November Newsflush

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Center for Health Education and Promotion/ Student Health Service
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www.marquette.edu/healthed
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Leah, Matt, Molly, Kelly, Lindsey J, Jenny, Stephanie, Amy, Becky, Jess

Q: What key has legs and can't open doors?

Urine the News: Thank you to McCabe RAs, Jared Fedot and Shona Hang, and Abbotsford RAs, Adrienne Bortell and Andrew Sinclair, for posting the October NewsFlush!

Want to Avoid Those Nasty Hangovers? Try Binge Thinking!!!

Binge Thinking (v) : Five or more of the following healthy alcohol decisions in one sitting.

1. Don't drink if you don't want to.
2. Never take a drink from a stranger or leave your drink unattended.
3. Set a limit and stick to it.
4. Eat before you drink.
5. Alternate alcohol and non-alcoholic beverages.
6. Avoid drinking games.
7. Go out with people you know and trust.
8. If you think someone has had too much to drink call for help!

Waking Up Is Hard To Do... Tips To Wake Up Motivated

- **Get out of bed immediately. If you do, you will not have a chance to debate with yourself on whether or not to get up for the day.**
- **Stretch! Stretching increases blood flow to various parts of the body, making you feel more awake. It will prepare your body for a good day.**
- **Listen to music. Your favorite song can get you pumped up and excited for the day.**

- **Drink some water. While sleeping, your body gets mildly dehydrated and so you might feel fatigued. Drinking water in the morning jump starts your body.**

Great American Smokeout

"Clear the Air"
November 19th, 2009

Join us in efforts to create a healthier campus environment. For more information on events or how to quit smoking, go to www.marquette.edu/healthed.

Stress Relief From Laughing... It's No Joke!

Short-term Effects
- Stimulate your organs
- Activate and relieve your stress response
- Soothe tension and stomachaches

Long-term effects:
- Improve your immune system
- Relieve pain
- Make you feel better overall

For more information on how laughing effects your mood please visit mayoclinic.com/health/stress-relief

A: A turkey!

Tips for Eating Right Over the Holiday Season

1. You don't have to eat it just because it is there. Only eat when you are truly hungry.
2. Avoid overeating by paying attention to what you are eating. Eat slowly.
3. Mix in fruits and veggies on your snack plate, instead of consuming all sweets.
4. Drink water, instead of soda or juice. Water will make you feel more full and keep you hydrated.

For more nutritional information visit www.sodexousa.com or their nutritional website www.balancemindbodysoul.com