MIND your Health

Let’s Get Physical!
Making time to share consensual physical affection with our friends, family, pets and partners can do wonders for our mental well-being:
- Simple, warm touch triggers the release of oxytocin (“the love hormone”), which can lower heart rate, blood pressure, and stress hormones and increase feelings of trust, security, and compassion.

- The health benefits of touch can be enjoyed by both giver and receiver.
- Experiencing deprivation of touch can lead to “skin hunger”, which is connected to serious mental health problems such as loneliness, anxiety, and depression.

- You can get the health benefits of touch so many ways. Considering making time for more: massages, petting, handshakes, hugs, head holding, head scratches, sexual intercourse, kisses, and furry friend cuddles!
- Remember physical touch can be extremely beneficial when it is used appropriately. It is always best to ask permission first before extending a gesture of touch.

The semester can be a stressful time, so take full advantage of spring break with some important Self-Care.

SUGGESTIONS FOR REPLENISHING OVER THE BREAK:
- Take a Walk
- Exercise
- Laugh
- Read a REAL Book
- Eat Well
- Breath
- Opt-out
- Nap
- Disconnect from Social Media

Health Services Testing Fees:
Gonorrhea, Chlamydia, HIV and Syphilis: $40
Gonorrhea and Chlamydia: $15
HIV and Syphilis: $25 + HIV: $15 + Syphilis: $10

Stall Talk by the Numbers
The percentage of Millersville Students who report having good, very good, or excellent health.
Source: Millersville University Spring 2018 American Health Association-National College Health Assessment