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STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOPPERWELL

WINTER HEALTH TIPS | wku.edu/hep (270) 745-5033

The Stall Street Journal is intended for fun, education and promotion of wellness, not as a formal scholarly publication

How to survive the winter

KEEP THE

HEAT

CHILL

DRESS IN LAYERS!



-Wicking layer (long underwear)

-Warm Layer (Fleece)

-Wind Layer (Waterproof Shell)

WEATHER GOT YOU DOWN?

Seasonal Affective Disorder (SAD):

A type of depression that is triggered by the seasons.

•The most common is winter-onset depression, typically related to the decreasing amount of sunlight during the daytime.

•As many as 15% of people in the U.S. may have mild versions of depression, lethargy, irritability and desire to avoid social situations.

•Taking a morning or noontime walk can go a long way toward alleviating SAD symptoms!

(mentalhealthameric.net/conditions/sad)



HOW CAN TOPPERWELL IMPROVE YOUR RESUME?

- SPEND TIME VOLUNTEERING + HELPING OTHERS
- PROVIDES PROFESSIONAL DEVELOPMENT OPPORTUNITIES + SHARPENS LEADERSHIP, COMMUNICATION + MARKETING SKILLS
- CREATES CONNECTIONS WITH OTHER PEERS + NETWORKING INITIATIVES.

RECRUITING NOW! JOIN TODAY!

email:topperwell@wku.edu

WINTER TIPS

- Insulate window(s) with clear plastic film.
- An extra quilt on your bed may be needed.
- Eat and drink warm foods to keep your insides toasty.
- Avoid caffeine, tobacco and alcohol when going out in the cold as these leave the skin more prone to thermal injury.
- If you shower right before class, dry your hair or wear a hat when you go outside. A wet head is more likely to trigger a cold because the blood vessels in the nose and throat constrict, decreasing the white blood cells defenses against fighting cold viruses.

(mayoclinic.org/diseases-conditions)



Dorm Friendly Recipe! EASY CHICKEN NOODLE SOUP

- YOU WILL NEED:
- 1 1/2 cups rotisserie chicken, shredded (Cooked at store)
 - 2 cans low sodium chicken broth
 - 1 large carrot, sliced
 - 1 stalk celery, diced
 - 2 teaspoons Italian seasoning
 - 1 cup wide egg noodles, uncooked
 - Salt & Pepper

HOW TO MAKE:

1. Combined all ingredients except egg noodles into a pot. Bring to a boil, then reduce the heat to low and simmer for 20 minutes.
2. Once carrots and celery are tender, add noodles to pot. Turn up heat and cook for 10 more minutes.
3. Season with salt and pepper to taste

•Quick Alternative: Use Bear Creek Soup Packet (This does have more sodium though.)

WINTER BOREDOM... BE GONE WITGHA!

- Catch a basketball game
- Try different "dorm room workouts" with your books & chair
- Volunteer somewhere in town (Humane Society, Hope Harbor)
- Make a music video to your favorite song
- Play the game "Heads Up!" with your floor mates
- Sign up for WKU WellU® and participate in the events, workshops, programs, etc. for a chance to earn scholarships and prizes!

BROUGHT TO YOU BY:



THE COLD

V S

THE FLU

- Inconvenient but not serious
- Can be treated at home
- May last 4-14 days

COMMON SYMPTOMS

- Stuffy or runny nose
- Fever (rare, usually <100°F)
- Coughing
- Sore throat
- Sneezing

SUGGESTIONS FOR RELIEF

- Drink fluids to relieve congestion
- Gargle salt water to soothe throat
- Hot shower to loosen mucus
- Cold medicine to relieve cough or congestion
- Nyquil or other over the counter medicines.

BOTH

-A contagious respiration illness

PREVENTION

- Wash Hands
- Avoid close contact with others who are sick
- Take daily vitamins

A viral infection with similar symptoms to a cold but more severe

- Acute symptoms can last 3-5 days. Other symptoms may linger for weeks.

COMMON SYMPTOMS

- High Fever (100° - 102° // 3-5 days)
- Fatigue / weakness
- Muscle aches
- Coughing can last several weeks
- Chills
- Sore throat

SUGGESTIONS FOR RELIEF

- Medication to relieve fever & aches (ibuprofen or tylenol)
- Drink LOTS of fluids (water, electrolytes, sports drinks, broth)
- Get plenty of rest
- Cover up with blankets to calm chills
- Healthcare providers can determine if antiviral drugs are needed

DON'T FORGET TO REGISTER FOR WELLU®!
wku.edu/awellu



FREE HIV TESTING

TUES., FEB. 10th

10 am -3:30pm
Health Service Building, Rm 1064

GROCERY BINGO

THURSDAY, FEB 12th 7-9pm

@ DSU Nite Class (Between Papa Johns & Red Zone)

PLAY BINGO & WIN PRIZES!!

* If symptoms persist, see a healthcare provider!



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VOLUME 8, TISSUE 2 | RES HALL ETIQUETTE | wku.edu/hep (270) 745-5033

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HOW TO SURVIVE

DORM LIFE!

RES HALL REFRESHERS

- TAKE OUT TRASH= 1-2X WEEK**
- Wipe down surfaces with cleaning wipes= 1-2 x month**
- WIPE/VACUUM FLOOR= 1-2X PER MONTH**
- Clean Sheets= 1-2 weeks at a time**
- MAKING YOUR BED EVERY DAY HELPS A PERSON SLEEP BETTER**
- General Clothes Laundry= Weekly**
- Towels= Weekly**
www.webmd.com

RES HALL ETIQUETTE 101

- <http://www.cengagebrain.com/blog/2014/11/8-college-tips-for-roommate-etiquette/>
Set guidelines upfront. At the beginning of the semester make sure you set time aside to discuss each other's schedule, preferences & needs.
- Keep the room clean. It is a small enough space for one person, let alone two—and two people who might not know each other too well. Make sure you have everything together so you can have a clean living environment.**
- Ask permission to have friends/ significant others over. Of course you can invite friends to your room, but remember that it is not just your space. Check with your roommate before you have anyone over. You would want them to do the same.**
- Organize your schedules. Compare your class schedules and social schedules to make sure you're on the same page and can adjust when one of you wants quiet time in the room.**
- Lights- Ask your roommate about how he/she feels about lights being on. Not everyone likes the lights on when they're trying to sleep.**
- Be discrete about intimate moments. Have a code to signal to your roommate. Make sure you both are truly comfortable with this. If so, limit the frequency of using the code.**
- Staying up late- If you have to stay up late to study try going to the study room to finish some work if your roommate is trying to get some sleep.**
- Respect your roommate's things. It might seem like a no-brainer, but it's a huge reason for roommate conflict.**



ROOMIE RESOLUTION

HOW TO TELL THERE IS AN ISSUE:

—YOUR ROOMMATE MAY NOT WANT TO TALK TO YOU, MAY LEAVE THE ROOM WHEN YOU ENTER, OR MAY EVEN COMPLAIN TO FRIENDS ABOUT YOU.

—YOUR ROOMMATE MAY BECOME ANNOYED WITH YOU OVER LITTLE THINGS.

HOW TO ADDRESS THE ISSUE:

—APPROACH YOUR ROOMMATE IN PRIVATE.

—CONFIRM THAT THIS IS A GOOD TIME FOR BOTH OF YOU TO TALK. IF ONE OF YOU FEELS RUSHED OR BLINDSIDED THEY WILL BE LESS ABLE TO COMMUNICATE EFFECTIVELY.

—BE DIRECT, CALM & RESPECTFUL. DISCUSS THE ISSUE WITH REGARD TO BEHAVIORS RATHER THAN PERSONALITY TRAITS. THIS TACTIC IS LESS LIKELY TO PUT YOUR ROOMMATE ON THE DEFENSIVE SIDE.

<https://www.sarahlawrence.edu/studentlife/residence-life/roommate-conflicts-confrontation-communication-mediation.html>

TOPPERWELL SPOTLIGHT

How would you address your roommate about privacy?

"If I wanted to have company over, I would first ask my roommate if it would be an inconvenience for them to let me have my privacy. If it was an inconvenience then I would most definitely try to come up with a solution that works better for the both of us."



-Courtney Wagner, Senior, TopperWell Vice President

UPCOMING EVENTS

NUTRITIONCHAT

Nutrition Chat
Sept 10
1-3pm @ Centennial Mall

Free HIV Testing
Sept 15
10-3:30pm @ Health Services

FREE HIV TESTING

GROCERY BINGO

Grocery Bingo
Sept 17
7-9pm @ DSU Nite Class



STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOPPERWELL

VOLUME 8, TISSUE 3 | GOING GREEN | wku.edu/hep (270) 745-5033

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SUSTAINABILITY: Supporting long term ecological balance

1. EASY WAYS TO GO GREEN!

2. USE A REUSABLE BAG



1. TURN OFF LIGHTS

- IF YOU CAN, SWITCH OUT INCANDESCENT BULBS WITH COMPACT FLUORESCENT LIGHTING
- FLUORESCENT BULBS USE 66% LESS ENERGY AND CAN LAST 13X LONGER
- A SINGLE FLUORESCENT BULB CAN SAVE \$25-\$50 OVER IT'S LIFETIME
- LIGHTING USES ABOUT 25% OF ALL ELECTRICITY IN THE USA



- Reusable tote/ cloth bags will last you for years!
- If Americans used 10 fewer bags each month, we could save 2.5 billion bags per year
- Less than 5% of plastic bags are recycled
- Plastic bags may never fully decompose in landfills
- At least 267 different species are known to be effected by plastic marine debris

<http://www.inspirationgreen.com/plastic-bag-stats.html>

3. BIKE, WALK, BUS OR CARPOOL AROUND BG

WE CHALLENGE YOU!

ONCE A WEEK TO USE ALTERNATE FORMS OF GETTING AROUND! WKU BUS LINE, BIKE, WALK OR CARPOOL!

- BIKING SAVES \$\$ AND BURNS CALORIES
- BIKES ARE CHEAPER THAN A CAR
- BIKES CAN BE FASTER AND MORE EFFICIENT THAN A CAR

BIG RED BIKE PROGRAM OFFERS STUDENTS FREE BIKES TO RENT!

• AVAILABLE THROUGH THE OFFICE OF SUSTAINABILITY • 270-535-0995

ORAC BIKE REPAIR Will fix your bike!

• AVAILABLE THROUGH ORAC AT THE PRESTON CENTER • 270-745-6545 • [WWW.WKU/ORAC](http://www.wku.orac)

5. USE A REUSABLE WATER BOTTLE

DITCH THE BOTTLED WATER!

- Using a refillable water bottle replaces over 300 disposable bottles
- One plastic bottle can take hundreds of years to decompose
- Using tap water is more cost effective
- Plastic bottles contain PCBs (Polychlorinated Biphenyls) which are toxic for your health
- American's throw away 2.5 million bottles every HOUR
- 1 ton of recycled plastic= 1 year's worth of energy for a 2 person house

<http://recycleacrossamerica.org/recycling-facts>

6. GIVE PAPER A 2ND CHANCE

- Cut back on paper consumption by:
 - Stopping junk mail
 - Renting or buying used textbooks
 - Using an e-reader
 - Using the back of paper
 - Print double sided

THINK BEFORE YOU PRINT

- Sunday's paper=500,000 trees
- Average American uses 7 trees per year
- Americans use 85 million tons of paper each year (680 pounds per person)<http://ow.ly/RWnGE>

WKU OFFICE OF SUSTAINABILITY

• Has made WKU 1 of 9 colleges to be recognized as a GREEN RIBBON SCHOOL by the US Dept of Education this year!

• Is working to have local produce for on campus dining locations!

• Provides all on-campus coffee shops with milk from Kentucky!

Community Garden Volunteer and pick fresh produce!

FRIDAYS 1-3pm // <https://www.wku.edu/sustainability/>



REMEMBER: EVERY LITTLE BIT HELPS!



7. RECYCLE GLASS PLASTIC & CANS

- Glass is 100% recyclable & can be recycled endlessly without loss in quality.
- Energy costs drop for every ton of glass recycled.
- The average American throws away 185 pounds of plastic each year
- Tossing away an aluminum can wastes as much energy as pouring out half of that can's volume of gasoline.
- Making aluminum cans from recycled aluminum takes 95% less energy than making cans from new ore
- Making beverage cans from recycled aluminum cuts air pollution by about 95%.

UPCOMING EVENTS

NUTRITIONCHAT
WED Sept. 23 // 2:30-4:40 pm
Preston Center // FREE Smoothies!

WKU vs MTSU BLOOD DRIVE
OCT. 5, 6, 7 // 10am-6pm
PRESTON CENTER

<http://ow.ly/RW8CB>



STALL STREET JOURNAL

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VOLUME 8, TISSUE 4 |

BEER NEWS |

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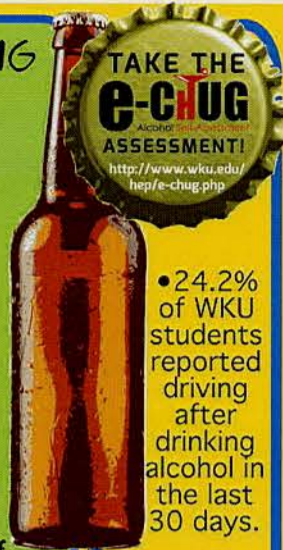
SIGNS OF ALCOHOL POISONING

- M** - MENTAL CONFUSION
- U** - UNRESPONSIVE
- S** - SNORING / GASPING FOR AIR
- T** - THROWING UP
- H** - HYPOTHERMIA
- E** - ERRATIC BREATHING
- L** - LOSS OF CONSCIOUSNESS
- P** - PALENESS / BLUENESS OF SKIN

Alcohol poisoning is a serious, sometimes deadly, consequence of drinking large amounts of alcohol in a short period of time.

If you suspect someone has alcohol poisoning, seek medical help immediately, call 911 and stay with the person until help arrives.

<http://www.wakealive.org/educate/know-the-signs>



• 24.2% of WKU students reported driving after drinking alcohol in the last 30 days.

• About 4 out of 10 WKU students who drank alcohol reported doing something they later regretted.

WKU MCHA Spring 2014 Survey

1 STANDARD DRINK SIZE



<https://www.wku.edu/transportation/transit/>

THE SAFE RIDE PURPLE LINE BUS

- Runs Thursday, Friday, and Saturday during Fall and Spring Semesters from 10 PM- 2AM.
- Runs on a continuous 15 minute frequency.
- Incorporated into the Next Bus GPS tracking system.
- Find the location & route of the shuttle through the iWKU app on your smart phone.

PROVIDED BY: SGA and Parking & Transportation Services

UBER IS NOW IN BOWLING GREEN!
DOWNLOAD THE APP and request your ride home!



UBER

GROCERY BINGO

DSU Nite Class/ October 8th
7pm - 9pm

Health Services Bldg. 1064
October 13th
10:00am - 3:30pm

FREE HIV TESTING

NUTRITIONCHAT

Outside PFT
October 15th // 5pm - 6pm

Financial Tip: On average, if you are buying 2 drinks per WEEK, you are spending approximately \$52.00 a month, \$624.00 a year!

UPCOMING EVENTS



How Alcohol Affects the Body

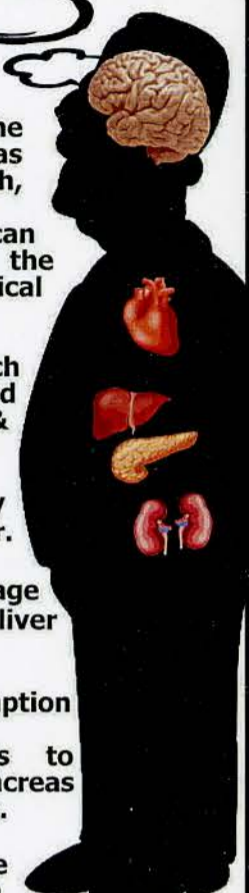
BRAIN: Excessive alcohol consumption can cause the brain to lose function, such as controlling movements, speech, judgment, and memory. Long-term heavy drinking can shrink the frontal lobes of the brain, which impairs critical thinking skills.

HEART: Drinking too much alcohol can lead to high blood pressure, heart failure, & increases the risk of a stroke.

LIVER: The liver can only oxidize one drink per hour. Regular consumption of alcohol can lead to liver damage such as hepatitis, fatty liver disease & cirrhosis.

PANCREAS: Alcohol consumption confuses the pancreas of its function, causing enzymes to become trapped in the pancreas which can lead to pancreatitis.

KIDNEYS: Alcohol causes the kidneys to lose the function filtering harmful substances from your blood, and of regulating the amount of water in the body, which can lead to dehydration of organs in the body.



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12 oz. BEER = 150 CAL. → 20 MIN ON THE STAIRMASTER

12 oz. LIGHT BEER = 100 CAL. → 37 MIN OF CRUNCHES

10 oz. MARGARITA = 445 CAL. → 90 MIN OF PUSH-UPS

4 oz. WINE = 120 CAL. → 29 MIN OF BRISK WALKING

I can sober up quickly if I have to... **MYTH**

FACT: Only time will sober you up. Nothing can speed up this process - not even coffee or cold showers.

Beer before liquor, never sicker. **MYTH**
Liquor before beer, everyone's clear.

FACT: It isn't in the order you consume drinks, it's the total amount of alcohol you consume.

BE A RESPONSIBLE HILL TOPPER

Students who seek medical attention for themselves or for someone who needs medical assistance related to consumption of alcohol or drugs may not be charged with violations of the WKU Student Code of Conduct related to alcohol or drugs. Charges outside of the University still may apply.

https://www.wku.edu/judicialaffairs/res_hilltopper.php

www.myfitnesspal.com/exercise/



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VOLUME 8, TISSUE 5 |

NUTRITION

wku.edu/hep (270) 745-5033

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EATING DISORDERS

Eating disorders are a daily struggle for 10 million females and 1 million males in the United States.

The most common college student eating disorders are anorexia, bulimia and binge-eating disorder

If this is something you struggle with, you are not in this alone. Almost 1.2% of students at WKU struggle with an eating disorder and reported being treated by a health professional in the last 12 months.

Spring 2014 WKU NCHA Survey

Look for symptoms such as: Intense and unrealistic fear of gaining weight or becoming fat (even though a person is underweight), resistance to maintaining body weight, excessive amount of food within a discreet period of time, struggle with anxiety, depression, and loneliness after a binge.

<http://www.evansville.edu/counseling/feating.cfm>

BRANDI BREDEN, RDN
Brandi Breden is the campus Registered



Dietitian. If you are looking for advice or nutritional counseling, call or visit the HEALTH & FITNESS LAB in the Preston Center to make an appointment! (270) 745-6531 wkudietitian@wku.edu

NEED HELP?

If you are struggling, there are resources on campus available to help you!

WKU Counseling & Testing Center welcomes you to take an online screening for eating disorders. This free screening is available to all WKU students and is taken anonymously. Based on your comfort level you can also visit the campus dietitian.

<http://screening.mentalhealthscreening.org/WKUNUTCPYD>

HOW TO EAT HEALTHY

1 Look for options that will consistently help you make healthy eating decisions. Concerned about costs? Consider splitting orders with your roommates or other people on your floor.

2 When you make good choices, you teach yourself that you can be successful. When you do the opposite, you're possibly hurting yourself. If this happens, don't beat yourself up. Just start over!

TopperWell Spotlight

Krista Newton
Sophomore Exercise Science
Owensboro, KY

Q: What is your "go-to" healthy snack you make in your room?

A: "Typically I'll eat a banana with peanut butter or grab some dark chocolate roasted almonds if I'm on the go."

FARMER'S MARKET

2319 Nashville Rd., between the WKU Store and the WKU South Campus/ Kniceley Center.

Saturdays: 8am to 1pm
Tuesdays: 2pm to 6pm

<http://www.communityfarmersmarketbbg.com/>

Eating breakfast helps you make better food choices throughout your day. It may reduce your hunger later in the day and increases your physical energy!

Easy Healthy Breakfast Suggestions:

- Small bags of trail mix with ingredients such as nuts, dried fruit & toasted oats
- Whole grain cereal, milk, banana
- Whole grain crackers with fruit or veggie sticks
- Yogurt smoothie and a handful of nuts and dried or fresh fruit

<http://blog.frontrange.edu/2012/09/10/3193/>



Healthy Recipe: Twice Baked Potatoes

INGREDIENTS: 1 large russett potato, scrubbed clean, 1 tablespoon of olive oil, salt and pepper, 2 tablespoons of greek yogurt, splash of milk (optional), with your favorite topping.

MICROWAVE INSTRUCTIONS: Using a fork, puncture several holes all over the potato. Place the potato on a microwave-safe plate and rub with olive oil and top with salt and pepper. Cook, on high, for 10 minutes. When the potato is slightly cooled, using a knife, slice off the top, lengthwise and scoop out the potato guts into a small bowl. Add the yogurt and splash of milk and your favorite topping. Add the mixture back to the potato skin and cook in the microwave for another 2 minutes.



3 Stock up on healthy staples with a long shelf life, like nuts, seeds, dried fruit, rice cakes, and multi-grain crackers. Apples and citrus fruits can sit out for up to two weeks, and raw veggies and hummus are good options too.

4 Fresh Food Always take the fruit even if you don't think you want it. Solid reason to reach for that banana?

5 You're at college to learn, right? Then take your education beyond your classroom lectures: Get in touch with the cafeteria nutrition info and teach yourself something about what are healthier options.

6 Eat mindfully and pay attention to what works for your body and what doesn't. Keep note and adjust accordingly. Don't eat while focusing on something else. This will help from over-eating.

EAT THIS NOT THAT

All Under 500 Calories:

- Grilled chicken sandwich with fruit cup or side salad
- 8-Piece nugget with fruit cup or side salad
- Reduced fat turkey bacon breakfast sandwich
- Tall Skinny pumpkin spice latte with 2% milk, no whipcream (240 cal)
- 6" Oven Roasted Chicken Breast
- 6" Veggie Delight Sub
- Cajun Veggie or Chicken rice bowl or burrito
- KC Barbeque Veggie burrito
- 1 pc Bone in Chicken, green beans (leave off the skin and save the biscuit for later)
- Popcorn shrimp with reg. cole slaw
- Grilled Teriyaki
- Broccoli Beef Bowl
- Grilled chicken sandwich with waffle potato fries (720 cal)
- Turkey Pesto Panini & chocolate chip cookie for lunch (790 cal)
- Grande pumpkin spice latte with whip cream and whole milk (420 cal)
- Chicken and Bacon Ranch Melt (570 cal)
- Turkey Italiano Melt with chips and drink (870 cal)
- Mexican pork rice bowl (890 cal)
- Bangkok Thai pork 13" burrito (820 cal)
- Egg and Sausage biscuit (690 cal)
- Chicken Po'Boy with pepsi (860 cal)
- Cajun fries large (770 cal)
- Chow Mein with med. soda (840 cal)
- Fried Rice with grilled Teriyaki chicken (820 cal)





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VOLUME 8, TISSUE 6 | MENTAL HEALTH | wku.edu/hep (270) 745-5033

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WHAT IS MENTAL HEALTH?

MENTAL HEALTH REFERS TO COGNITIVE/EMOTIONAL HEALTH. HOW ONE FEELS, THINKS, AND BEHAVES.



CAUSES OF STRESS

Poor Sleeping Habits

According to the National Sleep Foundation, students who don't have healthy sleeping habits or don't get enough sleep at night are more likely to feel stressed than students who get plenty of sleep.

Relationships

Relationships with friends and others could be stressful due to emotional reasons and some external sources.

Poor Eating Habits

Poor nutrition and unhealthy eating habits can increase a student's stress level. Examples of stress-inducing food are: sodas, energy drinks, donuts, candy bars, processed snack foods, and french fries.

A healthy diet helps the brain function properly and includes foods that are low in fat, high in fiber and complex carbohydrates. Such foods include fruits, vegetables, whole grains, nuts and lean proteins.

Financial

College is expensive! Between books, tuition, fees, boarding or commuting expenses, the typical low paying jobs that students have just aren't enough. It might be beneficial to look into a work study program.

DIFFERENT TYPES OF ANXIETY DISORDERS

OCD

-OBSESSIVE COMPULSIVE DISORDER- UNWANTED AND INTRUSIVE THOUGHTS: OFTEN COMPELLING THEM TO PERFORM RITUALISTIC BEHAVIORS

SP

-SOCIAL PHOBIA- EXTREME, DISABLING AND IRRATIONAL FEAR OR EMBARRASSMENT + HUMILIATION IN SOCIAL SITUATIONS.

GAD

-GENERALIZED ANXIETY DISORDER- A FEELING OF WORRY, NERVOUSNESS, OR UNEASE, TYPICALLY ABOUT AN IMMINENT EVENT OR SOMETHING WITH AN UNCERTAIN OUTCOME.

PTSD

-POST-TRAUMATIC STRESS DISORDER- PERSISTENT SYMPTOMS THAT OCCUR AFTER EXPERIENCING A TRAUMATIC EVENT SUCH AS WAR, CHILD ABUSE OR NATURAL DISASTERS.

PD

-PANIC DISORDER- CHARACTERIZED BY PANIC ATTACKS, SUDDEN FEELINGS OF TERROR THAT STRIKE REPEATEDLY AND WITHOUT WARNING.

DEPRESSION

Depression is a serious mental illness characterized by sad and anxious feelings that usually lasts for a couple of days. If not treated, it may last for a longer period of time. 5.5% of WKU students reported being treated by a professional for depression. (WKU Spring 2014 NCHA survey)

Seasonal depression or seasonal affective disorder (SAD) is also a frequent type of depression observed in people during the winter months.

17% of WKU students reported that anxiety has made some type of impact on their academics. (WKU 2014 Spring NCHA Survey)

16.5% of students at WKU have felt hopeless (WKU 2014 Spring NCHA Survey)

44.1% of students at WKU have felt overwhelming anxiety in the last 12 months. (WKU 2014 Spring NCHA Survey)



STRESS IS TREATABLE...

- DAILY EXERCISE / PHYSICAL ACTIVITY
- TALKING TO SOMEONE, SUCH AS FRIENDS, FAMILY, PHYSICIAN, OR THERAPIST FOR HELP
- GET INVOLVED! VOLUNTEER OR FIND ANOTHER WAY TO BE ACTIVE IN THE COMMUNITY
- MEDITATION AND YOGA
- GET ENOUGH SLEEP
- POSITIVE THINKING
- MANAGING PROJECTS / TASKS

SELF HELP FOR SLEEPING PROBLEMS AND SLEEPING DISORDERS

- KEEP A REGULAR SLEEP SCHEDULE EACH DAY, INCLUDING WEEKENDS.
- SET ASIDE ENOUGH TIME FOR SLEEP. MOST PEOPLE NEED AT LEAST 7-8 HOURS EACH NIGHT IN ORDER TO FEEL GOOD AND BE PRODUCTIVE.
- TURN OFF ELECTRONIC DEVICES A FEW HOURS BEFORE YOUR BEDTIME
- BREATHING EXERCISES ARE HELPFUL BEFORE GOING TO BED; THEY CAN HELP YOU TO RELAX

Going to college can be a difficult transition period in which students may feel lost, lonely, confused, anxious, inadequate and stressed. These problems can potentially lead to depression. Untreated depression is one of the leading causes of suicide.

LISTEN UP... And Seek Help
An estimated 90% of people who consider suicide mention it to a friend or to someone else.

SUICIDE HELP

WKU COUNSELING 24 hr. line
270-843-4357

Suicide Local helpline:
LIFES SKILLS HELP LINE
1-800-223-8913

UPCOMING EVENTS

FREE HIV TESTING

WORLD AIDS DAY
TUESDAY, DEC. 1ST
TIME: 10:00 AM - 3:30 PM
LOCATION: HEALTH SERVICES BLDG. ROOM 1064

NUTRITIONCHAT

NUTRITION CHAT
WEDNESDAY, DEC. 2ND
TIME: 11AM - 2 PM
LOCATION: FRESH FOOD

BROUGHT TO YOU BY: HEALTH EDUCATION AND PROMOTION TOPPERWELL

HOMESICK? YOU'RE NOT ALONE...

1.8% OF WKU STUDENTS REPORTED THAT THEY WERE HOMESICK IN LAST 12 MONTHS (WKU SPRING 2014 NCHA SURVEY).

THINGS YOU CAN DO...

- MAKE NEW FRIENDS. INVOLVEMENT ON CAMPUS, OUTDOOR TRIPS, CLUB SPORTS, STUDENT ORGANIZATIONS.
- KEEP A POSITIVE ATTITUDE: BEING ALONE GIVES YOU TIME TO DISCOVER NEW THINGS ABOUT YOURSELF AND BECOME A STRONGER PERSON.
- TRY CREATIVE SELF-TALK: WHAT WE THINK OR TELL OURSELVES (SELF-TALK) INFLUENCES WHAT WE FEEL. EX: JUST BECAUSE I'M ALONE NOW DOESN'T MEAN I'LL ALWAYS BE ALONE.
- LOOK INTO THE OUTDOOR RECREATION ADVENTURE CENTER FOR TRIPS AROUND KENTUCKY AND THE COUNTRY.

Resources for MENTAL HEALTH RELIEF

- WKU Counseling and Testing Center, Potter Hall, 4th floor RM 409
- WKU Health Education and Promotion Office, Health Services Building, Room: 1074
- WKU Health and Fitness Lab provides massage services & free fitness classes in the Preston Center
- National Institute of Mental Health (www.nimh.nih.gov)
- WKU Learning Center in DSU, 2nd Floor RM 2141

The Health & Fitness Lab in the Preston Center offers massage therapy services that can help you to cope with stress.

- Swedish Massage
- Deep Tissue Massage
- Hot Stone Massage
- Myofascial Release

(270) 745-6531

Book an Appointment today!



STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOPPERWELL

VOLUME 8, TISSUE 7 | SEXUAL HEALTH | wku.edu/hep (270) 745-5038

The Stall Street Journal is intended for fun, education and promotion of wellness, not as a formal scholarly publication.

How can YOU improve your sexual health?

WKU Health Education & Promotion (HEP) office has information & resources available on these topics; located in the Health Services building on campus, room 1074.

FREE!!

- Male condoms: TROJAN & MORE!
- female condoms (FC2)
- LUBE
- dental dams available to WKU students in the HEP office! Save some money and be prepared!

To make healthier sexual decisions, have an understanding about:

- sexual transmitted infections (STI's)
- contraception
- safer sex
- your anatomy

The best way to avoid getting a sexually transmitted infection (STI) and prevent unplanned pregnancy is **abstinence** - or not having sex. Some people also choose to be abstinent because they aren't ready to deal with the emotional and physical consequences that can occur in a sexual relationship.

1. Educate yourself and access reliable sexual health information, education and care.

2. Practice safe sex or abstinence.

If sexually active, utilize protective methods that work best for you to prevent unplanned pregnancy & the spread of infections.

Examples of contraceptives:

- The Pill (Oral Contraceptives) - take every day, same time
- The Patch - replace once a week
- The Ring (NuvaRing) - replace once a month
- The Shot (Depo-Provera) - receive 1 shot every 3 months
- The Implant (Nexplanon) - Can be inserted for up to 3 years
- The IUD (Mirena) - Can stay in for 3+ years
- Barrier methods- Condoms (male and female) protect against both STI/STD's and pregnancy
- Birth control (contraceptives)- protect ONLY against pregnancy, still need a barrier method to protect against diseases.

56.3% of WKU Students reported using protection during intercourse.

(2014 WKU NCHA Survey)

Ways to be abstinent:

- Make the commitment & be clear why you want this.
- Avoid situations that could make it difficult to say "no"
- Have an accountability partner/ friend to keep each other in check
- Be clear about your choice with your significant other
- Define what you will /won't do
- Remember the benefits
- Remember you're not alone!

Other places for STI testing:

-Graves Gilbert Clinic @ WKU (in Health Services building on campus)

-Barren River Health Dept. (10 minute walk from Cherry Hall to State Street)

-Your family physician office

-WKU HEP has FREE HIV Testing on campus once a month, check website for dates!

3. GET TESTED!

There is no shame in getting tested regularly for STI's. STI's have little or no symptoms; Testing is the only way to know for sure. Getting screened can put your mind at ease or get you (and your partner) necessary treatment.

Engaging in sexual activity with someone who has not given consent is sexual assault and against the law.

Approximately 1 in 5 women and 1 in 33 men will be victims of sexual assault in their lifetime... help keep WKU a safe place by being a proactive bystander and by respecting the choices of others. (www.palm.com)

Consent (n): the approval of the activity after the question has been presented. Consent should be mutual, verbal, and sober-not assumed or implied. Silence or not responding is not consent.

SEEKING HELP?

If you or someone you know is a victim of sexual assault and seeking help you can make an appointment with:

Elizabeth Madariaga, Sexual Assault Services Coordinator in WKU Counseling & Testing Center (Potter Hall, 4th floor) to assist you in the best way possible.

4. Recognize and respect the sexual rights we all share.

Be open with your physician if something below the belt doesn't feel right. The longer you wait, the harder it can be treat. Some doctors do not test for STI's during annual check-ups unless you ask them to. Talk to them about getting tested for the leading common STI's.

Respect your partner by disclosing anything they should know in order to be extra cautious- such as acquiring a STD or being on antibiotics (some antibiotics can make birth control less effective and a back-up method (i.e. condom) is needed.

Communicate about sexual health with others including sexual partners and healthcare providers.

Q & A

Q: What is the most common STI in the United States?

A. HERPES

B. HPV (Human Papilloma virus)

C. CHLAMYDIA

A: B. HPV (genital warts)
According to the CDC, HPV is so common that nearly all sexually active men and women get it at some point in their lives. There are many different types of HPV. Some types can cause health problems including genital warts and cancers. Luckily, there are vaccines that can prevent these health problems from happening. To reduce your risk of contracting HPV, get vaccinated! Gardasil 9 is available to women and men, ages 9-26, which will protect against the most dangerous HPV types. Ask your healthcare provider for more information. GGC@WKU will be administering HPV vaccines during the campus Health Fair on March 1st. You can also get them at the clinic on campus!

<http://www.cdc.gov/std/hpv/stdfact-hpv.htm>

UPCOMING EVENTS:

Free HIV Testing

Tuesday, Feb. 16th
10am -3:30pm
Health Services Bldg,
Rm 1074



Grocery Bingo

Thursday, Feb. 18th 7-9 pm
Nite Class in DSU
(outside RedZone)



HEALTHY DAYS HEALTH FAIR!

TUESDAY MARCH 1st
1-4 pm
PRESTON CENTER

FREE SHIRTS, FOOD, GIVE-AWAYS & MORE!

STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOPPERWELL

VOLUME 8, TISSUE 8 | FIT FOR FEBRUARY | wku.edu/hep (270) 745-5033

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One loop around campus is about 4,500 steps & about 200 calories!

•That's 22,500 steps and 1,000 calories per work week!



Skip the bus and hike it to class!

CHERRY HALL

•Walk up hill towards Cherry Hall on Normal Drive.

•The average person burns **89** calories in 10 minutes walking up a hill!

*based on a person of 160lbs
Source: <https://www.stepjockey.com>

Get a workout around campus!

GET A SWOLEMATE!

Whether it's your friend, roommate, or partner, working out with someone helps you stay motivated during your workout not to mention, more fun!

EMBRACE YOUR BODY!

Everyone comes in different shapes & sizes

CREATE A POSITIVE BODY IMAGE!

Health and appearance are two different things.

- List the qualities you love about your body
- Surround yourself with people who make you feel good about yourself
- Treat your body with kindness and respect

Play on the Disc golf course! (Behind PFT!)

•Use the stairs and ledges!

•Stair climbing requires 8 to 9 times more energy than sitting and burns 7 times more calories than taking a lift.

Source: <https://www.stepjockey.com>

TIME TO STRETCH!

Use benches to stretch out the back of your legs and lower back!

GRAB A BENCH!



Pump up your workout with some of these top 2016 workout hits!

- Mr. Put It Down**
Ricky Martin & Pitbull
- Emergency**
Icona Pop
- Surrender**
Cash Cash
- Don't Look Down**
Martin Garrix & Usher

Cupid Workout

Lay on your back, put your heels together with arms straight above you. Crunch up, bringing your legs up while your arms reach your knees. Return to first position and repeat. Try 20 of these cupid crunches!



FREE HIV Testing
TUESDAY, FEBRUARY 16TH
10AM- 3:30 PM
HEALTH SERVICES BLDG.
FREE HIV TESTING

UPCOMING EVENTS

GROCERY BINGO
THUR. FEBRUARY 18TH
7PM- 9PM DSU NITE CLASS
TOPIC: SEXUAL HEALTH
GROCERY BINGO

•Check out the new Olympic lifting equipment in the Fitness Center
•Try out one of many **FREE** Group X classes!

The muscle you should never forget to exercise...

YOUR HEART!

IT'S YOUR BIGGEST MUSCLE!

•Take Group X class that has cardio training such as Zumba, HIIT, Cycle X, Cardio Tone, Kickboxing, Cardio Craze, Tabata Strength, or Aqua Fit!

•For the full Group X schedule, and more, download the **FREE** WKU IMREC App!

HEALTHY DAYS Health Fair
TUESDAY, MARCH 1ST
1- 4 PM
PRESTON CENTER
FREE FOOD, GIVEAWAYS, AND MORE!

Knowing your body fat percentage is important to your health. Having a higher body fat percentage puts you at risk for heart disease and other health issues

Come to the **HEALTH & FITNESS LAB** in the Preston Center to get your body fat tested for **FREE!**

Mon-Thur: 6am-11pm // Fri: 6am-11pm // Sat: 9am-6pm // Sun: 1pm-11pm



STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOPPERWELL

VOLUME 8, TISSUE 9 |

SAFETY |

wku.edu/hep (270) 745-5033

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THE SILENT VIOLENCE

SEXUAL MISCONDUCT/ASSAULT IS DEFINED AS ACTUAL OR ATTEMPTED SEXUAL CONTACT WITH ANOTHER PERSON WITHOUT THAT PERSON'S CONSENT. IT EFFECTS INDIVIDUALS ON A PHYSICAL, EMOTIONAL, AND PSYCHOLOGICAL LEVEL.

WWW.WKU.EDU/JUDICIALAFFAIRS/STUDENT-CODE-OF-CONDUCT.PHP

WHAT DO I DO...

If you or someone you know has experienced sexual violence, here are some suggested steps to take:

STEP 1

GO TO A SAFE PLACE AND CALL THE POLICE IMMEDIATELY. CALL EMERGENCY # 911 OR WKU POLICE NON-EMERGENCY # 270-745-2548

STEP 2

DO NOT SHOWER OR CLEAN YOUR BODY IN ANY WAY AND KEEP THE CLOTHING YOU WERE WEARING AT THE TIME OF THE ASSAULT. THIS WILL PRESERVE ALL PHYSICAL EVIDENCE FOR USE IN COURT.

STEP 3

IF YOU CANNOT WAIT FOR LAW ENFORCEMENT, GO TO THE NEAREST HOSPITAL.



ABOUT 50% OF SEXUAL ASSAULT VICTIMS ARE ACQUAINTED WITH THEIR ASSAILANT*

FACT OR FICTION?

...FACT

ABOUT 50% OF REPORTED SEXUAL ASSAULTS INVOLVE THE VICTIM AND THE ASSAILANT ACQUAINTED WITH EACH OTHER.

NEED SUPPORT?

Hope Harbor's mission is to provide counseling services to sexual assault victims and to their friends and family. They are located on Broadway Ave. here in BG! Visit hopeharbor.net for more info on this sexual trauma recovery center. WKU provides counseling services on campus through the Counseling and Testing Center. They are located on the 4th floor of Potter Hall at the top of The Hill. For more info, visit wku.edu/heretohelp/



Important Numbers:

Emergency info hotline: (270)-934-0000
WKU Police: (270)-745-2548 or 911
24 hour telephone counseling 1-800-273-TALK
Crime Stoppers (270)-781-2583

WKU POLICE ESCORT SERVICE

If at anytime you feel unsafe, "The Escort" is an on-campus service that WKU students and staff can use to move around campus safely, provided by the WKUPD! Individuals are encouraged to contact this service instead of walking alone, especially during evening or early morning hours. Save this phone number (270) 745-3333 and call them if you don't feel safe.

THINK BEFORE YOU DRINK!

- Decide before you go out what your limit is.
- Do not drink from open beverage sources like punch bowls, pitchers or tubs.
- Drinking and driving is always a dangerous situation and illegal. Avoid this by having a DD or calling an Uber.
- Eat before drinking. Always.
- Be aware that some types of alcohol have stronger & faster effects. Be sure to read the alcohol percentages labeled on the bottles.

<https://my.mckinley.com/node/296831>



CRIME PREVENTION TIPS

- TAKE A SELF DEFENSE CLASS. WKUPD OFFERS A COURSE R.A.D. (RAPE AGGRESSION DEFENSE) CALL (270)-745-8886 FOR MORE INFO
- DO NOT LEAVE YOUR PERSONAL BELONGINGS IN A PUBLIC PLACE
- REPORT LOST OR STOLEN ITEMS IMMEDIATELY TO THE FRONT DESK OF YOUR HALL
- USE A SECURE AND RELIABLE LOCK FOR YOUR BIKE AND STORING YOUR BELONGINGS IN FITNESS LOCKERS



Western Kentucky University became an official Safety Community accredited by the National Safety Council as of July 2014.

"The safety of our students, faculty, staff and visitors is of the utmost importance."
-President Gary Ransdell

HAVE YOU SEEN THESE TALL, SKINNY POLES WITH BLUE LIGHTS AROUND CAMPUS? THE 92 EMERGENCY CALL BOXES CONNECT YOU BY PHONE TO THE WKU POLICE COMMUNICATIONS OFFICE. AFTER PUSHING THE RED CALL BUTTON, A FLASHING BLUE STROBE LIGHT IS ACTIVATED THAT DRAWS ATTENTION TO THE AREA. MOST ARE LOCATED IN PARKING LOTS AND ALL OF THE BUILDINGS ON CAMPUS.



RED LIGHT
GREEN LIGHT
BLUE LIGHT

PROTECT YOURSELF!

- HAVE A BUDDY SYSTEM**
When you go to a social gathering or party, go with a group of friends. Arrive together, check in with each other, and leave together.
- DON'T LEAVE WITH SOMEONE YOU DON'T KNOW**
Let him or her know that you would rather stay with the group.
- TRUST YOUR INSTINCTS**
If a situation or location feels unsafe or uncomfortable, it probably isn't the best place to be.
- AVOID WALKING WHILE DISTRACTED**
Putting earbuds in both ears and looking at your phone are some examples. That SnapChat selfie can wait!
- DRINK SMART**
Never leave your drink unattended, and always know your limit.

(Source: Bustle, 2014, <http://www.bustle.com/articles/32325-10-ways-to-protect-yourself-from-sexual-assault-even-though-you-shouldnt-have-to>)

Motel

- Be discreet when saying your room number to prevent any unwanted visitors.
- Keep your cash, credit cards, passport and other valuable belongings in a safe.
- When you approach the ATM, do a full 360 scan to check for any creepers lurking around you. If someone is creeping you out, go to another ATM.

<http://www.safespringbreak.org/safety-tips/>

SAFE TRAVELING TIPS

- Stay on well lit & frequently traveled roads.
- Make sure the crew is buckled and don't text while driving!
- Make sure your car's fluids and tire pressure are checked before you leave.
- Give a copy of plane/hotel info & itinerary to someone back home and let them know if anything changes.
- Leaving the country? Research your destination carefully for info on laws, visa requirements, and food/water safety.

UPCOMING EVENTS

FREE HIV TESTING:
MARCH 22ND 10:00AM-3:30PM
HEALTH SERVICES BLDG. 1064.

GROCERY BINGO!
MARCH 24TH 7 PM-9 PM
DSU NITE CLASS (LOCATED OUTSIDE OF REDZONE).

TOPIC: "ALCOHOL AND DRUG ABUSE"

TOPPERWELL PEER HEALTH EDUCATORS SPOTLIGHT

"HOW DID YOU PLAN TO STAY SAFE THIS SPRINGBREAK?"

"I went on a road trip to go sight-seeing and made amazing memories! The key is to be aware of your surroundings to look out for your friends and yourself."

BRISTOL BEATY
FRESHMAN HEALTH SCIENCE
SPRINGHILL, TENNESSEE



STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION CENTER, 1000 UNIVERSITY BLVD., CANTON, KY 40302-1000, UPPERWELL

VOLUME 8, TISSUE 10 | DRUGS AND WELLNESS | FALL 2016 | PAGE 33

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KEEP OFF THE GRASS!

PRESCRIPTION DRUG ABUSE IS DEFINED AS USING A PRESCRIPTION MEDICATION IN A WAY NOT INTENDED BY THE PRESCRIBING DOCTOR. THE MOST ABUSED PRESCRIPTION DRUGS ARE:

- ◆ OPIOIDS
- ◆ PAINKILLERS
- ◆ SEDATIVES
- ◆ ANTI-ANXIETY MEDICATIONS
- ◆ STIMULANTS (ABUSED MOST BY COLLEGE STUDENTS)

64.1% OF WKU STUDENTS REPORTED THEY HAVE NEVER USED MARIJUANA. (SPRING 2014 WKU NCHA SURVEY)

Marijuana is the most common illegal drug in the U.S. and it is ADDICTIVE. The active ingredient in marijuana is THC (Tetrahydrocannabinol), which can stay in your body and in the brain's receptor sites for weeks or even longer depending upon usage.

Marijuana can compromise your cognitive functions by negatively impacting your ability to focus, learn, and remember information.

Studies show that those who use marijuana before the age of 18 can experience as much as an 8-point decline in IQ scores! National Academy of Sciences, Dr. Mabeline Meier

Students who violate the drug policy while enrolled at WKU could be removed from student housing and/or expelled from the university. You can find a detailed version of WKU's drug policy at: www.wku.edu/JudicialAffairs/studentDrugCode

Cigarette smoking is the leading preventable cause of death in the United States. Cigarettes contain more than 7,000 chemicals. Once these chemicals are in our bodies, the damage begins. Chemicals found in cigarettes can damage almost every single part of the body, not just the lungs. Centers for Disease Control and Prevention



WHAT IS ADDERALL?

Adderall, a stimulant, is a medication prescribed to treat narcolepsy and Attention Deficit Hyperactivity Disorder (ADHD). Those who take Adderall without a prescription and a proper diagnosis of ADHD from a physician, can experience serious side effects such as:

- Fatigue
- Irritability
- Impaired Thinking
- Addiction
- Hallucinations
- Anxiety
- Insomnia

Adderall is one of the most commonly abused drugs among college students.

13.8% of WKU students said they used stimulant drugs (Ritalin, Adderall) that were not prescribed to them in the last year.

www.samhsa.gov

(Spring 2014 WKU NCHA Survey)

I ONLY USE STIMULANTS IN MODERATION, DURING MIDTERMS OR FINALS, SO IT WON'T HURT ME. FALSE: STUDIES SHOW THAT EVEN "MODERATE" USERS EXPERIENCE SIDE EFFECTS AND WITHDRAWAL SYMPTOMS.

ADDERALL WILL MAKE ME HAVE STRAIGHT A'S. FALSE: STUDIES SHOW THAT STUDENTS WHO USE ADDERALL AS A STUDY AID ARE LESS LIKELY TO RETAIN INFORMATION.

THEY ARE PRESCRIBED SO IT'S OKAY FOR ME TO TAKE THEM. FALSE: IF THE PRESCRIPTION IS NOT IN YOUR NAME IT IS ILLEGAL TO TAKE AND IT CAN BE DANGEROUS TO YOUR BODY.



COLLEGE STUDENTS HAVE BUSY SCHEDULES AND SOMETIMES WE NEED A LITTLE HELP....

ALL-NIGHTERS

All-nighters can be challenging and sometimes our bodies need something extra to help us focus. Drinking black tea can stay in our systems longer than coffee, which gives us that little extra boost we need to get through the night!

THE DAY OF AN EXAM

The day of an exam is when you want your brain to be the most alert. Try drinking green tea. It has many health benefits and can help you enhance your cognitive functions.

NIGHT BEFORE AN EXAM

The night before an exam is when you need your best sleep. Chamomile tea is also known as "sleepy time" tea and it has no caffeine.

Have you taken the e-Take Marijuana Self-Assessment?

e-TAKE
MARIJUANA SELF-ASSESSMENT
A CONFIDENTIAL ASSESSMENT!

www.wku.edu/HEP/e-TAKE.PHP

Resources for Quitting!

QUIT NOW KENTUCKY IS A SERVICE THAT PROVIDES TOBACCO SCREENING, ASSESSMENT, SUPPORT MATERIALS, AND COUNSELING.

VISIT WWW.QUITNOWKENTUCKY.ORG FOR MORE INFORMATION.

MORE RESOURCES AVAILABLE AT HEALTH EDUCATION AND PROMOTION OFFICE LOCATED IN THE HEALTH SERVICES BUILDING RM 1024

ARE E-CIGS SAFER THAN CIGARETTES? NO!

A PACK-A-DAY SMOKER INHALES ABOUT 20MG. OF NICOTINE A DAY. VAPERS ABSORB ABOUT 3 TIMES THE AMOUNT OF NICOTINE AS A PACK-A-DAY SMOKER! [http://www.cdc.gov/nitlsigns/ecigarette-ndg/](http://WWW.CDC.GOV/NITLSIGNS/ECIGARETTE-NDG/)

Reward Your Body!

YOUR BODY WILL BEGIN TO REPAIR ITSELF WITHIN JUST 24 HOURS OF QUITTING SMOKING.

24 Hours after quitting: Nerve endings start regrowing, ability to smell and taste is enhanced, and chances of heart attack are decreased.

1 Year after quitting: Your risk of coronary heart disease is half that of a smoker.

5 Years after quitting: Your risk of having a stroke is reduced to that of a non-smoker. Your risk of mouth, throat, and esophagus cancers is cut in half.



WATCH YOUR CAFFEINE

Caffeine is a legal stimulant drug. It can be found naturally in foods and beverages, such as chocolate and coffee.

Too much caffeine can lead to anxiety, jitters, and dehydration. Limit your caffeine to less than 200 mg per day.

Examples: *16oz Monster = 160 mg of Caffeine. *2 Starbucks 1oz Espresso Shots = 140 mg of Caffeine.

If you're feeling sluggish try drinking water, having a snack, or exercising.

Avoid energy drinks. Energy drinks can overstimulate your body leading to a body caffeine crash later.

UPCOMING EVENTS:

GROCERY BINGO

APRIL 7TH // 7-9 PM
DSU NITE CLASS,
TOPIC: BINGOCIZE

FREE HIV TESTING

FREE HIV TESTING
APRIL 19TH
10AM-3:30PM
HEALTH SERVICES 1064

EARN WELLU CREDIT!



STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOPPERWELL

VOLUME 8, TISSUE 11

SLEEP

wku.edu/hep (270) 745-5033

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DID YOU KNOW?

A NASA study found a 36 minute nap is the ideal time to boost performance and alertness.

Naps are great for stress relief! Knowing a nap is coming can lower your blood pressure.

Foods like bananas, grapefruit, tuna, turkey, yogurt, milk and oats are high in chemicals called **tryptophan & melatonin** and encourage a more restful sleep.

A study by the Sleep Foundation found young adults (18-25 years old) need between 7 and 9 hours of sleep each day to feel their best.

Napping too long (more than 40 minutes) can lead to grogginess and disorientation. Over napping can also affect the amount of sleep you get each night.

Caffeine takes 30 minutes to kick in. Drinking a cup as you wake up is proven to wake you up! Combining coffee and napping is more effective than doing either alone.



Did you know your iPhone has a "do not disturb" button? This button allows you to silence calls, messages, and other notifications. To turn on Do Not Disturb: swipe up from the bottom home screen to open the control center, and tap the crescent moon icon.

Have an Android? Swipe down on the home screen, touch Do Not Disturb, and then select Alarms Only. This will silence all of your ringtones so you can get a great night's sleep!



Nix the Night Cap!

While alcohol can help you feel drowsy, it can lead to poorer sleep quality. As your body is busy metabolizing the alcohol, it will increase the frequent wakeings (often from using the bathroom and prevent reaching the REM phase (where you get the best restorative sleep).



Sleep hygiene is a scientific word which means **sleep routine**. Establishing a sleep routine will improve your sleep patterns! Start with brushing your teeth, then find something to relax and unwind (such as reading a book, meditating, or stretching before bed).



CORTISOL VS. COFFEE?

Cortisol is a natural chemical used to keep you alert. Although you may think you need caffeine as soon as you wake up, hold off until your cortisol levels drop.

8-9am
Your body naturally wakes up

9:30-11:30
Caffeine break!

12-1pm
Cortisol is produced from food during lunch

1:30-5pm
In a mid-afternoon slump? Have some caffeine or go outside!

5-6:30pm
Cortisol is produced from dinner

CAN YOUR DREAMS TELL THE FUTURE?

Well, actually, they can! There have been documented cases of premonition dreams. Abraham Lincoln dreamt of his assassination before it happened and there have been 19 documented dreams about the Titanic sinking before it happened.

Google Dreaming of a cool idea? Larry Page (creator of Google) dreamt about the popular search engine before he created it.

Don't remember your dreams? You dream every night. 60% of people don't remember their dreams, even though humans can have up to seven dreams a night.

Dreams tend to be gloomy. The three most common emotions experienced during a dream are anger, sadness, and fear.



40% of WKU students reported being tired or sleepy during the day 6+ days a week because of poor sleeping patterns at night. (Spring 2014 NCHA survey)

PA-JAMM-A OR PA-JAHM-A

Either way, the word "pajama" comes from the Indian word "piejamah," which described loose pants that were tied at the waist. Footed pajamas actually started in order to prevent bugs from nibbling on adult's toes.



27%

of WKU students reported sleep difficulties were their greatest impediment to doing well in class. (Spring 2014 NCHA survey)

UPCOMING EVENTS!

GROCERY BINGO

CAB-OOM!
(A de-stressing event)
Thursday, April 28th
2-7 pm
SOUTH LAWN



Grocery Bingo
Thurs. April 21st,
7-9pm
DSU Nite Class
(located outside of RedZone)
Topic: Nutrition
Earn WellU Credit!

"Eating for Me"
An eating issues support group on campus.
Modays @ 3pm
DSU 2113

FINANCIAL TIP OF THE DAY

Take advantage of multiple discounts around Bowling Green for when you want to get away from campus. Visit the website below to find the many vendors around the city that give a discount with a valid student ID.
<https://wku.edu/discounts/>