2016

UA12/4 Stall Street Journal, Vol. 8

WKU Health Services

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How to survive the winter CHILL

DRESS IN LAYERS!
- Wicking layer (long underwear)
- Warm layer (Fleece)
- Wind layer (Waterproof shell)

WEATHER GOT YOU DOWN?

WINTER HEALTH TIPS

- Insulate windows 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 cell defenses against fighting cold viruses. (mayoclinic.org/diseases-conditions)

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 milder 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!

WINTER BOREDOM... BE GONE WITCHA!
- 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!

WINTER TIPS

- Spend time volunteering and helping others
- Provides professional development opportunities + sharpen leadership, communication + marketing skills
- Creates connections with other peers + networking initiatives

RECRUITING NOW! JOIN TODAY!
email: topperwell@wku.edu

Dorm Friendly Recipe!

EASY CHICKEN NOODLE SOUP

HOW TO MAKE
1. Combust all ingredients except egg & noodles.
2. Add beef to pot. Bring to boil. Reduce heat and simmer for 20 minutes.
3. Once carrots and celery are tender, add noodles to pot, warm up heat and cook for 10 minutes.
4. Season with salt and pepper to taste.

Quick Alternative: Use Progresso Soup Packet (this just have more broth)

YOU WILL NEED:
- 1-2 browned chicken breasts
- 1-2 bunched chicken
- 1 large carrot, sliced
- 1 small celery, chopped
- 1 potato, diced
- 1 egg
- 1 cup of egg noodles
- Salt & Pepper

THE COLD VS THE FLU

A viral infection with similar symptoms to a cold but more severe
- Influenza symptoms can last 3-5 days. Other symptoms may linger for weeks.
- Common symptoms: fever, cough, stuffy or runny nose, fatigue, weakness, muscle aches, chills, sore throat.
- Suggests for relief: bed rest, fluids, rest, rest.
- Prevention: Wash Hands, Avoid close contact with others, stay home when sick.

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DON T FORGET TO REGISTER FOR WELLU®
wku.edu/wellu

GROcery SuNE

THURSDAY, FEB 12th
7-9pm
@ DSU Nite Class
(Between Papa Johns & Red Zone)
PLAY BINGO & WIN PRIZES!!
The Scali Shreer Journal is intended for fun, education, and promotion of wellness, not as a formal scholarly publication.

HOW TO SURVIVE DORM LIFE!

RES HALL REFRESHERS
- Take Out Trash: 1-2x Week
- Wipe down surfaces with cleaning wipes: 1-2x month
- Wipe/Vacuum Floor: 1-2x per month
- Clean Sheets: 1-2 weeks at a time
- Making Your Bed Everyday Helps a Person Sleep Better
- General Clothes Laundry: Weekly
- Towels: Weekly

RES HALL ETIQUETTE
- Set guidelines upfront. At the beginning of the semester, make sure you set time aside to discuss each other's schedule, preferences, and 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 they feel about lights being on. Not everyone likes the lights on when they're trying to sleep.
- Be discreet about intimate moments. Have a code to signal to your roommate. Make sure you're both 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, but 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 biased, they will be less able to communicate effectively.
- Be direct, calm, and 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.

UPCOMING EVENTS
- Nutrition Chat
  - Sept 10: 1-3pm at Centennial Mall
- Free HIV Testing
  - Sept 15: 10-330pm at Health Services
- Grocery Bingo
  - Sept 17: 7-9pm at DSU Nite Class
- Free H 4 Testing

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 both of us."

-Topperwell Spotlight
- Courtesy Wagner, Senior, TopperWell Vice President
SUSTAINABILITY: Supporting long term ecological balance

1. Turn off lights
   - If you can, switch out incandescent bulbs with compact fluorescent lighting
   - Fluorescent bulbs use 80% less energy and can last 13X longer
   - A single fluorescent bulb can save $25-50 per over its lifetime
   - Lighting uses about 25% of all electricity in the USA

2. Use a reusable bag
   - 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 affected by plastic marine debris

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!

4. Recycle your E-waste
   - 2% of America's trash is E-waste but it equals 70% of overall toxic waste.
   - E-waste contains toxic chemicals such as lead, mercury, beryllium, cadmium & arsenic that can pollute landfills and drinking water.
   - Many parts from electronics can be reused for other devices.
   - Office stores, such as Staples, Best Buy & Target will recycle your old electronics.

5. 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

6. Give paper a 2nd chance
   - Cut back on paper consumption by:
     - Stopping junk mail
     - Renting or buying used textbooks
     - Using an ereader
     - Using the back of paper print double sided

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 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%.

Every little bit helps!
SIGNS OF ALCOHOL POISONING

- MENTAL CONFUSION
- UNRESPONSIVE
- STARVING / GASPING FOR AIR
- THROWING UP
- HYPOTHERmia
- ERRATIC BREATHING
- LOSS OF CONSCIOUSNESS
- PALMAR / 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.

1 STANDARD DRINK SIZE

- 12 oz. of beer
- 8.5 oz. of malt liquor
- 5 oz. of a glass of wine
- 1.5 oz. of hard liquor

LONG TERM, ALCOHOL 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.

THE SAFERIDE PURPLE LINE BUS

- Runs Thursday, Friday, and Saturday during Fall and Spring Semesters from 10 PM - 2 AM.
- 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.

GROCERY BINGO

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

NUTRITION CHAT

Outside PFT
October 15th / 7pm - 8pm

FREE HIV TESTING

Health Services Bldg. 106
October 13th
10:00am - 3:30pm

STALL STREET JOURNAL
A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOPPERWELL
VOLUME 8, ISSUE 4 | BEER NEWS | wku.edu/hec (270) 745-5033

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

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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 12% 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 this is not the case), resistance to maintaining weight, excessive amounts of fat within a discreet period of time, struggle with anxiety, depression, and loneliness after a binge.

Healthy Recipe: Twice Baked Potatoes

INGREDIENTS: 1 large russet potato, scrubbed clean, 1 tablespoon of olive oil, Salt and Pepper, 2 tablespoons of sour cream (optional), your favorite greek yogurt, Splash of milk (optional), your favorite topping.

MICROWAVE INSTRUCTIONS: Using a fork, puncture several holes all over the potato. Place potato in 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, use a knife, slice 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.

Healthy Recipe: Twice Baked Potatoes

HOW TO EAT HEALTHY

1. When making 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.

2. 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 dietician.

3. TopperWell Spotlight: Krista Norris – Sophomore Exercise Science

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.”

4. Farmer’s Market

2310 Nashville Rd., between the WKU Dining and the WKU Beach Campus / Variety Center.

Saturdays: 8 am to 7 pm
Tuesdays: 2 pm to 6 pm

http://www.computingresources.org/farmermarket/
WHAT IS MENTAL HEALTH?

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

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. 55% of WKU students reported being treated by a professional for depression.

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

WHAT IS MENTAL HEALTH? Refers to cognitive/emotional health, how one feels, thinks, and behaves.

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 levels. 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.

DIFFERENT TYPES OF ANXIETY DISORDERS

OCF - OBSESSIVE COMPULSIVE DISORDER
- UNWANTED AND INTRUSIVE THOUGHTS; OBTAIN COMPLIANCE TO PERFORM REPETITIVE BEHAVIORS

SP - SOCIAL PHOBIA
- EXTREME, DISABLING AND IRRATIONAL FEAR OF EMBARRASSMENT IN SOCIAL SITUATIONS.

GAD - GENERALIZED ANXIETY DISORDER
- A FEELING OF NERVOUSNESS, OR UNNECESSARY TYPICAL ABOUT AN IMMINENT EVENT OR SOMETHING WITH AN UNCONSCIOUS 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.

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

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

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

STRESS IS TREATABLE...

- DAILY EXERCISE/PHYSICAL ACTIVITY
- TALKING TO SOMEONE, SUCH AS FRIENDS, FAMILY, PHYSICIAN, OR THERAPIST FOR HELP
- GET SOCIALIZER: 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.
- GET ENOUGH SLEEP 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.
- EXERCISE REGULARLY.

NUTRITION CHAT

- TUESDAY, OCT. 22nd
- TIME: 11:00 AM - 12:00 PM
- LOCATION: HEALTH SERVICES BLDG., ROOM 101

FREE HIV TESTING

- NO APPOINTMENTS NEEDED
- LOCATION: HEALTH SERVICES BLDG., ROOM 101

NUTRITION CHAT

- WEDNESDAY, DEC. 2nd
- TIME: 12:00 PM - 1:00 PM
- LOCATION: FRESH FOOD MARKET

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.
A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOW NEWELL

VOLUME 8, ISSUE 7 | SEXUAL HEALTH | wku.edu/hep (270) 745-3001

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

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

1. Understand the importance of education and access to sexual health information.
2. Practice safe sex or abstinence.
3. Get tested regularly.
4. Communicate about sexual health with others including sexual partners and healthcare providers.

Examples of contraceptives:
- The Pill (Oral Contraceptives) - take every day, some time
- The Ring (NuvaRing) - replace once a month
- The Implant (Nexplanon) - Can be inserted for up to 3 years
- Natural family planning (NFP) - Monitor your fertility

Ways to be abstinent:
- Make the commitment & be clear why you want to avoid
- Avoid situations that could lead you to say yes
- Have accountability partners to keep each other in check
- Be clear about your choice with your significant other

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

Consent (n): the approval of the activity after the question has been presented. Consent should be mutual, verbal, and subject to an implied silence or non-consent.

Healthy Days Health Fair: Tuesday, March 1st
1-4 pm
Preston Center
FREE SHIRTS, FOOD, GIVE-AWAYS & MORE

O & A
Q: What is the best contraceptive method to use for different situations?
A: The best contraceptive method to use depends on the situation.
- 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
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Other places for STI testing:
- Graves Gilbert Clinic @ WKU (In Health Services building on campus)
- Barren River Health Dept. (10 mile 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!

56.3% of WKU Students reported using protection during intercourse.

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 is WKU Counseling & Testing Center (Pottier Hall, 4th floor) to assist you in the best possible way.

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 drugs reduce contraceptive effects). Contraceptive methods can make birth control less effective and a back-up method (i.e., condoms) is needed.

BE OPEN WITH YOUR PHYSICIAN
If something bothers you, don't iple. The goal should be to talk honestly about getting tested for the leading common STDs.

Be open with your physician if something bothers you, don't ple. The goal should be to talk honestly about getting tested for the leading common STDs.

Engaging in sexual activity with someone who has not given consent is sexual assault against the law.
Approximately 1 in 5 women and 1 in 39 men will be victims of sexual assault in their lifetime...

There is no shame in getting tested regularly. STIs have little or no symptoms; Testing is the only way to know for sure. Getting screened can put you or others out of your life and your partner's.

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Approximately 1 in 5 women and 1 in 39 men will be victims of sexual assault in their lifetime...

There is no shame in getting tested regularly. STIs have little or no symptoms; Testing is the only way to know for sure. Getting screened can put you or others out of your life and your partner'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 drugs reduce contraceptive effects). Contraceptive methods can make birth control less effective and a back-up method (i.e., condoms) is needed.

The best contraceptive method to use depends on the situation.
- 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
- Natural family planning (NFP) - Monitor your fertility

Other places for STI testing:
- Graves Gilbert Clinic @ WKU (In Health Services building on campus)
- Barren River Health Dept. (10 mile 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!

56.3% of WKU Students reported using protection during intercourse.
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

EMBRACE YOUR BODY!
Everyone comes in different shapes & sizes.

Pump up your workout with some of these top 2019 workout hits!

Mr. Pat N Down

- Rich's Steak & Fish!

Emergency Services

- Icon's Pop

Surreal Soccer Cash

Don't Look Down

- North Garie & Usher

The muscle you should never forget to exercise...

YOUR HEART!

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!

Knowing your body fat percentage is important for 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!

- Check out the new Olympic lifting equipment in the Fitness Center

- Try out one of many FREE Group X classes!

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

- Use the stairs and ledges!

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

- Grab a bench!

- Get a workout around campus!

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

- 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.youtube.com

- Play on the Disc golf course (behind FPT)

- Skip the bus and hike it to class!
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.

ABOUT 50% OF SEXUAL ASSAULT VICTIMS ARE ACCOMPANYED WITH THEIR ASSAULTER

Fact or Fiction?

WKFU POLICE ESCORT SERVICE

If at anytime you feel unsafe, "The Escort" is a on-campus service that WKU students and staff can use to move around campus. More information is provided by the WKUPD.

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

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

Have you seen these tall, skinny poles with blue lights around campus? The emergency call boxes connect you by phone to the WKU Police Communications Office. After pressing 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 over the buildings on campus.

Red Light

Green Light

Blue Light

Motel

On a whim and stay the night.

Stay on well

frequently travelled roads.

Drive slowly

Drink Smart

If anything looks unusual, act accordingly. Do not leave campus if you feel uncomfortable. Make sure the car is locked and drive slowly.

UPCOMING EVENTS

FREE HIV TESTING:

MARCH 22ND
10:00AM-3:30PM

HEALTH SERVICES
BLDG. 1004

GROCERY BINGO!

MARCH 24TH
7PM-9PM

DSU NITE CLASS

Located outside of dorms.

TOPPERWELL

STAFF MEETING

WEEK OF MARCH 20

GO TO 8PM IN THE DSU Lobby

GROCERY BINGO!

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**STALL STREET JOURNAL**

**A PUBLICATION OF WKU HEALTH EDUCATION - HEALTHWELL**

**VOLUME 8, ISSUE 10 | DRUGS**

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**PRESCRIPTION DRUG ABUSE**

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

**KEEP OFF THE GRASS!**

64.1% of WKU students reported they had never used marijuana. (WKU vegan study)

Marijuana is the most common illegal drug in the U.S. and 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.

**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 without a proper diagnosis can suffer from ADD from a therapist, can experience serious side effects such as:

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

13.8% of WKU students said they were not prescribed Adderall but were not prescribed Adderall in the past year.

**Resources for quitiers!**

Quit Now Kentucky is a service that provides tobacco screening, assessment, support materials, and counseling.


More resources available at Health Education and Promotion Office located in the Health Services Building RM 1024.

**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.
- 10 years after quitting: 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 dehydrations. Limit your caffeine to less than 200 mg per day.

**Food for thought!**

- **Coffee**
  - Free HIV Testing April 13, 10am-3pm, Health Services 102
- **Grocery Stand**
  - April 7th & 7-9 PM, DSU Nite Class, Topic: Binge-Cize
  - Earn WellU Credit!
The Stall Street Journal is intended for fun, education and promotion of wellness, not as a formal scholarly publication.

Corticortis 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

PA-JAMM-A
PA-JAHM-A OR

Either way, the word “pajama” comes from the Indian word “pajam” 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.

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

27% of WKU students reported sleep difficulties were their greatest impediment to doing well in class. (Spring 2014 NORA survey)

UPCOMING EVENTS!

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

GROCERY BINGO

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

Eating for Me
An eating issues support group on campus.
Modays @ 3pm
DSU 211

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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Joan F. Poage, RNC, BC, PhD, FAAN
April 2016

Wesley Kennebec University
An opportunity institution of higher education.

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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://www.ukw.edu/discounts/