



Toilet Talk



Manchester University

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MAKE THE MOST OF YOUR FALL

With decreasing temperatures around the corner and coursework beginning, most people are going to want to sleep or just huddle in a corner. Don't let these feelings get the best of you! Make the most of your fall with these tips!

- **Take advantage of the weather-** With the crisp air and the smell of apple pie emerging, enjoy the outdoors and take it as a chance to begin that workout you have been planning since last January!
- **Rejuvenate yourself-** Branch out this fall to treat yourself to some relaxation. Stay active and reward yourself with a massage, meditation, yoga, or learning a new skill such as piano or how to socialize.
- **Remember the 30-day Rule-** Walking into the gym to take a selfie won't form those abs! Being healthy and fit takes dedication, it takes about four weeks for the body to adapt to lifestyle changes, so shoot for that four week mark and build a healthy habit by actually turning the treadmill on.
- **Build your Healthy Diet-** with seasonal foods beginning to grow, such as sweet corn, apples, pumpkins, and avocados, get creative! To help you out, here's some recipes! <http://allrecipes.com/recipes/17208/everyday-cooking/seasonal/fall/fruits-and-vegetables/>

Fall is full of adventure! It's time to enjoy a pumpkin spice latte!

*"It is **impossible** to live without **failing** at something, unless you live so cautiously that you might as well have not lived at all—in which you fail by default.*

-J.K. Rowling

Tips to Deal With Stress!

- ✓ **Relax!** Set aside time to do something that is relaxing and that you enjoy.
- ✓ **Make a schedule!** Having everything written down helps you plan your schedule better.
- ✓ **Don't procrastinate!** Leaving things to do at the last second will only stress you out more.
- ✓ **Prioritize!** Organize what you have to do by order of importance. Getting the big things done first will help you feel less stressed.
- ✓ **Get moving!** Exercise is a great way to reduce stress and also keep your body healthy.
- ✓ **Ask for help!** If you truly do feel like you're in over your head, don't be afraid to ask for help.

For more information visit

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

Get Involved!!

September 4th- Laser Tag 6-9pm

September 5th- Movie on the Mall at 9:30 pm

Fast and Furious 7

September 7th- Labor Day: Classes are still in session

September 21st- Solo Cup Culture: Minimizing the Risks of an Alcohol-Soaked Campus Climate at 7 pm in Cordier-VIA credit

Health and Fitness Fair

College is the perfect time to begin taking control of your health, and what a better way to learn than with free stuff? The Health and Fitness fair will be taking place on October 6th at 7-11 am! More details to come soon!

Brought to you by Wellness Services! ☺

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