Body Image Awareness — Accept Yourself

Body image is how you perceive yourself in a mirror. This can be very different from how the world sees you! This includes size, shape, and how you feel in your body. Positive body image can give a person confidence in their thoughts and actions, while negative body image can make a person doubtful in their capabilities or ideas. Improving your body image and gaining self-esteem can take time, but it is very important to appreciate the body we have and have self-respect. A negative body image can lead to a greater likelihood of developing eating disorders, depression, or obsession with weight loss. Everyone has good and bad days, but a key to developing positive body image is to accept yourself, accept your body and learn to over power the negative thoughts. Everyone is unique and beautiful!

Source: https://www.nutsabouteatingdisorders.org/what-body-image

Can stress be a good thing for your body?

When most of us think about stress we often think about it negatively. But beyond popular belief some stress can be beneficial to our bodies, it all depends on how you handle the stress. When you are experiencing good stress your body feels “pumped.” The blood vessels in your body dilate which increases blood flow to help the brain, muscles and limbs meet a challenge. This can be related similarly to exercise. However, when you experience harmful stress your blood vessels constrict causing diameters as your blood pressure begins to rise. You then start to feel angry or upset and could potentially begin to think irrational. In order to keep your stress on the healthy side, you can participate in relaxation techniques such as deep breathing and guided imagery. Changing your attitude on life in a positive direction also helps produce good stress. Next time you are feeling stressed, make sure that stress is doing good to your body. Simply tell yourself, “Everything is going to be OK...” and keep thinking optimistically.


Stall Talk

Volume 3 / Spring 2015
Editor: Deb Huslin

Meet the Peer Educators: Student Spotlight
TAYLOR STAIR: Elementary Education

“I love being a Peer Educator because it allows me to reach out and educate others about issues college students face. I think it is important to raise awareness about these issues and to give students reliable information so that they can make healthy decisions.

Source: http://nationalpeanutboard.org/the-facts/fun-facts/

It takes about 540 peanuts to make a 12-ounce jar of peanut butter.

 trivia 

Q: How many flowers are in the design stamped on each side of an Oreo cookie?

Source: http://www.triviacountry.com/12FoodTrivia.htm

Trivia Question

A: In Next Week’s Issue of Stall Talk!

Last Week’s Answers: Tennessee

Stall Talk by the Numbers: 540

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Health Services

Monday thru Thursday, 9 a.m.–5 p.m.
Friday, 8 a.m.–4 p.m.
By appointment only, call 871-5250.
Susquehanna Valley Pregnancy Center will be offering free pregnancy tests and sexual health counseling at MU Health Services on Thursdays from 12–4 p.m. Appointments can be made by calling Health Services at: 717-872-3255.

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Have You Ever Been Concerned About A Situation and Wanted To Help... But You Didn’t?

Most of us would say yes. Knowing how to intervene and intervening in a safe manner can sometimes be overwhelming. You don’t have to be a英雄 to intervene. Sometimes just using distraction techniques can be a very effective intervention. Many of you have been trained during Orientation in the Stress Management Intervention Model (SMI). Utilize 5 steps to help students with intervening.

1. Notice the event: pay attention to what is going on around you.
2. Interpret it as a problem: What’s going on? Do you think it’s a problem?
3. Assume personal responsibility: Only 20% of people will intervene in a group environment, assuming others will do the same is unrealistic.
4. Have some new behavioral distraction techniques which are simple and easy to remember.
5. Decides if the situation is safe. Think about the steps you would take if you were in that situation.

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The Center for Health Education and Promotion is now accepting applications for peer educators.

Applications are available at the Center for Health Education and Promotion or online.

Completed applications and all supporting documents need to be received by Wednesday, February 11.

Visit our website: www.millersville.edu/chep.

“Do small things with great love.” – Mother Teresa

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