



Hugs and SASEs

~ GBM 2 ~

Aftersocial
Carpool Form

Sign In Form

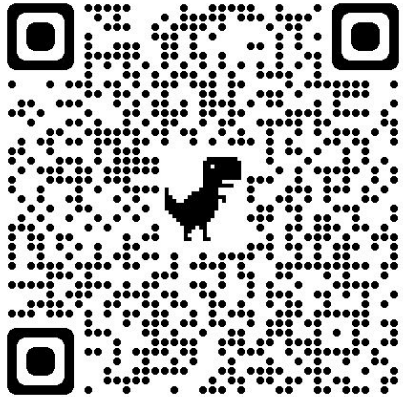




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Find the love of your life with our Icebreaker!

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Hear from our amazing Alumni



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Get on the podium to win some merch!


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M&M Reveal



Find your match with Mentors or Mentees!

The background is a light cream color with scattered decorative icons. These include several flowers in pink, red, and orange, some with simple faces. There are also hearts in red and pink, and leaves in teal. Small orange dots are scattered throughout the page.

01

Icebreaker



Icebreaker

1. Take the **Love Language Test** (You will have **5 minutes!**)
2. Write a small positive message on the back of your card once you've finished
3. Find someone with the same highest love language as you
4. Introduce yourselves and get to know each other
5. Exchange Cards :)



Scan this QR code or go to
<https://5lovelanguages.com/quizzes/love-language>





Icebreaker


5:00

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<https://5lovelanguages.com/quizzes/love-language>



The background is a light cream color decorated with various cute, hand-drawn icons. There are several hearts in red and pink, flowers in pink, red, and orange, and leaves in teal. Small orange dots are scattered throughout. The text is centered in a dark brown, bold, sans-serif font.

02.1

Science of Love

DOPE

Let's Get Chemical!

Attraction

Hormones: dopamine,
norepinephrine

- Dopamine is involved in the brain's "reward" pathways
- Norepinephrine is involved in the "fight or flight" response

Attachment


Hormones: oxytocin,
vasopressin, serotonin

- Oxytocin is a.k.a. the "cuddle hormone" because it's released during bonding events

Commitment

Hormones: endorphins,
serotonin

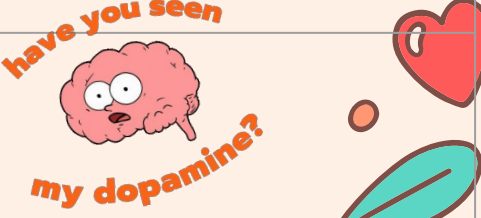
- Endorphins contribute to lasting relationship satisfaction
- Stabilized serotonin levels after initial stages promote emotional steadiness in partnerships.

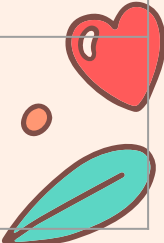
have you seen

my dopamine?



DOPE

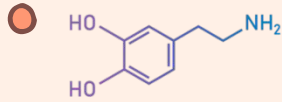
Let's Get Chemical!

Attraction	Attachment	Commitment
<p>Dopamine is involved in the brain's "reward" pathways (released to reinforce rewarding behaviors)</p>	<p>Oxytocin is released during bonding experiences and is nicknamed the "cuddle hormone"</p>	<p>Endorphins are released during pain or stress to improve mood, reduce stress, and relieve pain</p>
<p>Norepinephrine is released during the body's fight-or-flight response</p>	<p>Serotonin boosts mood and is associated with other functions, such as blood clotting and healing</p>	<p>Stabilized serotonin levels promote emotional stability in a relationship</p>
	<p>Vasopressin plays a major role in defensive behaviors (e.g. mate guarding)</p>	 <p>have you seen my dopamine?</p>





Dopamine



Hormones in Action



Attraction

Hormones: dopamine, norepinephrine

- **Dopamine** leads to insomnia and decreased appetite
- **Norepinephrine** can cause clammy hands, nerves, and dizziness
- Low **serotonin**, similar to people with OCD (potential cause for the infatuation during initial stages of love)

Attachment

Hormones: oxytocin, vasopressin, serotonin

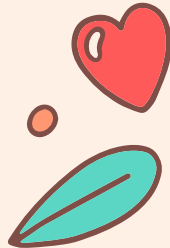
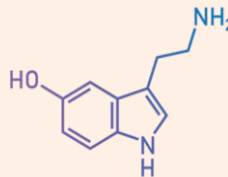
- **Oxytocin** is released in the mother's body during childbirth
- **Oxytocin** is also released during exercise, singing in groups, and when giving or receiving a hug

Commitment

Hormones: endorphins, serotonin

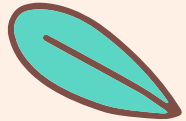
- Seeking exciting and novel experiences can release **endorphins**
- **Serotonin** levels tend to increase in women and decrease in men during a romantic relationship

Serotonin



Who Has the Cutest Pet?

Let's release some dopamine :D



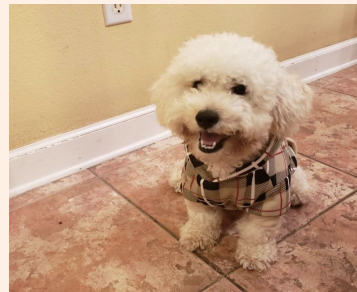
Who Has the Cutest Pet?



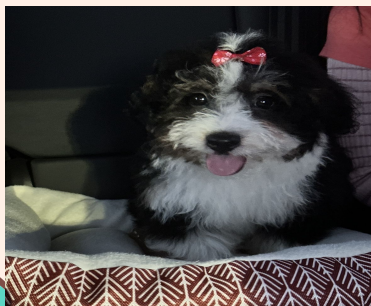
Hershey



Storm



Coco



Yumi



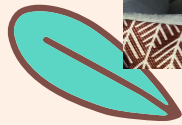
Champ



Ollie



Oliver

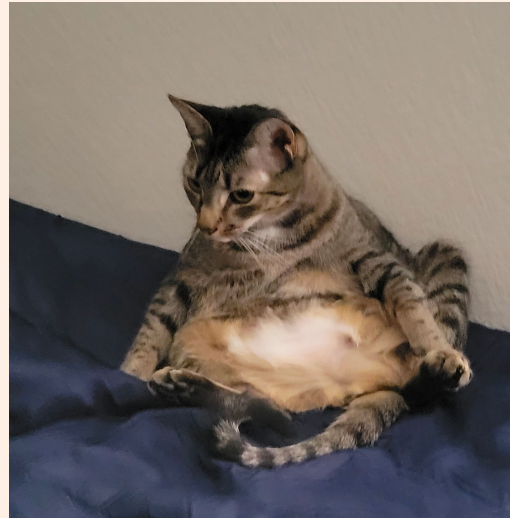


Cheer for the Pet That Releases the Most Dopamine in Your Brain!

Hershey



Storm



02.2 Self Love





Identifying Your Self-Worth



- **Self-worth** is a person's internal sense of being good enough and worthy of love and belonging from others
 - Different from **self-esteem** → which is derived from our abilities, accomplishments, social positions, and things we believe we can achieve.
 - Comes from within rather than external validation
- How do we define ourselves without comparing ourselves to the world around us?
 - Reflect on your thoughts, emotions, and behaviors
 - Become more aware of your inner dialogue and self-perceptions
 - Recognize that you are unique! Acknowledge your positive qualities





Cultivating Self Love



Practicing Self Compassion

- Embrace Self Care
 - Allocate time to yourself
 - Solo dates
 - Self Care Calendar
- Improve your self dialogue
 - Treat yourself as a friend!



Positive Affirmation

- Root of irrationality or negative self thoughts is belief
 - 3Cs → Catch it, Check it, Change it
- Celebrate the positives
 - Wins folder



Self Love



Finding a Good Support Group

- If you don't believe in yourself find a group that does
 - M&M Group
 - SASE
- Counseling Services at UF



Journaling

- Time limited brain dump
- Personalize to your needs
 - Can use notes app, templates, do it daily/weekly
- Habit trackers



Resources!

- SASE Nationals Mental Health Initiative (MHI)
 - Monthly newsletter
 - Accountability buddies
 - Amazing additional resources
- Self Care Calendar
 - tinyurl.com/SASEselfcarecalendar
- UF Counseling Service
 - tinyurl.com/ufstudentcounseling
- Journaling Templates
 - tinyurl.com/SASEjournaltemplates



SASE Mental Health Initiative Linktree





03

Alumni Spotlight

Alumni Spotlight

Julia Le

Computer Science
w/ Digital Arts and Sciences Minor

Class of 2023
Hometown: Largo, FL

SASE Involvement:

Internal Vice President, Webmaster

Professional Experiences:

- Disney, Associate Software Engineer (Current)

Favorite SASE memory:

Banquets were always a fun time, being a part of the planning process and seeing the final outcome was awesome! One of my favorites was Spring Banquet 2023, we planned banquet to be in Gator Wesley for the first time, where we had a formal stage and food area. It was great seeing SET Bro being presented for the first time! The committees worked really hard on putting it all together, so I was happy how it turned out :)



Jordan Le

Computer Engineering

Class of 2019
Hometown: Largo, FL

SASE Involvement:

Public Relations, Historian, SERC Committee

Professional Experiences:

- Microsoft, Software Engineer (2022 - Current)
- Northrop Grumman, Software Engineer (2019 - 2022)

Favorite SASE memory:

National Conference! It was always fulfilling experiencing, meeting, and learning from other SASE members from around the country. It was here that I got my first internship as well! Oh and the parties were pretty great! We went to this one arcade bar with a huge Pac Man multiplayer game machine and I remember the CEO of SASE getting pretty wild haha.

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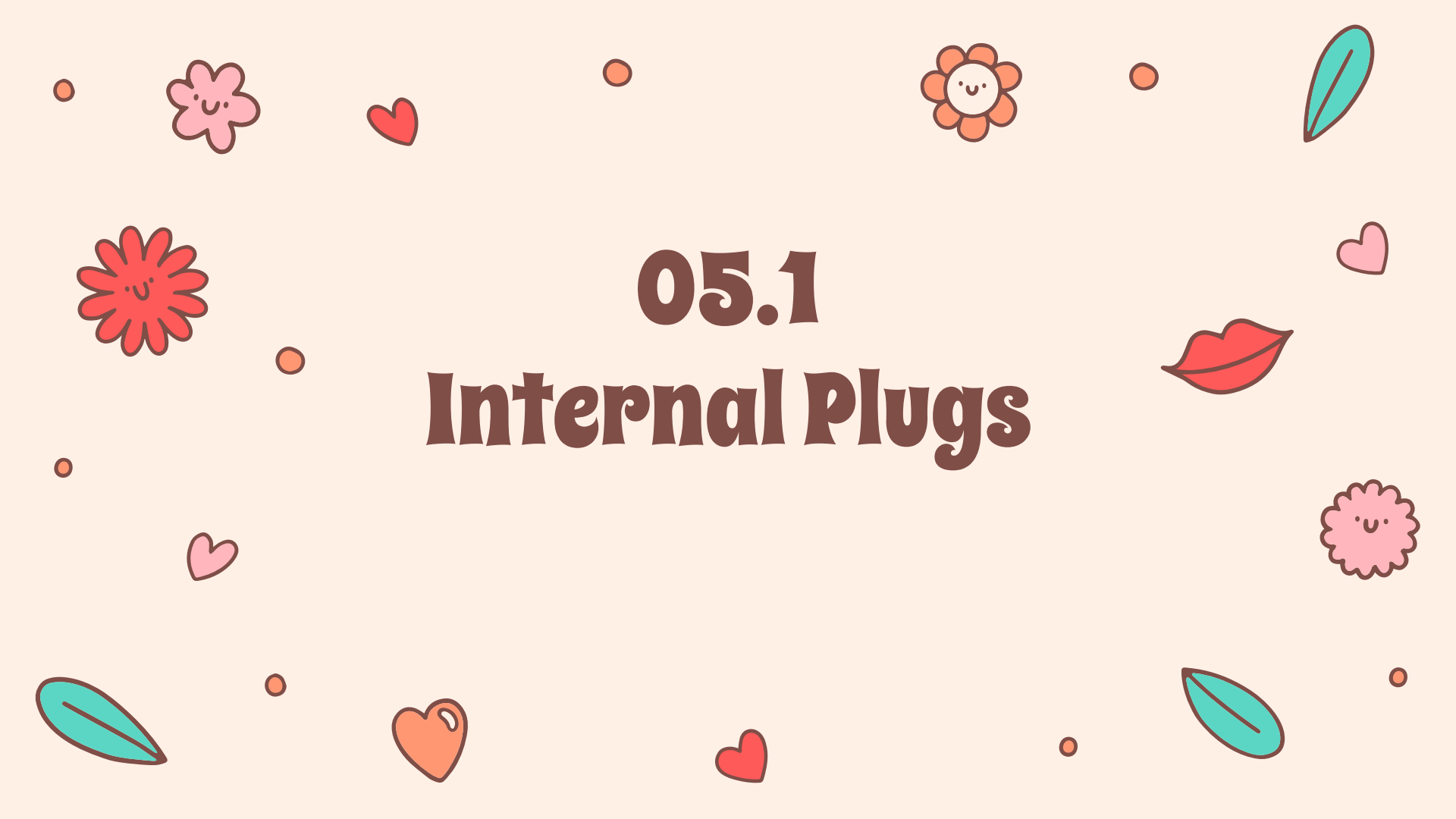
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04

Kahoot





05.1 Internal Plugs

Spring Intramural Registration

**SPRING INTRAMURAL
REGISTRATION PT. 2**

Closes 2/7 11:59 PM

SASE INTRAMURAL
SASE INTRAMURAL
SASE INTRAMURAL
SASE INTRAMURAL
SASE INTRAMURAL



8V8 CO-REC OUTDOOR SOCCER
OPEN SOFTBALL
6V6 MEN'S DODGEBALL
6V6 WOMEN'S DODGEBALL
6V6 CO-REC DODGEBALL
4V4 MEN'S FLAG FOOTBALL
4V4 WOMEN'S FLAG FOOTBALL
4V4 CO-REC FLAG FOOTBALL



SASE Smash Ultimate Tournament



SASE @ Project Makeover





Jacobs

Resume Review!



Date: February 21st

Time: 6:00PM - 7:00PM

Location: Little Hall 0125

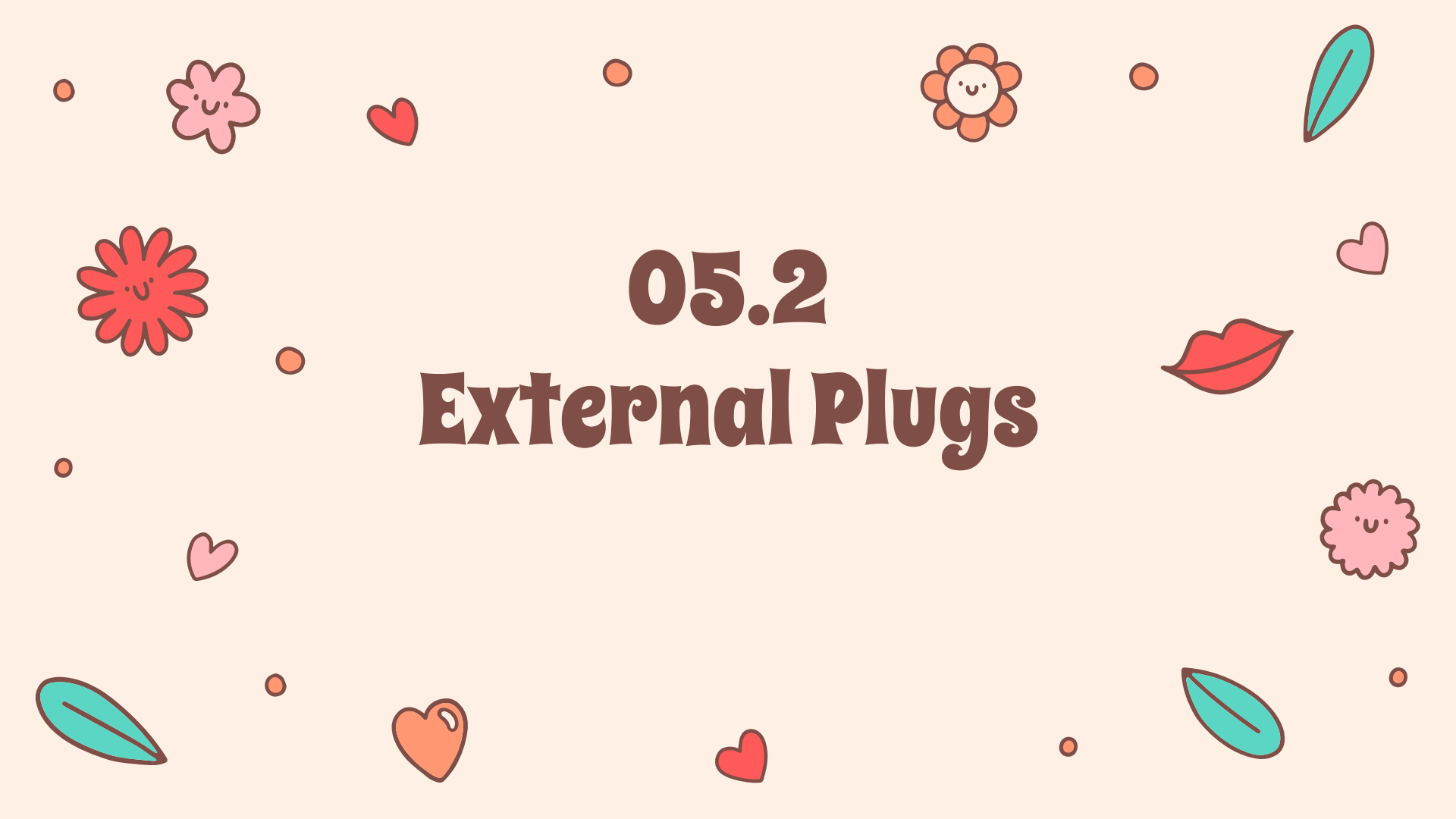
Submit resume to RSVP
now for priority!



Link pinned in

#opportunities-postings
channel in our Discord!





05.2

External Plugs

SASE x Heal Road Cleanup



Aftersocial - Blaze Pizza



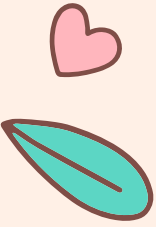
Carpool Form



 **BLAZE**



Show this fundraiser form at checkout to give a portion of your purchase to SASE!



Mentor-Mentee Week!!

Mentor Mentee Week

FEB 5

Reveal &
Aftersocial
@Blaze Pizza
8-11PM



FEB 6

Movie &
Board Game
Night
@NPB 1002
6:30-9PM



FEB 7

Arcade
Night @ Dave
& Busters
7-10:30PM



**SASE
STORY**

Day 1: Blaze Pizza Aftersocial :D

Day 2: Movie and Board Game Night

- 2/6 from 6:30 - 9p.m. @ NPB 1002
- Come watch a classic movie (*hint: purple bear*) and play some games with us 🎬 🎲

Bring your best board games and card games, and your mentors and mentees for a relaxing and fun night ❤️

Day 3: Pizza Planet Arcade Night

- 2/7 from 7 - 10:30p.m. @ Dave & Busters
- Blast off with us to Pizza Planet (Dave and Busters) for a fun night of arcade games with your mentor mentee group 🎮 🧑🏻 All games are 1/2 OFF, don't miss out !!

Mentor-Mentee Week!!

Mentor Mentee week

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**SASE
STORY**



Dave and Buster's Carpool Form

M&M Reveal :)



Reveal Instructions