How You See Yourself

Body image is the way you see yourself and imagine how you look. Everyone has an image on how their body looks, but everyone's body image is different about themselves. Some people have a positive body image, which means that most of the time they see themselves accurately and are comfortable with how they look, but other people have a negative body image, which means they struggle with their body shape. Body image is shaped not only by our own perceptions, but the people around us, the media, and our culture play a large influence on it as well. Having a negative body image can affect both your mental and physical health. A few of these symptoms are anxiety, risky sexual behavior, antisocial, anorexia, and not doing healthy activities. If you or someone you know has an eating or exercise disorder, it is a good idea to seek help. Counseling services on campus is a resource you can use for additional assistance and information.

A few tips for a positive body image:

- Remember that health and appearance are two different things.
- Accept and value your genes.
- Keep a list of your positive qualities.
- Surround yourself with people who are supportive.
- Treat your body with respect.

Source: https://www.plannedparenthood.org/learn/body-image

Tips for a Successful SPRING BREAK

Whether you're gearing up to hit the beach, go on a backpacking adventure, participate in a service project, or head home to work here are some safety tips to remember this spring break.

- Wear sunscreen. Sunburns hurt! They also increase your risk of developing skin cancer and cause wrinkles or pre-mature aging. Make sure you re-apply sunscreen anytime you get wet, whether from the pool, ocean, or sweat.
- Wipe out pests. Keep insects away with insect repellent. Use it frequently if you're spending lots of time outside, especially in the evening.
- Stay within your limits when drinking to reduce the chance of injury, getting into trouble, having unprotected sex, or doing something you'll regret. Stick with the same group of friends, alternate between alcoholic drinks, and eat before and while you drink.
- Play Safe. If you choose to have sex, use condoms to lower your chances of pregnancy and STIs. Remember that consent to sexual activity is an enthusiastic, mutual agreement that can be revoked at any time.

Source: www.health.ny.gov

True or False? There is no evidence that drinking affects GPA.

Answer: FALSE

A Harvard study collected data about the number of beers that a student drank as well as his or her GPA. There was a direct correlation between the number of drinks per week and grades. For most of us, this will come as no surprise. A 200 lb. man who drinks 4.8 standard drinks in three hours on Thirsty Thursday will have a BAC of .04. He would have no hangover on Friday to affect his academics but he will not be as on top of his studies as a student who drank only 3.3 beers.

- A 140 lb. woman who had six drinks during that time would have a BAC of .02. Some dehydration and a possible hangover or D.U.I. A 160 lb. guy after nine beers would have a BAC of .13. A BAC climbs into the teens, the potential for doing something you'll hear about for a long time: not practicing safer sex, being injured, hung over, or not going to class increases significantly.

How does your relationship with alcohol and your grades compare to the chart below?

<table>
<thead>
<tr>
<th>Drinks per week</th>
<th>Grade Point Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>A</td>
</tr>
<tr>
<td>1</td>
<td>B</td>
</tr>
<tr>
<td>2</td>
<td>C</td>
</tr>
<tr>
<td>3</td>
<td>D</td>
</tr>
<tr>
<td>4</td>
<td>F</td>
</tr>
</tbody>
</table>

Average Number of Drinks per week by GPA:

- 3.3 drinks per week = Grade Point Average: A
- 4.8 drinks per week = Grade Point Average: B
- 6.1 drinks per week = Grade Point Average: C
- 9.0 drinks per week = Grade Point Average: D or F

If you have any questions or wish to know more about your relationship with AOD, take the Alcohol Survey or ODE self-assessment on the Counseling Center webpage at Millersville.edu or contact the AOD Counselor at John.Baltz@millersville.edu or call 871-7821.

300 Health Services
Monday thru Thursday, 9 a.m.–5 p.m.
Friday, 8 a.m.–4 p.m.
By appointment only, call 871-5250.
Health Services is now offering 4 different STI tests through the Center for Disease Detection. In addition to Gonorrhea and Chlamydia testing, we are now submitting labs for Syphilis and HIV. Call for an appointment and pricing.

Student Spotlight
ALEX BUSQUE
Junior, Psychology

Chop In-a-Heart

Ask a peer educator because I want to be a positive influence on the people around me!”