

StallTalk

"Be happy for this moment. This moment is your life." ~Omar Khayyam

Volume 3 / Fall 2017
Editor: Center for Health Education and Promotion staff

Coming Attractions!

Fall Break
Oct. 9–10
Homecoming and Alcohol Awareness Week
Oct. 11–14



Tables and Outreach:
Pour a Drink Wellness Wednesday
Oct. 11; *Montour House*; 11 a.m.–1 p.m.
Safe Homecoming Outreach
Oct. 12; *Throughout Campus*; 12–1 p.m.
Body and Mind Marauder Mondays
Oct. 16; *Outside Bookstore*; 11 a.m.–12 p.m.
Tipsy Tuesday Outreach
Oct. 17; *Throughout Campus*; 12–1 p.m.
How Far is Too Far Wellness Wednesday
Oct. 18; *Montour House*; 11 a.m.–1 p.m.

Education Programs:
Behind the Post
Oct. 17; *SMC 118*; 7 p.m.
Minding Your Mind
Oct. 19; *SMC 202*; 7 p.m.

Awareness Events:
Alcohol Awareness
Oct. 11; *Robert L. Slabinski Atrium*; 6–8 p.m.

Stall Talk 88,000
by the Numbers:
The estimated number of alcohol related deaths in the United States each year.

Source: <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-facts-and-statistics>

Trivia Question

Q: A sneeze occurs at about how many miles an hour?

A: In the next edition of Stall Talk

Source: http://www.medicinenet.com/quizzes_a-z_list/article.htm

LAST EDITION:

Q: What is the craft of knotting threads to create decorative yet useful objects?

A: Macramé

Source: <https://hobbylark.com>

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 offers 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.

ELSIE S. SHENK

Center for

Health Education & Promotion
Millersville University

CONTACT US

Website: www.millersville.edu/chep

Email us: chep@millersville.edu • Call us: 717-871-4141

Facebook: Peer Educators at MU

Twitter: Peer Educators at MU@PeersEducate

Snapchat: ChepMU

Instagram: peerseducate



Helping A Friend Who You Know Is Struggling

Know first that caring, checking in, and being supportive to someone overtime is important help. Reaching out to a friend who is struggling helps them to not feel alone and it almost never makes a situation worse. If your friend is not ready to talk with you about what they are feeling or experiencing, let them know when they are ready you will be there.

Compassionate concern:

- If someone is in distress, they may need reassurance. Let them know that it is possible to feel better and they are not alone.
- Let them know it is ok to ask for help and doing so is a sign of courage, strength, and good judgment.
- Listen to them (really listen) — be comfortable with silence if that is what they need.
- If something doesn't make sense, ask about it, don't try to fill in the gaps with your own thoughts or words or jump to conclusions.
- Try to be patient and non-judgmental about how and what they might share with you.
- Don't feel like you have to give advice or know all the answers. Just sitting with someone as they try to navigate their distress can be very powerful.
- Suggestions on how you can start this conversation include:
 - "I'm worried about you because you seem. . ." (sad, withdrawn, etc.)
 - "It concerned me when you said. . ." and be specific about what you heard
 - "Do you want to talk about it?"; "What can I do to help?"
 - "It's okay if you don't want to talk to me, but I would feel better if you would talk to someone."

Connect your friend to help by offering campus and community resources. The Center for Counseling and Human Development (3rd floor Lyle, 717-871-7821) is a great start.

If you have any concern that someone may have thoughts of self-harm, ask them directly. If your instincts tell you someone is in crisis and needs immediate help, call 911 and stay with the person until help arrives.

For additional information visit the Jed Foundation: www.jedfoundation.org.

Source: www.jedfoundation.org

How to Stay Healthy in College

There are many factors that deter us from being healthy in college. The stress of classes and exams, temptation of available drugs or alcohol, unhealthy food, and social or sexual pressures all contribute to our overall health. There are a few things we can do to try and maintain good health while in college. Make sure you are making time for physical activity. Physical and mental health are directly related. Try to balance your diet. If you know you have a busy day of classes, try to plan ahead so you don't end up making an unhealthy choice. Prevent sexually transmitted diseases and infections. Use condoms and get tested regularly, if you are sexually active. There are many resources on campus where you can get free condoms and other sexual health information. Get vaccinated. When sickness goes around campus, you will want to avoid it! Getting enough sleep is probably one of the hardest things for a college student, but making enough time to sleep will have immeasurable health benefits. Maintain your mental health by having a network of friends, staying active and seeking resources if you need them. Keeping all of these quick tips in mind will help you maintain a healthy lifestyle while in college.

Source: <https://www.cdc.gov/family/college>



Meet the Peer Educators:
Student Spotlight
HOPE GOLDEN
Junior, Finance Major
"I became a Peer Educator to educate fellow Greeks and to help break the stigma following Greek Life."

News You Can Use:

Which of the following is true?

- Marijuana is organic.
- Weed affects our level of motivation, ability to concentrate, mood, and for many, GPA.
- Frequent users are easily bored and lose their ability to enjoy fun activities unless they are high.
- Students who use marijuana are unable to see that they have become psychologically dependent on pot.

ANSWER: All of the above. In spite of what we learned from parents and friends when we were in middle and high school, regular weed use causes significant problems for many MU students. How many times have you heard a regular user repeat this? "I'll do it later. . .," "I'll do it tomorrow. . .," "Ah. . . forget about it!"

Regular users rarely see the impact that pot has on their clarity of thinking, level of motivation, their ability to focus, and even their ability to get to class until they have stopped smoking for a few weeks. If you're a regular user and don't believe that's possible, try it. You can stop any time you want, right?

Most folks who are harmfully involved with an addictive substance, including pot and it's more potent relative, Spice (K2/Fake Pot etc.) frequently have no idea that they have a problem. In addition, many of their close friends can't see it because of their own behavior.

If you want to learn more about your relationship with marijuana take the e-TOKE self assessment on the Counseling Center web page at Millersville.edu/counsel or contact the AOD Counselor at John.Baltzer@Millersville.edu or 871-7821.



Upcoming Intramural Deadlines

SPORT ENTRY DEADLINE

Pre-Registration Tournament

Coed kickball Oct. 17

Basketball—Coed/Men's/Women's Leagues Oct. 17

Sunday FUNday — drop in for games, fun, and giveaways:

On the Quad Every Sunday 12–2 p.m.

INFORMATION/QUESTIONS:

Campus Recreation Office: SMC 38 • 717-871-5665

Millersville University Intramurals @MU_Intramurals mu_intramurals



Ville After Dark

Friday, Oct. 6

Wednesday, Oct. 11 —
Fall Recess (No Events)

Friday, Oct. 13

Pride Fest
6 p.m.; SMC MPR —
SMC Reighard Multipurpose Room

Saturday, Oct. 14

MOVIE — Spiderman: Homecoming
9 p.m.; SMC MPR —
SMC Reighard Multipurpose Room