

Dimensions Of Wellness Key:

-  Environmental
-  Intellectual
-  Spiritual

-  Physical
-  Occupational
-  Emotional
-  Social

Potty

For students



Mouth

by students

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November 2011

The Sound of Stress

Have you ever felt your heart race when you get a text or call unexpectedly? That's your body sending out a stress response. Humans and animals have evolved to associate loud noises with bad things. As a result, loud noises from cell phones to alarm clocks cause our bodies to release stress hormones. Overtime these stressors can "increase the risk of stroke, hamper learning, suppress your growing network of brain neurons and weaken the protective blood-brain barrier," all very good reasons to seek relief from the ruckus.

Source: <http://www.fi.edu/learn/brain/stress.html>

If Being Left-Handed is Wrong, I Don't Want to be Right

There is a wide variety of information regarding those who are left-handed and their cognitive and behavioral ways. The left handed population has been known for being greater abstract and creative thinkers than those who aren't. Unfortunately, studies have shown that lefties have a higher chance of experiencing injury requiring medical attention. On the bright side, lefties have a greater chance of being ambidextrous than those who are righties. So next time you're frustrated because you're stuck with a desk or a pair of scissors that are made for righties, just remember two hands are always better than one.

Source: <http://ajph.aphapublications.org/cgi/content/abstract/79/8/1040>

Toilet Troubles

Are you nervous about where you're sitting at this very moment? You're not the only one! Paruresis, otherwise known as Bashful Bladder Syndrome, is the condition affecting those who suffer from severe anxiety while urinating when others are around. According to the International Paruresis Association, "Paruresis is a social anxiety disorder," and currently affects roughly 17 million people in the United States alone. If you think you may have Bashful Bladder Syndrome, don't be shy! Contact the Counseling and Student Development Center for more information.

Source: http://www.paruresis.org/fact_sheet.pdf

Stuff a Turkey, Not Your Face

The holidays are truly a time to sit down and enjoy family and friends. Don't let the gorge of the mealtime take over! All is good in moderation, but follow these tips for a healthy start. First, your meat should be no larger than a deck of cards. Second, choose light meat over dark meat. Third, carbohydrates including mashed potatoes, stuffing, and breads, should not take up more than a quarter of your plate all together. Next, when choosing seconds, always go back for more vegetables. And lastly, use the least amount of gravy as possible. While it may taste great, you should never use more than two thumbs worth of gravy. Follow these rules and you'll be thankful your pants still fit.

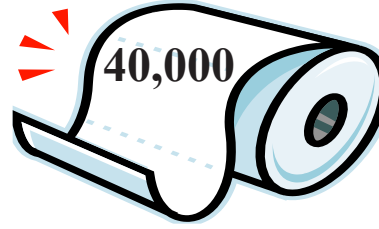
Source: <http://www.fitsugar.com/Thanksgiving-Portion-Primer-6309545>

Body Art in Cooler Days

Dating back to the 5th century, tattooing has grown to become a cool form of artistic expression. For those of you thinking about getting inked, you may be wondering what is the best time of year to make your design permanent. Since tattoo care is similar to skin care used for a burn, it is said that the best time to get a tattoo is during the fall and winter months. Excessive amounts of sweat, water and sun can aggravate a new tattoo, and therefore the less exposure your skin gets to these elements, the quicker the healing process and lesser chance of infection. Even though the season for tattooing may be right around the corner, this decision isn't one for impulse. Removing a tattoo can cost up to three times more than the design itself, so hibernate on the idea for a little while before heading to a local tattoo parlor!

Source: <http://tattoo.about.com/cs/tatfaq/a/102803a.htm>

Potty Mouth by NUMBERS



40,000 – the number of toilet-related injuries per year

What will you do this World AIDS Day?

For a topic that appears to be so taboo in our society, there seems to be a lot more false accusations made than true. In fact, the Human Immunodeficiency Virus, better known as HIV, should be talked about in order to get the real facts. HIV is a virus that attacks an individual's immune system, the body's defense against diseases. It can be passed on through infected bodily fluids, most commonly in sex without a condom, or by reusing infected needles or syringes. While HIV is not passed on through spitting, biting or sharing utensils, you can now get tested for HIV in 15-20 minutes using a cheek cell sample if you feel as though you are at risk of contracting it. Awareness is a powerful tool in the fight against HIV/AIDS- instead of spreading the wrong facts, come spread the right ones. Join your peers on December 1st at the World AIDS Day event from 10-2pm on the Commons. Even though there isn't a cure for HIV, there is something you can do about it; What will you do this World AIDS Day?

<http://www.worldaidsday.org/>

Give Thanks

It's almost Thanksgiving and images of crowded tables of loved ones, and overflowing plates of comfort food haunt us during those final days of class. In the true spirit of 'thanks' and 'giving,' show gratitude for those special people in your lives. Treat your friends to a coffee, or offer to clean your dorm room before break. Write your parents a note thanking them for supporting you emotionally or financially through college. Think of creative and personal ways to express gratitude this Thanksgiving; it's the one thing that will feel better than a full stomach after a turkey feast.

Source: <http://zenhabits.net/10-great-ways-to-show-youre-grateful-today/>

Bargain Hunters Beware

It is really tempting to be swallowed into spending on Black Friday with all the "great" bargains. Prepare before heading out at 3 A.M. to avoid extra spending and an empty wallet. Make a list of the people you intend to buy for to avoid impulse buying. Remember, advertised deals are not always the cheapest. Do your homework before you go out to make sure it is a good deal and not just an advertisement. Keep in mind that you pay extra for advertising so the more you see the ad, the more you will pay. Also, the prettier the package, the uglier the price. Go out, have fun, and hopefully you can still come back with some green left in your wallet.

Source: <http://www.thefrugalshopper.com/articles/basic.shtml>

Don't be a fool...check your stool

You are what you eat and your stool tells you the good and bad things about your diet. Hard bowel movements are signs of constipation, low water consumption, or low fiber intake. Normal bowels should be in a sausage or snake-like shape and smooth or with cracks on the surface. Loose watery bowels could mean diarrhea, which can come from eating excessive amounts of any food. If you know what goes in, you'll know what's coming out. For more fecal facts check out the Bristol stool chart.

Source: <http://www.healthhype.com/loose-stool-and-hard-stool-different-types-of-feces.html>

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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Nov. 7 7 pm Positively Speaking: My Life With HIV, Taylor Down Under
Nov. 10-16 8 am - Midnight, AIDS Memorial Quilt featuring the JMU Panel located in the Forbes Center Lobby
Nov. 14 10 am - 4 pm, FREE HIV Testing, Warren Hall/Transitions
Nov. 14 7 pm, An Evening with *Dreamgirls* Sheryl Lee Ralph, Wilson Auditorium

THE HEALTH CENTER IS MOVING! The UHC Clinic, SWO, and SAP will be moving to a new location December 2011. The medical clinic will be closed Saturday, December 10, 2011 and will be open for acute care only December 12-16, 2011. Visit us on Facebook: www.facebook.com/jmuhealthcenter or follow us on Twitter @jmuhealthcenter for more information.

The University Health Center is moving Jan. 2012 - visit www.jmu.edu/healthctr for details!

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