Meet the Peer Educators:

SOPHIA PAFFAS
Psychology major

“I became a peer educator because I think it’s really important to connect with peers while talking about our topics so they can take away an important message.”

When someone is nasty or treats you poorly, don’t take it personally. It says nothing about you but a lot about them.” ~ Unknown

Stressed Out About End of Semester DEADLINES?

As students approach the end of the semester, (papers are due, presentations are to be delivered, finals are approaching) stress levels are often at their highest. As you gear up for the end of the semester, learn the warning signs when you may be having trouble managing stress:

• Changes in sleep patterns; taking longer to fall asleep, waking up tired and not well rested
• Changes in eating patterns
• More frequent headaches than normal for you
• Recurring colds and minor illness
• Frequent muscle ache and/or tightness
• More disorganized than normal for you
• Increased difficulty in task completion
• A greater sense of persistent time pressure
• Increased generalized frustration and anger if you find yourself troubled by the list above, schedule an appointment with the counseling center (871-7821) to help you learn ways to relieve unhealthy stress levels.

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Social Norms Campaign

Health Education and Promotion for an appointment at 717-871-4141.

An advocate from Domestic Violence Services of Lancaster will be available at the Montour House Tuesdays from 1–5 p.m. to provide confidential services. Call the Center for Health Education and Promotion to schedule an appointment 717-871-4141.

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Trivia Question

Look for more trivia coming your way in Spring 2016

Last Week’s Answer: 45

How many standards drinks in a keg cup?

Answer: A — A standard drink is twelve ounces of beer and six ounces of wine. Drinking for three hours and consuming five standard drinks will produce a BAC of .08 for a 120 pound female. Having five keg cups would almost double the BAC to .13.

Tips to Tame Stress

• Get moving! Physical activity pumps up your feel-good endorphins and natural neural chemicals.
• Laugh more. Laughter fights up and then cools down your stress response.
• Connect with others.
• Assert yourself. You may want to do it all but learning to say no is very important.
• Schedule time to sleep!
• Listen to or play music.
• Keep a journal to release pent up emotions.
• Seek counseling services.

Source: mayoclinic.org

Sources:

http://www.millersville.edu/housing_/site/housing/SOAC_pdf/Gr8TipsGoodHealth.pdf

http://www.millersville.edu/police/livesafe.php#livesafe

Don’t live in regret, Report a threat.

http://www.millersville.edu/police/livesafe.php#livesafe

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

Have You Downloaded the LiveSafe App Yet?

See you in the spring.

Have a great winter break!