

Toilet Talk

April 2013

Issue 130

"There's an app for that!"

The One Love foundation was established in 2010 in honor of Yeardley Love, a college student and victim of relationship violence, to raise awareness and educate others about abusive relationships. The One Love foundation has developed a mobile app called The One Love DA. The app is a resource designed to aid in identifying abusive relationships through a series of questions. For more information about The One Love foundation and to watch a video about the app visit

<http://www.joinonelove.org/main.asp?page=78>

The Truth about Cholesterol

High cholesterol is an increasing problem today and the facts behind the issue can be confusing. Although many times we hear about 'bad cholesterol' many do not know that there is 'good cholesterol'. There are two types of cholesterol: LDL (bad) and HDL (good). LDL causes plaque build-up which can lead to heart disease. HDL is used to clear some of the bad cholesterol from the blood. Most of the time, these can both be controlled with diet and exercise, but it does not happen overnight. Starting with a balanced diet and at least 30 minutes of physical activity 5 days a week can decrease the chances for cardiovascular disease.

Think Positive!

Many of us struggle to see the "glass half full". With the stress of a busy schedule and the end of another school year, positive thinking is an easy remedy to most bad days! Here are a few benefits of positive thoughts:

- Increased life span
- Lower rates of depression
- Increased resistance to the common cold
- Better stress coping skills
- Improved psychological and physical well-being
- Reduced risk of death from cardiovascular disease

"Positive thinking will let you do everything better than negative thinking will."

-Zig Ziglar

Texting and Driving: A Growing Epidemic

Distracted driving can lead to serious consequences, including death. In 2010 alone, 3,000 lives were lost to distracted driving. Distracted driving is not limited to texting, but any activity that causes the driver to lose focus while driving. The U.S. department of Transportation has been leading programs to limit texting and calling behind the wheel. April is Distracted Driving Awareness Month so do your part and join the fight to limit distracted driving. Death related accidents from distracted driving are 100% preventable. Visit <http://www.distraction.gov/> for more information.

Housing renewal and insurance waivers

Housing Renewal and Insurance waivers are on April 17th! You need to bring your insurance cards to housing renewal to complete the **REQUIRED** insurance information.

Brought to you by Wellness Services – April 2013

Questions? Comments? Please e-mail

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