



Toilet Talk



Manchester University

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“Life is 10% what happens to you, and 90% how you react to it.”

-Charles R. Swindoll

Stay Hydrated This Summer!

With the summer heating up comes the increased need to keep you hydrated while enjoying that summer sun. Keeping hydrated is important for your health and well-being, including keeping your body functioning properly. It is a lot easier to become dehydrated if you're physically active or working for long periods of time in the hot sun. This summer make it a point to stay hydrated and drink plenty of water. Keep a bottle of water handy and know the warning signs of dehydration in order to keep yourself and others safe this summer.

http://www.hhhealthassociates.com/cmss_files/attachm entlibrary/July-Stay-Hydrated-This-Summer.pdf

Say No To Stress

The school year is coming to a close, and with the end of school comes the week of the year that every student dreads the most—finals week. With all the final assignments, studying in preparation for exams, and packing up your belongings for the summer, it's extremely easy to become overwhelmed and become stressed out. This finals week, don't let stress get the best of you. Use these helpful tips to help you breeze through finals week stress free.

- **Manage your time efficiently.** Plan ahead with your time so that you can make sure to get everything that you need to done in time.
- **Prioritize.** Figure out what tasks are the most important and complete those first. Saving the simpler things for last will help keep you from burning out.
- **Get enough sleep.** Sleep is important to refuel your body with the energy it needs to make it through the week. Make sure you get 8-10 hours a sleep each night.
- **Take breaks.** Don't push yourself too hard; take breaks and get active. By doing something physically active you will give your mind a chance to relax, along with helping your body relieve stress.
- **Eat breakfast.** It's extremely important to eat well to keep your body fueled up and ready to go! This especially includes eating breakfast so that you start your day off properly with the energy you need to make it through the day.

<http://www.helpguide.org/articles/stress/stress-management.htm>

Save Your Skin

Summer is quickly approaching, which brings with it the long and sunny summer days that we've all been anticipating. During the summer the sun is closest to the Earth, which makes getting sunburnt much easier and much worse. This May, the National Council on Skin Cancer Prevention invites you to participate in national **Don't Fry Day** on Friday, May 27th. Kick-off your skin safe summer by adopting some healthy skin care habits to keep yourself from having to suffer from those painful burns and helping to lower your chances of developing skin cancer! This summer make sure to generously apply your SPF 30+ sunscreen, limit your time in the sun (especially from 12pm-3pm when the sun's rays are the strongest), wear sunglasses and a hat when outside, and avoid tanning. Most skin cancers are caused by an overexposure to UV light. You have the power to prevent skin damage due to the sun, so take advantage of that this summer and save your skin!

<http://www.skincancerprevention.org/node/282>

Brought to you by Wellness Services! ☺

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