

Dimensions Of Wellness Key:

- Environmental
- Intellectual
- Spiritual

- Physical
- Occupational
- Emotional
- Social

Potty

For students



Mouth

by students

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Taste of fall

Love fall's crisp mornings and the crunch of leaves beneath your feet? Well, you can experience all those things – in your mouth! Try an easy and inventive snack that you can bring to a tailgate, study session or enjoy at home. Toasted pumpkin seeds are rich in protein and monounsaturated fats making them a guilt-free snack. After carving your Halloween Jack-o-lantern, follow the recipe below for instructions on how to toast pumpkin seeds. Add chocolate chips, nuts, cranberries, and pretzels for a satisfying and festive trail-mix that truly tastes like fall! http://simplyrecipes.com/recipes/toasted_pumpkin_seeds/

Source: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=82>

Fight Frigid Fall to Save Your Soft Skin!

Worried that the chilly climate will stress out your summer-blushed skin? Follow some easy tips to battle those blustering breezes. First, while it's natural to want to battle the outside weather by upping the thermostat, the extreme temperatures will dry out your skin. Turn your heat down and shower in lukewarm water; this helps to seal in moisture. Other ways to maintain moisture include switching to glycerine-based lotions and wearing gloves to protect those frigid phalanges. Follow these steps and you'll stay summer soft, even in the snowy season!

Source: <http://www.webmd.com/healthy-beauty/ten-winter-skin-care-tips?page=2>

God? At JMU?!

Whether you are Christian, Jewish, Muslim, Buddhist, Atheist or any other religious affiliation, JMU can find a place for you. Christian organizations, such as InterVarsity and Campus Crusades, invite students to join a small group at any time, and worship as a large group with any level of faith. Jewish organizations such as Hillel invite students to participate in fun events such as holiday celebrations. For those interested in simply learning more about a specific religion, there are organizations, such as the Bahai Association. Atheist? Free Thinkers is a group where students, religious or non-religious, freely discuss their thoughts on religion. Don't forget to check you bus schedule to learn more about the times that the Church shuttle leaves from campus to bring you to any worship house in Harrisonburg!

Source: <http://beinvolved.jmu.edu/organizations>

FLOSSOPHY

A little floss can go a long way toward keeping your whole body healthy. Everyday your teeth become covered in plaque, the filmy substance that harbors disease-causing bacteria. Plaque buildup on your teeth is related to the plaque buildup in the arteries surrounding your heart. Flossing once a day helps remove plaque and significantly decreases your risk for periodontal disease, which can lead to coronary heart disease. Therefore if you only have the time to do one, pick flossing over brushing! It will pay off in the long run.

Source: www.ada.org

HOOKED ON HOOKAH?

Hookah bars are gaining popularity and giving students the impression that it's safer than smoking. The smoke is filtered through water which gives it a cooler taste and is less irritating to the lungs. However, hookah smoking has some of the same carcinogenic elements as cigarettes and possibly more tar. A study showed that one hookah session of a couple hours could carry as much smoke into your lungs as 100 cigarettes. Still hooked?

Source: <http://smoking.ygoy.com/is-hookah-smoking-safe/>

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



- The weight of the largest pumpkin ever grown, which is equal to about 11.5 James Madisons!

Get Your Fix of Super Cute Pics

Do you love YouTube videos of puppies or cuddly kitten calendars? Does the sight of baby pandas give you a warm fuzzy feeling inside? Some scientists blame Biophilia, the idea that humans have "a genetic tendency to affiliate with, appreciate, and get pleasure from other forms of life." Humans evolved having to look out for animals so they could either hunt or avoid them, which could explain why animals grab our attention so well. According to Dr. James A. Serpell, getting captivated by pictures of cute animals temporarily lowers a person's heart rate and blood pressure. Check out the animal photography section of nationalgeographic.com or visit www.boothedog.net to enjoy the temporary benefits of adorable distractions.

Source: <http://abcnews.go.com/Technology/video?id=7922406>

You can wake the walker!

While it is true that waking a sleepwalker may distress them, it is absolutely false that someone could die from shock or being in a partial sleep cycle. Somnambulism, better know as sleepwalking, is a subconscious disorder that occurs when an individual walks or performs a task while asleep. Sleepwalking can occur at any age, but is most often seen in children ages 5 - 12 and usually gone before adulthood. The behavior is known to genetically run in the family and occurs more frequently in identical twins. Lasting from a few brief seconds to 30 minutes or longer, documented sleepwalkers have been known to sit up in bed, walk around the house, and even in rare cases, climb out of a window or drive a car! So the next time you see your roommate or friend ambling around in their sleep, do them a favor and wake them up!

Source: <http://www.mayoclinic.com/health/sleepwalking/DS01009>

Keep up with whats hAPPening

Being englufed by tests, assignments, and the JMU lifestyle can potentially limit student's energy that is put toward what is currently happening outside of Harrisonburg. As students with a thirst for knowledge, we shouldn't leave our willingness to learn in the classroom. With gadgets such as smartphone and tablets, we should take advantage of the convenient access to the cyber world. These hot devices allow you to have apps such as CNN and BBC News with provide the latest trending events worldwide. So instead of tweeting and playing words with friends in your sparse down time, think about staying in tune with the world around you!

Source: <http://www.cnn.com/mobile/iphone/>

True Life: I'm in college

The most common issues college students deal with are depression, high school to college transitioning, self-esteem problems, parent or family issues and at the top of the list is anxiety. Students can get anxiety from things such as financial pressures, academic demands, overwhelming social lives, public speaking and more. Dr. David Onestak, Director of The Counseling and Student Development Center in Varner House believes these are all normal issues for college students. With 11 full-time counselors, 1 psychiatrist, post-doctoral residents and pre-doctoral interns, CSDC provides students with individual and group counseling. After a student's needs are assessed the staff is obligated to provide the right service specified for them, whether it's session with the counselor or a referral to a clinician off-campus. There are no session limits at the CSDC, however they focus on short-term treatment. "There's this part that we want the world to see, then there's a shadow, the counseling center sees that shadow, and we spend the most time with it," said Dr. Onestak. Check out the CSDC website for more information.

Source: <http://www.jmu.edu/counselingctr/>

UPCOMING EVENTS

- Oct. 18 7 pm The Naked Truth, Leslie Goldman, Grafton Stovall
- Oct. 19 10 am - 6 pm, JMU Flu Clinic, Festival Highlands Room, \$25 Students, \$12.50 Faculty and Staff.
- Oct. 24 7 pm No Woman Left Behind, Grafton Stovall
- Oct. 25 7 pm BCA Survivor Night, Festival Ballroom A
- Oct. 26 11-2pm Intersex Awareness Day, Commons, Sponsored by the LGBT and Ally Education Program

Potty Mouth applications due Oct 20th!

Visit: www.jmu.edu/healthctr/swo/potty.shtml to apply!