

Toilet Talk

Manchester University

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Don't Worry...

Be Happy!

November 13th is World Kindness Day. This movement initially launched in Singapore in 2000. The World Kindness Movement's (WKM) mission is to inspire individuals towards greater kindness and to connect nations to create a kinder world. The WKM also encourages nations to set up their own kindness movements. The United States has participated in and created kindness movements as well, including:

- The Global Classroom Connection
- Random Acts of Kindness Foundation
- The Be Kind People Project
- Life Vest Inside

Even simple acts of kindness here on campus help create a kinder campus and improve individuals' overall mental health!

For more information, go to www.theworldkindnessmovement.org/

American Diabetes Month!

Diabetes affects approximately 8.3 % of the U.S. population – 25.8 million children and adults are living with this illness. Diabetes is a disease where the body does not produce or use insulin properly. Insulin is needed to convert sugars, starches, and other foods into energy that the body requires for everyday life. Diabetes is split up into two types, Type 1 and Type 2.

Type 1

- First noticed in children and young adults and involves the body not being able to produce insulin.
- Only 5% of individuals living with diabetes have Type 1.
- Normally genetic.

Type 2

- Most common type of diabetes.
- Individuals do not use insulin properly, causing abnormal levels of blood glucose (sugar) levels.

Anyone can be at risk for Type 2 diabetes. If you believe you are at risk, take these steps to lower your risk and maintain a healthy life style:

- Eat healthy
- Stay at a healthy weight
- Keep your cholesterol at healthy levels
- Get daily exercise
- Manage your blood pressure and blood glucose
- Avoid smoking

For more information, visit <http://www.diabetes.org>.

Water is essential for survival and it is no secret that there is a limited supply of clean, healthy water here on Earth. Help conserve water by following these helpful tips:

- Turn off faucet when brushing teeth
- Fill a sink with water while doing dishes instead of letting it run.
- Limit shower time
- Only do full loads of laundry.

Source: Hints from Heloise, Washington Post

A Chuckle a Day Keeps the Doctor Away!

-Two men walk into a bar. The first man says, "I'll have some H₂O." The second man says, "I'll have some H₂O too." The second man dies. -



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Questions? Comments? E-mail us at HealthServices@manchester.edu