

POTTY

By Students

MOUTH

For Students

APRIL 2017
ISSUE 7

TAKE BACK THE NIGHT

Take Back The Night is an annual event on JMU's campus, usually held in April. The event seeks to uplift the perspectives of sexual assault, harassment, and intimate-partner violence survivors on JMU's campus. This year's Take Back The Night event will feature keynote speaker Karen B.K. Chan. Chan has over 18 years of experience leading transformative conversations about sexuality and emotional intelligence. She will be presenting "Feeling, Healing, and Other Radical Acts" in Wilson Hall Auditorium from 7:30pm-8:30pm on April 4.

Come experience Take Back the Night on Tuesday, April 4 at Wilson Hall from 6pm-11pm. For a full schedule of events and performances, visit www.jmu.edu/healthcenter or campusassaultresponse.org/tbtn.



**TUESDAY, APRIL 4
6PM-11PM
WILSON HALL**

If you or someone you know is a survivor and would like to talk to someone or connect to resources, call CARE's 24/7 confidential helpline at 540-568-6411.

ALL ABOUT ANTIBIOTICS

I WAS FEELING SICK.

WHY DIDN'T I GET ANTIBIOTICS?

- Not every illness can be treated with antibiotics.
- Most common illnesses, like colds and the flu, are self-limited illnesses, which means the body's immune system will clear them on its own with some time. Antibiotics will not treat these sicknesses and won't help you feel better. The best thing you can do is rest and self-care for your symptoms.
- Using antibiotics also leads to antibiotic resistance, which can lead to more serious consequences.
- Therefore, your provider will not give you antibiotics unless considered necessary. If you are feeling sick, try visiting the self-care station on campus in the Student Success Center. Located in the Pharmacy on the first floor, this station has guides to help care for a variety of illnesses and symptoms as well as over the counter medications. These guides are also available on the Health Center's website.

WHAT IS ANTIBIOTIC RESISTANCE?

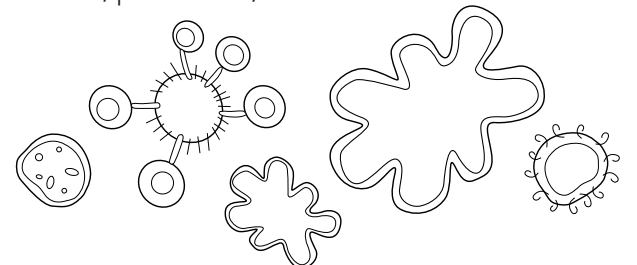
- Antibiotic resistance is the ability of bacteria to resist antibiotics. Bacteria may become resistant to drugs when the medications aren't used correctly, including taking an improper dose, using them for the wrong amount of time, or taking them unnecessarily. The bacteria is then not completely killed. These bacteria that survive the antibiotics may then become resistant to that drug, making them harder to treat. Antibiotic resistance can be a serious threat if bacteria become immune to the drugs meant to treat them. According to the World Health Organization, antibiotic resistance is one of the biggest threats to global health today. It can mean longer hospital stays, higher medical costs, and increased mortality.

WHAT IS ANTIBIOTIC STEWARDSHIP?

- Antibiotic stewardship refers to the safe and effective administration of antibiotics while minimizing antibiotic resistance as much as possible. Many health organizations like the CDC and Johns Hopkins Medicine are initiating antibiotic stewardship programs and standards to help guide their health providers. However, responsible antibiotic use can be practiced by everyone. You can use antibiotics responsibly by only taking them when prescribed and following the dosage and timing instructions prescribed by your health provider. In addition, you can take steps to prevent the spread of infection in the first place through frequent handwashing, covering your cough, avoiding others when you are sick, safe food preparation, or getting recommended immunizations such as the flu shot.

WHEN SHOULD I EXPECT TO GET ANTIBIOTICS?

- Antibiotics are not prescribed for viral and self-limited illnesses, such as coughs, sore throat, colds, or flu. Antibiotics should only be used when recommended by a health provider for bacterial infections. You may receive antibiotics for bacterial illnesses, such as strep throat, a urinary tract infection, pneumonia, and most STIs.

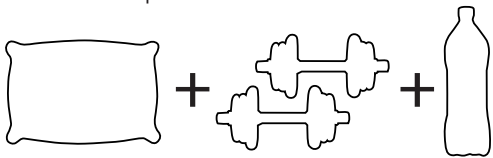


<https://www.cdc.gov/drugresistance/about.html> • <http://www.who.int/mediacentre/factsheets/antibiotic-resistance/en/> • <http://www.hopkinsmedicine.org/amp/about/>

5 WAYS TO MANAGE

STRESS

1 ATTEND TO YOUR BASIC NEEDS! Mental and emotional stress can be hard to manage if we aren't satisfying our bodies' basic needs first, such as eating right, sleeping well, and exercising regularly. Try giving some more attention to these basic physical needs to promote mental health!



2 STRATEGIZE SOLUTIONS Instead of dwelling on the content of your stress or worry, focus on strategies to solve the issue causing stress. Practice by writing down all your stressors in one column and writing down ways to solve or alleviate them in a second column.



Pride celebrations for the LGBT community are events celebrating lesbian, gay, bisexual, and transgender (LGBT) culture and pride. The events also at times serve as demonstrations for legal rights such as same-sex marriage. Lesbian, Gay, Bisexual and Transgender Pride Month (LGBT Pride Month) is currently celebrated each year in the month of June to honor the 1969 Stonewall riots in Manhattan. The Stonewall riots were a tipping point for the Gay Liberation Movement in the United States. Due to the fact that most students are not on campus in June, many universities nationwide (including JMU) often hold their own pride celebrations in April. For more information about local celebrations, feel free to check out the University Health Center's webpage and the Dukes Pride Facebook group.

**HAPPY STUDENT EMPLOYEE APPRECIATION WEEK! APRIL 9-15
THANK YOU FOR ALL THAT YOU DO FOR THE JMU COMMUNITY.**

3 PRIORITIZE SELF-CARE Schedule time into your day or week solely for a self-care activity. It could be an activity off-campus, such as a coffee break with a friend, cooking a favorite meal, reading a chapter from a favorite book, or petting some kitties at Cat's Cradle downtown. There are also on-campus activities like the Oasis or Art Studio in The Counseling Center, Madison Meditates, UREC massage therapy or group fitness classes, or catching a show at Grafton or the Planetarium.



4 PRACTICE GROUNDING TECHNIQUES Grounding techniques can help you focus on the present moment by concentrating on your five senses. They include planting your feet firmly on the ground, stretching or massaging muscles, breathing deeply, or feeling a stone or piece of cloth in your hand—all while focusing on what each sense is feeling in that present space.

5 TRY PROGRESSIVE MUSCLE RELAXATION Consciously contracting and releasing your muscles can increase awareness of tension throughout your body and promote relaxation. Start with focusing on your breathing. Pick a muscle in your body, like your eyebrows or shoulders, and tense for 5 seconds. Then release the tension and reflect for 15-20 seconds. Repeat for various muscle groups while still breathing deeply.

<https://www.jmu.edu/counselingctr/resources/self-help/>

THIS ISSUE OF POTTY MOUTH IS BROUGHT TO YOU BY THE UHC MARKETING TEAM :

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PRO TIP : Please don't steal this! It's been in a bathroom. Yuck.

Potty Mouth Questions?
Please contact ritchiac@jmu.edu

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