Winter Break Potty Mouth MixTape Edition

Dimensions Of Wellness Key:

Environmental
Intellectual
Spiritual

Potty Mouth

For students by students

Physical
Occupational
Emotional
Social

December 2011

pottymouth@jmu.edu

No Luck, Potluck?

It's that time of year again when your friends might want to throw potluck parties… and so does every other organization you are in! Stressed about what to bring while maintaining a low cost? Try this simple Spinach Dip recipe that will impress your friends, and your wallet. It is only 38 cents a serving! You will need:

1 10oz. package of frozen spinach, thawed and squeezed dry
¾ cup of plain yogurt
2 scallions, white part only, thinly sliced
Salt and pepper

Blend all the ingredients together, cover and keep chilled until your potluck! Don't forget to place some assorted veggies or pita chips around the dip. Serve cold, and enjoy!

Source: http://www.myrecipes.com/recipe/spinach-dip-with-crudi-ts-10000001956759/

Saline Salvation for the Sinuses

You've heard of irrigating farmlands but did you know you could irrigate your nostrils too? Nasal irrigation is the practice of pouring salt water up the nose to cleanse the nasal cavity. As the salt water goes through one nostril into the other, mucus and allergens are rinsed away, relieving stuffy noses, allergies, sinusitis, and cold symptoms. You can find sinus rinse containers and salt packets at drugstores or you can make your own salt mix using warm water and a quarter teaspoon of non-iodized salt. If you decide to expose your nose to the joys of nasal rinsing, avoid these common mistakes. Don't use water that's too hot or cold, adjust your pouring position if you feel any pressure in your ears, and don't pinch your nostrils when you blow your nose afterward. Lastly, if you buy a sinus rinsing kit always follow the instructions.

Source: http://www.usatoday.com/news/health/2007-05-29-nasal-washing_N.html

Someone Else's Treasure

If you are one to clean your apartment or dorm before the long winter break, take a look at the things you're tossing away. Some of the items you may be bringing to the curb could be put to good use by another person. Whether you have articles of clothing you haven't worn in months or a piece of furniture you don't make the most of, think about donating! There are plenty of locations around the Harrisonburg community that appreciate donations. So before you head out for the break, look around your living space and think about taking some of these items to Mercy House Thrift Store, Valley AIDS Network, or the Salvation Army.

Source: http://www.valleyaidsnetwork.org

Catching 20 Z's

Napping is a great way to leave you feeling your freshest and finest. Research concludes that 18-22 minutes is the perfect nap duration to increase alertness, stamina, motor performance, and long-term memory. With all of these benefits, make sure you follow these napping needs. Try to take a nap between 1:00 and 3:00 PM when energy levels are low and melatonin levels are high. Turn the lights down low and set an alarm as to not exceed the 20 minute limit. Any nap longer than 30 minutes can leave you feeling more groggy than you started.

Source: http://www.ncbi.nlm.nih.gov/pubmed/16796222

Gimme a break!

Winter break is almost here, and you'll soon be free from the stress of classes! However, although it may be tempting to snooze the weeks away, try to make sure your break isn't a total bust. Make a list of small goals you want to achieve over your vacation time. Whether it's applying for an internship or saving money from a temporary job, you'll avoid the perils of chronic break boredom. Doing so will also keep you in a productive state of mind; so make your list and check it twice, and you'll soon be on your way to a relaxing yet productive break!

Source: http://blog.educationconnection.com/2011/07/take-a-break-from-summer-break/

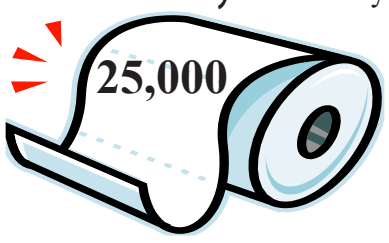
Email us with your ideas at: pottymouth@jmu.edu

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



– trees cut down each year for wrapping paper alone.

I Saw Duke Dog Kissing Santa Claus

With the age-old tradition of kissing under the mistletoe around the Holidays, some facts may be forgotten during all the lip locking. The name mistletoe comes from an ancient era in which it would often appear on a branch or twig where birds left droppings. 'Mistel' being the Anglo-Saxon word for 'dung,' and 'tan' being the plural for 'twig', its literal meaning is 'dung-on-a-twig'. Not quite as fitting as one would assume. Most people also do not realize that mistletoe doesn't even grow on the ground, but rather on trees as a parasitic shrub. That's right, our favorite wintertime tradition means kissing under a parasite, romantic huh? But don't relocate just yet! Ancient Scandinavian and Norse Mythology claim mistletoe was once a symbol of truce between two enemies and is also referred to as an aphrodisiac. So even though the name may be a little off-putting, mistletoe will always be a sought after Holiday decoration!

Source: http://landscaping.about.com/cs/winterlandscaping1/a/mistletoe.html

Finding Your Spiritual Zen

Ever ask yourself "Who am I?" or "What's my meaning in life?" Here are ways to spiritually explore things in your life to get that sense of satisfaction. Take a minute to breathe, spend time alone, meditate, and focus on the "now." Be curious; don't shut out what you don't know. Look for a deeper meaning; if you find yourself in recurring situations sit down and analyze it to see what you have the ability to change and what you can't control. Practice acceptance; take blame for your actions, learn and teach others. In doing these things you will soon gain a spiritual outlook on life.

Source: http://www.definitionofwellness.com/dimensions-of-wellness/spiritual-wellness.html

Those Who Grieve Together, Stay Together

Ups and downs define life, so when a friend goes through a hard time be prepared to be there with this support. First, don't tell them how to grieve each person experiences and expresses loss differently. Don't make it about you- ask thoughtful questions, and don't interrupt or simplify their problems. Let them know you care by listening. Help in practical and personal ways- do their grocery shopping or suggest a fun activity. Don't stop trying to help just because you feel uncomfortable. Finally, focus on love – support someone with that, and you can call them a friend forever.

Source: http://www.wikihow.com/Help-and-Support-a-Friend-Through-Any-Hardship

Smooth Move, University Health Center!

As the services of the University Health Center expand, so does the space! That's right, the University Health Center, Student Wellness and Outreach, and Substance Abuse Prevention office are moving to the East Tower of the old hospital, newly named Montpelier Hall. Opening in 1959 and expanding to a 32 bed clinic in 1972, the Health Center has grown above and beyond general medicine over the years. Introducing birth control and emergency contraceptives in the 90's, UHC has evolved to accommodate more modern medical needs such as STD testing, travelers immunizations, and urgent care. Ann Simmons, the Coordinator of Marketing and Programming for Student Wellness and Outreach (and former nurse with the UHC), reported on these changes over the years, and is excited to see the University Health Center all back together again in one location. With all the space and growth, imagine the wonders of what the health center will do next!

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.

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

I hope you dance - Lee Ann Womack Sophia Dixon | Take Me Home, Country Roads - John Denver | Between Two Lungs - Florence and the Machine | Slight Work - Wale Ft. Big Sean | Killing Me Too – Sister Hazel

Santa Claus is Coming to Town - Bruce Springsteen | Grace Milbourne - Winter Song (Ingrid Michaelson & Sara Bareilles) | Merry Christmas, Happy Holidays - NSYNC | Country Feedback - REM