

Dimensions Of Wellness Key:

-  Environmental
-  Intellectual
-  Spiritual

Potty

For students



Mouth

by students

-  Physical
-  Occupational
-  Emotional
-  Social

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The puzzling truth...

Has somebody ever told you that brain teasers boost your noggin? As puzzling as it sounds, the best way to actually improve your mental health is by maintaining your physique! Exercise improves blood flow to the brain- making you more focused and strengthens your memory. So if you want to become a whiz kid, nix the Sudoku and go work out instead!

Source: <http://www.fitness.gov/mentalhealth.htm>

Biting Under the Sheets

Bedbugs are found in used furniture, especially furniture in dorms and apartments. These critters surface at night for human blood and will inject their saliva into their prey while feeding for five to ten minutes. If you suspect bedbugs, contact a pest management professional and think about placing your mattress in a protective mattress encasement.

Source: <http://www.health.harvard.edu/healthbeat/easing-bedbug-anxiety>

ENTERTAIN YOUR POSSIBILITIES

Keep your summertime grooves going all year long. Downtown Harrisonburg comes alive with sound, art, stand-up comedy, food and trivia almost every night of the week. From original and all-you-can-eat menus to pole dancing at Inner Goddess and Salsa lessons at the Artful Dodger, the variety of entertainment is never-ending. Enjoy local musicians or become one yourself at Little Grille Collective's open mic night or Clementine's artistically endowed restaurant and bar. Don't forget to pick up your fresh produce locally at the Farmer's Market every Tuesday and Saturday from 7am-1pm. Who knew there was this much possibility in JMU's backyard?

Source: <http://www.downtownharrisonburg.org/v.php?pg=109>

"Put Your Best Foot Forward"

There is no longer a need to tie your laces with five-finger running shoes. Five-finger shoes are designed to fit your foot like a glove, and offer a minimalist approach to running. These shoes simulate running barefoot, and work to fire all 33 joints and 20 muscles in the feet. Yet, such intensity may lead to stress fractures and premature wear on the joints. So before going lace-free do your research and put the best shoe forward.

Source: <http://sportsmedicine.about.com/od/shop/a/Vibram-FiveFingers.htm>

An Island unto Yourself

Back to school and your schedule is packed from 9 to 9 with class, meetings, clubs and everything in-between? Remember that only you can make personal time a priority and doing so can re-energize your zest for life. Check in with yourself; reflect on the different aspects of your life and if you're content with where things are. Feel free to make new goals or just do something you love like reading, exercising, or listening to music.

Source: <http://www.mnn.com/health/fitness-well-being/stories/8-reasons-to-schedule-me-time>

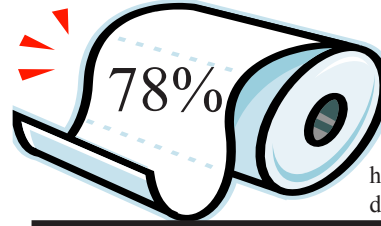
Email us with your ideas at: pottymouth@jmu.edu

Potty Mouth is brought to you by the University Health Center's Student Wellness and Outreach and the Potty Mouth staff. For more information regarding SWO, call 568-2831 or visit www.jmu.edu/healthctr/swo.

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Potty Mouth by NUMBERS



- Percentage of women who would decline an intimate rendezvous if they had not shaved their legs or underarms.

<http://lifestyle.msn.com/relationships/articlematch.aspx?cp-documentid=10416019>

Don't be Blind-Sided, Give Your Eyes a Break!

One of the best things you can do to save your baby blues (or greens, or browns, or hazels) is to protect them against the leading causes of daily vision deterioration. Staring at any electronic devices for an extended amount of time significantly slows your blinking speed and stresses your eyes. Protection against UV rays from the sun and tanning beds is essential in preventing cataracts and other eye damage, so make sunglasses your number one accessory. Lastly, quit smoking, it causes macular degeneration and loss of clear vision.

Source: http://kidshealth.org/teen/your_body/take_care/vision_care.html#

DON'T FEEL THE BURN

When cleaning, make sure you kill germs without killing your skin. Going gloveless can lead to cracked inflamed skin and even chemical burns. Nitrile gloves are cheap and, unlike latex, chemicals cannot burn through the material. Don't use the same pair of gloves to clean multiple areas like the kitchen and bathroom. This can cause chemical reactions. Buy a pair to wear to prevent the destruction of your digits!

Source: <http://www.doctoroz.com/videos/fatal-cleaning-mistakes-pt-2>

GET YOUR SPIRIT ON

Uniting your mind, body, and soul as one can benefit your overall health. Being in touch with your spiritual side does not necessitate your being religious. Spiritual health allows you to be at peace with the environment around you by eliminating stress, providing a sense of wholeness and even increasing self-esteem. If you're looking for new ways to improve your health, in a spiritual way, try out some activities such as meditation, yoga, and tai chi! A good place to start would be Madison Meditates, which meets twice a week in Taylor Hall - their next meeting is Sept. 23rd at 12:30pm in Taylor 405.

Source: <http://www.anandapalooalto.org/joy/BenefitsOfMeditation.html>

Strings attached?

Common on college campuses, "friends with benefits" offer more than the casual hook-up. Most of the time fueled by alcohol and late and lonely nights, text messaging a buddy sounds easy, right? Wrong. Studies show that many women and some men hope to soon be in a relationship with their 'FWB'. However, few if any of these result in a committed relationship. It may work in the movies, but in real life, not so much.

Source: <http://www.fyiliving.com/health-news/friends-with-benefits-study-finds-sex-and-friendship-dont-mix/>

Wondering About Your Drinking?

Research shows that a significant percentage of college students (around 44%) binge drink. Why? A new book by Thomas Vander Ven, Getting Wasted: Why College Students Drink Too Much and Party So Hard, answers this question and is making waves with its surprising answers. Check out the author interview below, at Salon.com. And if you'd like to explore your own drinking habits, JMU's BASICS program (Brief Alcohol Screening and Intervention for College Students) is at your service. Send Tia Mann an email at manntl@jmu.edu to schedule an appointment.

Source: http://www.salon.com/life/feature/2011/college_drinking_interview

UPCOMING EVENTS

- 9/19 Out on Campus Panel @ Grafton Stovall 7 p.m.
- 9/23 Celebrate Bisexuality Day on the Warren Patio 11-2 p.m.
- 10/19 JMU Flu Clinic @ Festival Highlands Room 10-5:30 p.m.

Want to Join the 2012 Potty Mouth Team?!

Visit: www.jmu.edu/healthctr/swo/potty.shtml