in an attempt to enhance concentration and academic performance. This can be dangerous and illegal.



Health Risks:

Misusing study drugs can lead to a range of health issues, including increased heart rate, high blood pressure, anxiety, and even severe psychological effects.

Legal Consequences:

Using prescription medications without a proper prescription and diagnosis can lead to legal troubles and disciplinary actions.

Promote Healthy Alternatives:

Support and share strategies for managing study time effectively, such as proper planning, time management, and stress reduction techniques.

SEPTEMBER BINGO CHALLENGE

Go on a picnic	Watch the sunrise or sunset	Try a new cuisine	Take a group fitness class	Set intentions for the day
Journal about your day	Eat your favorite meal	Unplug for the day. (no social media)	List 3 things you're grateful for	Listen to new music
Take a day trip	Declutter a space (desk, rooms, etc.)		Write a letter to future you	Take a nap
Visit the local farmer's market	Go apple picking	Paint or draw a picture	Take pictures of what brings you joy	Get minimum 6-7 hours of sleep
Drink 3+ glasses of water	Find a community event	Go camping (or glamping)	Apple Cider and donuts	Carve a pumpkin

Challenge yourself or challenge your community to complete the board before September ends! Tag us on Facebook or leave a google review to show us your progress!

Contact Us!

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