This was published on 30% recycled paper.

PLEASE DO NOT STEAL!

Dimensions Of Wellness Key:

Environmental
Intellectual
Spiritual

Potty Mouth

For students

by students

Physical
Occupational
Emotional
Social

October 2011

pottymouth@jmu.edu

Four-Square: Checking in to Check

What you once thought was the age-old elementary school recess game has taken on a new persona and is now going places, literally. Foursquare is a smartphone application with GPS technology that allows users to "check-in" at different locations. Each time users "check-in" they receive points and badges, creating competition between you and your foursquare friends. Don't stop there! Checking in at various retail or restaurant locations, users can unlock stealin' deals such as buy one get one free or other great coupons to use towards their purchase. So instead of claiming the recess foursquare championship, impress your friends with the best deals around town!

Source: http://ipod.about.com/od/ipodtouchapps/a/foursquare-app-definition.htm

Man-o-pause

Headaches, stomach cramps, and mood swings. Yes, it's that time of the month again- but for men. Irritable Male Syndrome (IMS) is the gradual decline of testosterone levels throughout adulthood. Symptoms often include anxiety, headaches, hot flashes, insomnia and loss of sexual drive. However, don't be too quick to diagnose your man with male menopause. These side effects could also result from illness, stress, poor diet, and excessive alcohol consumption.

Source: http://www.mayoclinic.com/health/male-menopause/MC00058

Riding the pony? Loosen up the reins

A rainy day or running late to the bus can put hair out of the question for those sporting a long length do. Ponytail it is. Did you know the scalp is one of the most sensitive parts on the body? It is common to be hit with a headache when hair is pulled back tightly against the head or a snug headband is worn for an extended period of time. If you frequently get a migraine or tension headache, having an up-do or hair accessory can intensify the pain. Give your scalp a breather by letting down those luscious locks periodically, loosening up that hair tie or ditching the headband!

Source: http://health.usnews.com/health-conditions/brain-health/headache

Say "Bonjour", "Hola" or "Ni Hao" to a better you!

Studying abroad is a celebrated college tradition that students remember fondly for the rest of their lives. If you haven't thought about studying internationally, consider these reasons: challenge yourself to grow personally and relationally in a different environment, learn about cultures and lifestyles not your own, and add something unique to your resume. You'll never forget the friends, memories, and personal growth you discover abroad. Visit JMU's Office of International Programs site for more information and applications at http://www.jmu.edu/international/abroad/index.shtml.

Feed your thoughts

Homework, quizzes and exams can sometimes be a drain. Add these foods to your diet and you're well on your way to a healthier brain. Blueberries can protect the brain from stress while wild salmon helps the brain to function. Eating nuts and seeds help lessen cognitive decline and aid you in making better decisions. Slice up some avocados to promote healthy blood flow and bring out the chocolate to help improve memory. Be sure to keep that brain pumped and ready to go.

Source: http://www.webmd.com/diet/guide/eat-smart-healthier-brain

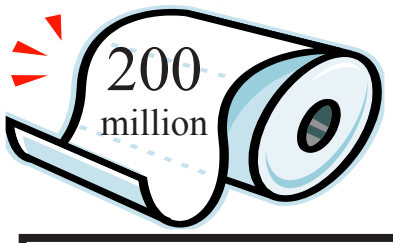
Email us with your ideas at: pottymouth@jmu.edu

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.

Potty Mouth Staff:
Patrick Lincoln - Graduate Assitant
Sophia Dixon, Jennifer Langrock
Lauren Hamill, Nideria Brown
Erica Orange, Grace Milbourne
Alison Murtha, Sami Noble

POSTED WITH SPECIAL PERMISSION FROM UNIVERSITY INFORMATION

Potty Mouth by NUMBERS



- The germs per second passed between mouths when two people kiss.

Keep your head up with Positive Headlines!

Feeling bummed lately? Maybe it's the newspaper you're reading! Studies show that negative media and information weighs more heavily on our emotions, making everything seems worse than it may be in reality. Online newspapers such as Happy News and Good Magazine focus on reporting good news stories and information while highlighting opportunities for positive global change. Change the information you're reading, and increase your happiness – a newsworthy thought indeed!

Source: http://www.happynews.com/

LOW SELF-ESTEEM? DEACTIVATE FACEBOOK

Having 500 friends on Facebook doesn't mean much when it comes to our self-esteem. It is the time we spend tagging photos, posting wall comments and reading status updates that affects us. Studies have shown that an increase in Facebook activity – including the number of times a day you check Facebook as well as how much total time is spent total on this "social" network - leads to a decrease in self-esteem and a negative body image. So build your self-esteem by hanging with your real life friends and not just the pictures.

Source: Mehdizadeh, S. (2010). Self-presentation 2.0: narcissism and self-esteem on facebook. CyberPsychology, Behavior & Social Networking, 13(4), 357-364. doi:10.1089/cyber.2009.0257

Rejection Reflections

Whether it comes from a sorority, employer, or love interest, it's hard not to take rejection personally. Remember that rejection isn't an attack on your personality, it's an experience that happens to everyone and an opportunity help you grow as a person. If you want to move on after being denied, reflect on the experience and then take action over the things you can control. Familiarize yourself with rejection and you will handle it better in the future.

Source: http://www.psychologytoday.com/blog/the-dance-connection/rejection-sucks

Someone CAREs

Sexual assault is a crime that happens all too often on college campuses. Fortunately JMU students have access to Campus Assault Response, a 24-hour student run sexual assault hotline. Recent and past survivors as well as secondary survivors (the friends of a survivor) can call 540-568-6411 at any time to talk about their situation and get referred to other organizations for further help. Survivors of sexual assault can also contact the Student Wellness Office, the Health Center, and the Counseling Student Development Center. In an interview, CARE member Sarah Dugan stated, "Sexual assault happens more than people realize. People can be sexually assaulted and not even know." Because alcohol is often involved, people can get confused about what counts as assault. Dugan clarified that, "sexual assault is "any unwanted touching or sexual advancement" and the only way a person can consent to sexual activity is with a "sober yes". If you are interested in joining CARE, contact Ashley Libby at Ashley.marie.libby@gmail.com and for further questions about sexual assault email Alaina Baro-Vinacco at vinaccoan@jmu.edu.

UPCOMING EVENTS

10/3 REACH peer educator applications are due Monday!
Apply @ https://beinvolved.jmu.edu/organization/REACH
10/3 Breast Cancer Awareness Remembrance Vigil Commons 8 p.m.
10/12 Breastival™@Festival Fair, 5 p.m. – 6:30 p.m.
10/19 JMU Flu Clinic @ Festival Highlands Room 10-5:30 p.m.

Get your own Potty Mouth online: www.jmu.edu/healthctr/swo/potty.shtml