

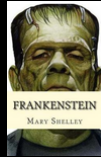
KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, OCTOBER 28, 2022

*National
Days in
October*

Friday, October 28

National Frankenstein Friday



National Frankenstein Friday, on the last Friday in October, recognizes author Mary Shelley, the novel Frankenstein, or the Modern Prometheus, her characters, Dr. Frankenstein and the monster. Dating back to the 1800s, Frankenstein's monster is one of the best-known horror characters of all time.

Monday, October 31: Halloween



Halloween is a holiday celebrated each year on October 31, and Halloween 2022 will occur on Monday, October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Find out more about the history hear:

<https://www.history.com/topics/halloween/history-of-halloween>

HEALTH AND WELLNESS

STRATEGIES FOR A HEALTHY FALL



As the seasons change and the days get shorter and cooler, use these strategies to help prevent chronic diseases and maintain a healthy lifestyle.

Please click here for more info:

<https://www.cdc.gov/chronicdisease/resources/infographic/healthy-fall.htm>

WEEKLY WELLNESS TIP:

18 Effective Stress Relief Strategies

- Guided imagery
- Meditation
- Progressive muscle relaxation
- Deep breathing
- Going for a walk
- Hugs
- Aromatherapy
- Creativity
- Healthy diet
- Stress relief supplements
- Leisure activities
- Positive self-talk
- Yoga
- Gratitude
- Exercise
- Evaluating priorities
- Social support
- Eliminating stressor



Click below for full article:

<https://www.verywellmind.com/tips-to-reduce-stress-3145195>

STUDENT ORG SPOTLIGHT

HALLOWEEN FESTIVITIES RECAP

WHAT AN EXCITING WEEK! Student Life had a blast laughing and creating memories with all of the students that stopped by the campus Student Centers for pizza and make-your-own Halloween snack mix, mocktails, and very intense 10 rounds of BINGO! Thank you to all of the amazing students that joined and participated in our Halloween activities.



Interested in a fitness card?

Click on the link below to sign up!

<https://www.westgatech.edu/student-life/health-and-wellness/>

**WGTC Student
Counseling Connection
offers confidential
counseling and much
more for our students.**

Find out about Student Counseling Connection Here:

<https://www.westgatech.edu/student-life/student-counseling-connection/>



QUIZ CORNER: Let this quiz guess your zodiac sign based on the candy you choose and like! Have fun and feel free to email Student Life to let us know if it guessed correctly. (Click the candy bucket for the quiz)



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