



Toilet Talk

Manchester University

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National Eating Disorders Awareness Week!

February 22nd through the 28th is National Eating Disorder Awareness Week. Eating disorders are serious, potentially life-threatening conditions that affect both a person's emotional and physical health. These disorders include anorexia, bulimia and binge eating and in the U.S. alone, 30 million people will be impacted by an eating disorder at some point in their lifetime. Factors contributing to eating disorders can be psychological, interpersonal, social, or biological. Eating disorders are not just a "fad" or a "phase" in an individual's life; they are real, complex and devastating issues that can have serious short and long-term effects on one's health, productivity and relationships. Eating disorders can affect anyone and early identification is the first step in providing treatment. These disorders should not go unnoticed! Some common red flags for all types of eating disorders include:

- Skipping meals
- Making excuses for not eating
- Collecting recipes
- Persistent worry or complaining about being fat
- Not wanting to eat in public/Eating in secret
- Leaving during meals to go to the bathroom
- Use of over-the-counter drugs that can cause fluid loss

For more info, please visit <http://www.nationaleatingdisorders.org>

Did you know?!

- Dirty beards acquire the same smelly bacteria that live in smelly armpits. Don't neglect your beard!
- People who laugh a lot are much healthier than those who don't. On average, six year olds laugh 300 times a day and adults only laugh 15 to 100 times a day.
- Between 25% to 33% of the human population sneeze when they are exposed to light.
- There are more than 1,000 chemicals in a cup of coffee – and only 26 have been tested.

Spread Positivity!

Positive thinking helps with stress management and can improve your health. Positivity does not mean you ignore life's less pleasant situations; positive thinking simply means that you approach negativity in a more productive way. The health benefits of positive thinking include:

- ✓ Increased life span
- ✓ Lower rates of depression
- ✓ Greater resistance to the common cold
- ✓ Better psychological and physical well-being

Although it is unknown why positivity greatly benefits health, it is known that positivity and kindness can be contagious! Keep the semester going well by spreading positivity and kindness to your friends, family, classmates, and professors! ☺

Teen/Young Adult Dating Violence Awareness Month!

This February, start talking about healthy relationships! Nearly half (43%) of dating college women report experiencing violent and abusive dating behavior. 57% of college students say it is difficult to identify dating violence and 58% say they don't know how to help someone who is experiencing dating violence. Any dating violence is a pattern of abusive behaviors used to exert power and control over a dating partner. Dating violence does not discriminate against sexual orientation, gender, race, ethnicity, economic status, or religious preference – it can happen to anyone! Every relationship is different; however, a common theme among violent relationships is that it escalates over time. Discussing dating violence and raising awareness is vitally important in the fight against this silent epidemic. Every individual deserves a safe and healthy relationship; don't be afraid to start talking about it!

For more information, go to <http://www.teendvmonth.org>



Brought to you by Wellness Services! ☺

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