



bullsheet@denison.edu | denisonbullsheet.com | @DUBullsheet

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Edited last night by: CHARLIE

Delivered this morning by: Maggie the icon

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HOME REMEDIES FOR SEASONAL AFFECTIVE DISORDER

As the days get shorter and shorter and we are cooped up in our rooms for the time being, I have found seasonal depression to be increasingly difficult to overcome these days. The sun is out for literally eleven hours a day like wtf!! Even when the sun *is* “out,” it’s usually cloudy as f*ck!! So, I have compiled a list of my personal favorite home remedies that will definitely cure your seasonal depression!!

1) Take the longest and hottest shower you can! Deplete 100% of the sebum that protects your skin and hair, while replenishing 100% of the serotonin that SAD is taking from you!! Yes, your roommates and/or other people on your floor would like hot water when *they* shower, but this is *your* moment- embrace it!!

2) Listen to your crying playlist on full volume on your speaker!! If you’re like me, you have a private crying playlist on Spotify that remains private so no one will blue whistle you!! Now is the time to embrace your sadness and play that sh*t out loud on a speaker with the volume maxed out!! I recommend staring at the ceiling while you do this.

3) Try self-medicating!! What better way to overcome SAD than to literally numb yourself and your emotions!! Who needs those anyway, right? I am twenty-one years old, and I love a good tequila shot where the only thing that I can feel is the tequila burning in my stomach.

4) Start a thermonuclear war!! Not to get political, but Amy C*nt B*tch is going to take away your rights in a short while, so we might as well do what we can to violently overthrow the system!! All my theydies I hope you are ready to have absolutely no rights- let’s do fun things like this while we still can!!

5) Go to therapy :) Ok ok, the other ones might be satire (but who knows maybe not hehe) but this one is a real recommendation of mine. Just because you’re able to function, does not mean that you don’t need someone whose job it is to help you sort out all of your problems. With our healthcare system at stake, you will probably never be able to get free therapy again in your life. UTILIZE IT!!

-Charlie Schweiger, self-appointed mental health expert

BE SAFE THIS HALLOWEEN

 **You can still be spooky while being safe! Use responsible drinking strategies!** 



Eat before
and during
drinking



Stay with the
same group
the entire time



Avoid
drinking
games



Pace your
drinks (one or
fewer an hour)



Count your
drinks!



Alternate with non-
alcoholic drinks
with alcohol (aka
drink water!)

Reminder! A Standard Drink is....



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12oz can of beer
(5% alcohol)

5oz glass of wine
(12% alcohol)

1.5oz shot of liquor
(40% alcohol)

Do not be afraid to call for help!

Policy encourages students to seek help for students they observe exhibiting signs of intoxication. This includes vomiting, loss of balance, and unresponsiveness. This is an alternative resolution in lieu of a more formal student conduct process. When in doubt, call for help! Put Campus Safety's number in your phone! It is also on the back of your student ID.



CAMPUS SAFETY: (740) 587-0810



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