

Toilet Talk

Stay Well Manchester College

May 2012

Hey Seniors... We did it!

It's that time of year again- Time for another group of seniors to commence and leave Manchester to become adults and start their future. This year the commencement ceremonies are on **Sunday May 20, 2012**.

Baccalaureate ceremony is at 11 a.m. in Cordier Auditorium.

The dining commons in the College Union will offer a full **buffet** from **11 a.m. until 1:30 p.m.**

Commencement will be at **2:30 p.m.** in the **Physical Education and Recreation Center (PERC)**. The doors will open at 1:30 p.m., and reserved seating will be open to all at 2:15p.m.

Health and Counseling Services will be closed in June and July but will be checking messages and emails once a week. Please direct any student inquiries to healthservices@manchester.edu. If the student has an immediate need, Student Development is available all summer at ext. 5052.

For medical needs please contact Campus Safety at ext. 5999.

"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own.

And you know what you know. You are the guy who'll decide where to go."

Dr. Seuss

Have a safe and wonderful summer...I'll see you again when we are Manchester University!

Helpful Hints & Tips to Relieve Stress

1. **Listen to music.** If you're feeling overwhelmed by a stressful situation, try listening to relaxing classical music. Playing calm music has a positive effect on the brain and body can lower blood pressure, and reduce cortisol, a hormone linked to stress.
2. **Call a friend.** If you're feeling overwhelmed, take a break to call a friend to talk about your problems. Good relationships with friends and loved-ones are important to any healthy lifestyle, and there's no time that this is more evident than when you're under a lot of stress. A reassuring voice, even for a minute, can put everything in perspective.
3. **Talk yourself through it.** Sometimes calling a friend is not an option. If this is the case, talking to yourself can be the next best thing to avoid wiggling out. Don't worry about seeming crazy, just tell yourself why you're stressed out, what you have to do to complete the task at hand, and most importantly, that everything will be okay (trust us, it will be).
4. **Eat Right.** Stress levels and a proper diet are closely related. Unfortunately, it's when we have the most work that we forget to eat well and, instead, resort to using sugary, fatty snack foods as a pick-me-up. Try to avoid the vending machine and plan ahead. Fruits and vegetables are always good, as is fish with high levels of omega-3 fatty acids, which have been shown to reduce the symptoms of stress. A tuna sandwich really is brain food.
5. **Laugh it off.** Laughter releases endorphins that improve mood and decrease levels of the stress-causing hormones cortisol and adrenaline. Laughing tricks our nervous system into making us happy. Unfortunately, bursting into a fit of giggles at your desk may not be the most appropriate way to deal with stress.