Mindfulness

Mindfulness means paying attention in a particular way, on purpose, in the present moment and non-judgmentally. We can become aware of our thoughts, feelings, and actions without attaching judgment to them when we focus our mind on the present moment. It can also help us to embrace reality, instead of jumping around to the past and the future. There have been several studies done with college students suggesting that mindfulness leads to decreases in stress and anxiety, improvements in concentration and attention, and increases in self-awareness and overall emotional well-being. There are several ways to practice mindfulness including meditation, yoga and tai-chi. There are also ways you can practice mindfulness in your daily routine walking, taking a shower, and even brushing your teeth. Even practicing mindfulness for just a brief 5 to 10 minutes can improve your health.

Source: http://www.brown.edu/Student_Services/Health_Services/Health_Education/common_college_health_issues/mindfulness.php

“Know Your Family History”

Wednesday Oct. 7, 2015 - 10:30 a.m. to 1:30 p.m.
SMC Promenade - Rain location - Marauder Courts

BE VIGILANT!
Learn how to do a correct breast self-exam — it’s a lifelong skill that may save your life.

WOMEN AND MEN — visit the Diana and Marsha Breast Cancer Awareness Center in the Health Services Building.

Have You Downloaded the LiveSafe App Yet?

For additional information visit: http://www.millersville.edu/police/livesafe.php

Trivia Question

Q: When was coffee first sold in sealed tin cans in the United States?

Source: trivia country.com

A: In Next Issue of Stall Talk!

Last Week’s Answer: Grapes, followed by bananas

Stall Talk 3000

by the Numbers:
The number of cows it takes to supply the NFL with a year’s supply of football?

Source: http://www.lifeisrighthere.com/trivia.html

news you can use:

RAP and Alcohol Poisoning

Which of the following did you do last time a friend was so wasted that they passed out and:

• Couldn’t be awakened
• Threw up while passed out
• Had lips, finger nail beds, and skin that were blue or ahen
• Had skin that was cold and clammy
• Had breathing that was slow or irregular
  a) Put them to bed to sleep it off
  b) Shot a friend “I if we take them to the hospital their parents will find out”
  c) Remarked “Do you know how much an ambulance ride or an ER visit costs?”
  d) Were afraid that your drunken friend was mad if you got help for them
  e) Thought “I don’t want to get in trouble”
  f) Realized that Alcohol Poisoning is a big deal, acted like a real friend, and let the professionals make the decision on what to do next.

Please don’t forget that Pennsylvania state law and the Millersville Responsible Action Policy (RAP) make it easy to do the right thing … even if you are underage and have been drinking. Simply make the phone call, and make sure that one person stays with them till help arrives.

If you have any questions or wish to know more about your relationship with AOD, take the alcohol or eTOKE self-assessment on the Counseling Center webpage at Millersville.edu/counseling or contact the AOD Guy at John.Baltzer@millersville.edu or call at 871-7821.

Millersville University
SIELE THE OPPORTUNITY

Health Education and Promotion

CONTACT US
Visit our website: www.millersville.edu
Email us: help@millersville.edu
Like us on Facebook: www.facebook.com/MillersvilleHealthPromotion
Follow us on Twitter: @CHEPMU
Call us: 717-871-4141; or stop by the Montgomery House

WOMEN AND MEN — visit the Diana and Marsha Breast Cancer Awareness Center in the Health Services Building.

Wellness Fair:
Oct. 7, SMC Promenade; 10:30 a.m.–1:30 p.m.
Breast-A-Ville:
Oct. 7, SMC Promenade; 10:30 a.m.–1:30 p.m.
Love Is Louder:
Oct. 8, SMC Atium and SMC 18; 7 p.m.
Wellness Wednesdays:
Relay Race:
Oct. 7, 12: SMC MPR/SMC 116; 6–8 p.m.
Project Condom:
Nov. 10, SMC MPR; 7 p.m.

Ville After Dark

Friday Oct. 9
GAME NIGHT: Board Games (Possibly Wii) 9 p.m., SMC MPR

Saturday Oct. 10
LAZER TAG: 9 p.m., SMC MPR

Friday Oct. 16
FALL BREAK

Saturday Oct. 17
FALL BREAK

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