

TOILET TALK



Manchester University

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Time to Talk, Time to Change

November has various mental health awareness weeks and days throughout the entire month. The purpose of these awareness days/weeks is to encourage individuals to gain more knowledge on issues involving mental illness and depression. Mental illnesses are more common than cancer, diabetes, or heart disease and these illnesses can affect people of any age, race, or income. Between 70 and 90% of individuals with mental illness experience a significant reduction of symptoms with proper care and treatment.

According to the recent survey in response to the VIA Mixed Drinks, Mixed Emotions, 60% of Manchester University students are aware of campus resources related to mental health and substance abuse. For those of you who are unfamiliar, Counseling Services is located on the first floor of Calvin Ulrey. There you can meet with **Danette Norman Till**, the Director of Counseling Services. **April White**, the Alcohol and Drug Abuse Prevention Coordinator, is also available and is located on the second floor of the Jo Young Switzer Center within the Success Center. You can schedule an appointment with either Danette or April by contacting Wellness Services at 260-982-5306.

Interestingly, 57% of students identified talking to someone as a healthy coping mechanism.

National Collegiate Alcohol Awareness!

It is estimated that each year 1,825 college students between the ages of 18 and 24 die from alcohol-related injuries. Including motor vehicle crashes. This month, campuses across the U.S. are joining together in raising awareness for collegiate alcohol use. Choosing not to drink is the safest option however if you are 21 and decide to participate in drinking (off campus of course), remember to eat food while drinking, stay hydrated by drinking water, know your limits and pace yourself, appoint a designated driver, do not make any sexual choices while you've been drinking – an individual cannot give clear consent while under the influence of alcohol, and have no more than one drink per hour. A standard drink is one **12 oz. beer, one 5 oz. glass of wine, or one 1.5 oz. shot of 40% alcohol.**

For more information, go to
<http://resources.prev.org/documents/FactsMythsCollegeDrinking.pdf>

"Look inside yourself. You are more than what you have become."

- Mufasa from *The Lion King* -

Healthy Skin Month!

Did you know that there is a direct relationship between your emotional state and the health of your skin?? Various studies have linked factors that affect our emotional well-being – such as stress, depression and anxiety – to an increase in skin, even hair and nail, problems. Stress causes the skin to become more sensitive and more reactive, which can cause or trigger acne lesions, psoriasis, fever blisters, and has even been shown to dehydrate the skin. Here are some quick, easy ways to help you relax and improve the health of your skin:

- Chew gum – minty or fruity gum is a surprisingly quick and easy way to reduce anxiety!
- Take a quick 30 minute nap or simply lay your head down on a pillow
- Brush your hair – repetitive motions, like brushing hair or even doing dishes, can cause the body to relax.
- Get organized – clutter can contribute to stress!
- Laugh and smile – laughing and smiling can increase blood flow and boost immunity

For more info, please go to <https://www.aad.org>



Brought to you by Wellness Services! 😊

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