



# Toilet Talk



## Power Naps

Taking a nap of 10, 20 or 30 minutes a day is a quick, powerful way to rejuvenate your body and help you through the day. Sleeping longer than 30 minutes puts you in a deeper sleep stage and it becomes harder to awake. Studies have shown people who took regular 30 minute naps every day were 30% less prone to heart disease.

Taking a power nap is much more effective than excessive caffeine intake, because caffeine is just borrowing energy, and you will crash after the caffeine wears off.

-Yahoo! Health

## Impaired Driving Prevention

[Friendsdrivesober.org](http://Friendsdrivesober.org) is the official BACCHUS website devoted to impaired driving prevention. Here's where you'll find comprehensive information on how big the impaired driving problem really is, what steps you can take to prevent it, and what you can do to actually make a positive difference in your community.

## HOLIDAY STRESS?

December can be one of the most stressful months of the year, with all the holiday parties, decorations, shopping, and relatives; it is no wonder that people can get so stressed out during the "best time of the year." While you will not be able to avoid that aunt who has thought you are 15 for the past 8 years, there are ways to avoid getting stressed out...

- 1) Take care of your body
  - Do not overeat or skip meals.
  - Exercise at least 30 minutes a day, such as a brisk walk.
- 2) Keep your sense of humor.
  - If your Christmas cookies taste horrible, it isn't the end of the world, and you will probably laugh about it next year.
- 3) Realize that you are not responsible for making the holidays terrific for everyone else.
- 4) Don't accept every holiday party invitation.
- 5) Count your blessings.

-Hope Health Letter

## Did you know?

There is no medical evidence to suggest why people blush...

The human brain stops growing at age 18...

## Upcoming Events....

December 6th: Portion Distortion—During all meals

Check to see how much you are really eating at every meal in the café.

Great lesson to be learned before the holidays! ~Sponsored by Chartwell's

## Rehab for cigarettes?

Did you know that studies have shown that nicotine is actually more addictive than heroin? Or that smoking just 4 cigarettes gives a person a 90% chance of being addicted? Why is this?

***When nicotine enters the body, it be comes paired with the event or action happening at the time: studying, socializing, drinking, partying, etc. Therefore when you are at that same event, the brain triggers a nicotine craving.***

Smoking is responsible for 1 out of every 5 deaths in the United States, and every ten seconds a person dies from a disease related to smoking.

Though you may not immediately feel the deleterious effects of smoking, it will catch up with you. Smoking negatively affects your heart, lungs, eyes, nose, throat, mouth, skin, reproductive system, bones, blood, digestive system and causes cancer. -Tobacco Free U.org

Health Services / Human Resources is willing to reimburse any student, faculty or staff member that purchased the Nicoderm patch and **has remained smoke free for three months.** See Health Services before starting the program. *(Save your receipts and you will be reimbursed for up to 3 months)*