

Toilet Talk



Manchester University

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Mental Health First Aid Day!

Manchester University is offering an 8-hour Mental Health First Aid course by MJCarey Consulting on March 29th from 8 am to 5 pm. This course teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and give them the proper care they need. The registration forms need to be completed and turned in no later than March 7th! If you have any questions or concerns please contact Kyla Daniels at kndaniels2015@spartans.manchester.edu.

Take the course to strengthen the community and possibly save a life!

Safe Spring Break 2014!

It's that time of year! Spring Break is only a couple weeks away and the BACCHUS Network encourages you to have a safe break this year. Thousands of college students participate in some type of spring break activity whether it is in a tropical climate, a ski trip, or a road trip.

Whatever your plans are, follow these helpful tips to ensure your safety:

- Choose not to drink if you are driving, or be safe with a designated driver – remember impairment begins with the first drink!
- Always wear your seatbelt.
- Respect others peoples' right, and your own, to choose not to drink.
- Stay out of dangerous situations involving alcohol, whether in a car, bar, or bedroom.
- If you have any concerns that someone around you may have alcohol poisoning, seek medical attention!
- Always be aware of your surroundings
- Avoid being alone and be careful whom you associate with or invite back to your room.
- Apply sunscreen early and often.

For more information, please go to <http://www.bacchusnetwork.org/safe-spring-break-2013-campaign.php>

Enjoy the Taste of Eating Right!

It's National Nutrition Month! The time to start focusing on the importance of making informed and healthy food choices is now. Here are some helpful tips to "Get Your Plate in Shape":

- Make half your plate fruits and vegetables –Eat a variety of vegetables (especially dark-green, red and orange vegetables)
- Eat whole grains
- Switch to fat-free or low-fat milk, which has same amount of calcium but less fat and calories!
- Eat a variety of protein foods each week, such as seafood, nuts and beans, as well as lean meat, poultry and eggs. Keep meat and poultry portions small and lean.
- Cut back on sodium and empty calories from solid fats and added sugars –Make major sources of saturated fats such as desserts, pizza, and hot dogs only occasional foods.
- Enjoy your food but eat less – avoid oversized portions.
- Be physically active your way – Pick activities you like and start by doing what you can.

Every bit adds up and health benefits increase as you make healthier food choices and spend more time being active!

For more information, please visit <http://www.eatright.org/nnm/handoutsandtipsheets/>

"Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same. "

-Francesca Reigler

Brought to you by Wellness Services! ☺

Questions? Comments? Please contact us at HealthServices@manchester.edu