

Florida Atlantic Northern Campuses Owls Wellness Lifestyle



Newsletter 10.01.25 / Issue 3



Wellness Tip

- **Recognize red flags:** constant jealousy, checking your phone, guilt-tripping, or isolating you from friends.
- **Practice self-advocacy:** it's okay to set boundaries, say no, and reach out for support.
- **Remember:** missing someone doesn't mean the relationship was healthy. Both can be true.
- **If You Notice Red Flags:**
 - **Talk it out:** Share your concerns with a trusted friend, mentor, or counselor.
 - **Seek support:** Connect with Florida Atlantic Victim Services (561-297-0500 [ask for an advocate](#)) or for confidential help contact Counseling and Psychological Services (561-799-8635).
 - **Stay safe:** If you feel unsafe, call 911, or Florida Atlantic Police (561-297-3500)



Upcoming Events

Want to see even more upcoming events?
Scan the QR code below for the full list!

[Link Here!!](#)



Educational Resources

October is Domestic Violence Awareness Month!

Learn more and find resources [here](#)

- MyFAU Healthy Relationships tile under Health & Wellness for on and off campus resources, education, and more!
- Sign up for our Sexual Assault Resistance Retreat weekend to learn more: <https://owlscare.fau.edu/>
- Follow @fauowlscare on Instagram! Learn about wellness tips & tricks and see when we are Hooting on the Jupiter campus with our peer educators.



Challenge of the Month

Join the Owls Wellness Lifestyle Challenge!

Starting **October 1, 2025**, students can take part in the Owls Wellness Lifestyle Challenge on **Goosechase**. Complete fun missions each week to build healthy habits, earn points, and compete for prizes.

The **top winners will be announced in December**, so don't miss out! Scan the QR code below to **find out how to play!**

[Link here](#)

or



Healthy relationships = healthy living. Who will be crowned this December?