



Toilet Talk



Manchester University

March 2016

Issue 181

Women Making History

March is National Women's History Month!

Historically, most women have been overlooked and/or completely ignored for their significant contributions to the modern world. Here are some influential women you probably haven't heard of:

- **Cleopatra**- Sought to defend Egypt from the expanding Roman Empire by forming relationships with two of Rome's most powerful leaders Marc Anthony and Julius Caesar.
- **Hildegard of Bingen**- Wrote revelatory writings, poetry and music that led to Popes, Kings and influential people of the time seeking her consultation.
- **Joan of Arc**- At the age of just 17, Joan successfully led the French to victory at Orleans.
- **Shirin Ebadi**- An Iranian lawyer who has fought to promote democracy and human rights in Iran. She was awarded the Nobel Peace Prize in 2003.
- **Tegla Loroupe** – A previous marathon runner that is currently devoting herself to promoting peace, education and women's rights, especially in Kenya.
- **Malala Yousafzai**- Pakistani schoolgirl who defied threats of the Taliban, who shot her in the head. She survived and has become a global advocate for women's rights today.

For more information on both past and present women who have and are changing the world, see: <http://www.biographyonline.net/people/women-who-changed-world.html>

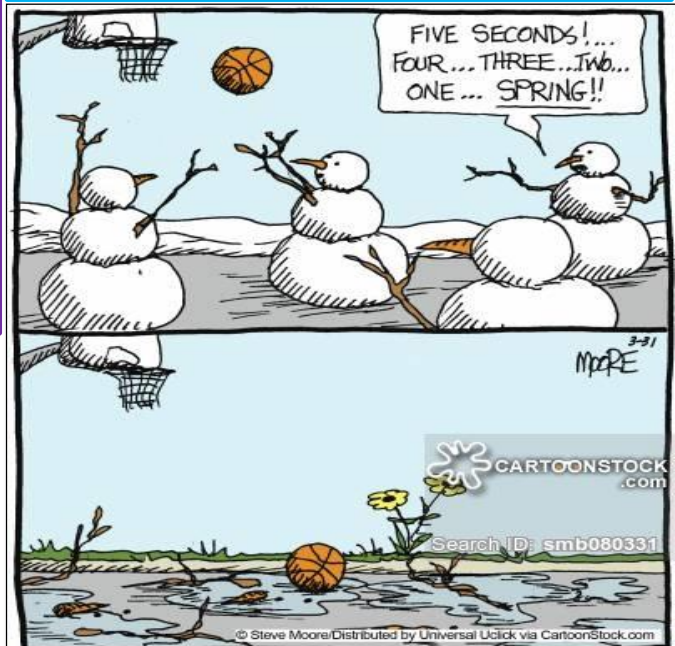
"Life is what happens to you while you're busy making other plans."

~ John Lennon

Spring Forward on March 13

Remember to turn your clocks forward one hour on March 13! Spring Forward sounds much cheerier than Lose an Extra Hour of Sleep. Here's some tips to feel a little more energized for this wonderful time of the year:

- 1) Leave open the blinds as the sun wakes up earlier, it will renew energy to you as well.
- 2) I know it's hard, but try NOT to hit that snooze button that lights up tauntingly! Snoozing for a few minutes will actually increase your exhaustion!
- 3) Try to stay active! Wake up and do some yoga, go for a run, or maybe even bike. You will be surprised how much using energy can actually make you feel more awake.
- 4) Eat breakfast!!! This meal is critical to all day energy, efficient metabolism, and sustaining energy throughout the day!



Brought to you by Wellness Services! ☺

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