



# Toilet Talk

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Stay Well Manchester College!

## My Life According to Alcohol

56% of college students are reported to drink alcohol any given week. Have you ever wondered how much alcohol affects your life? Check out these drinking stages to gain an understanding of who's in control.

### Stage One: Social Drinker

There is no impairment, and no increase in tolerance. These people only choose to drink once in a while. Negative results do not come from a social drinker's night.

### Stage Two: Social Drinker

Drinking two to three times per week is enjoyable. There is usually impairment with drinking, and tolerance increases. There may be a hangover once in a while, but not every time. These people look forward to the weekend so they can "unwind."

### Stage Three: Problem Drinker

**Early Phase:** These people drink regularly and sometimes skip class or work because of a hangover. They might experience a blackout.

**Middle Phase:** People avoid situations where there is no alcohol. They experience financial strain because too much money is wasted on alcohol. Their personal relationships begin to suffer.

**Late Phase:** Academic performance significantly decreases. These people don't have a life other than drinking.

### Stage Four: Alcohol Addiction

These people are only concerned about alcohol. They drop out of school or work in order to drink, and they cannot stop drinking.

It is important to figure out what role alcohol plays in your life. If you choose to drink, remember that you need to be in charge of the alcohol, and not the other way around! -Beer, Booze, and Books

### Random Facts

A full bladder is roughly the size of a soft-ball.

It only takes 17 muscles to smile and 43 to frown.  
-msnbc

### **Need an EAR? That's why they're HERE!**

**April is National Counseling Awareness month. Have you ever been to one of our counselors here at Manchester? Danette, Andy, and Tracy head up a great team. They are available to listen to anything you have to say and also to help you cope with the stresses of college. Make an appointment by calling x5306.**

The Friendship Slang: BFF's, LBBFs, SYBFF's and B/F's Friendships are essential. It doesn't matter if you have 1,000 facebook friends, or a jam packed social schedule. It may sound cliché, but what you really need are some connections with people who really know you and are still friends with you anyway! Longevity is lengthened from choosing good friends. Often friends are there to help you de-stress. The hormone oxytocin is released from both talk and touch, and helps calm both your mind and body. College clubs, halls, and intramural teams are great ways to meet new people! And remember, you have to be a friend to have a friend!  
-prevention.com

"The future depends on what we do in the present." - **Mahatma Gandhi**