

# STALL TALK

THE CENTER FOR HEALTH EDUCATION AND PROMOTION  
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## HEALTHY RELATIONSHIPS: PREVENTION & INTERVENTION

**Prevention** cannot just be about responding to high-risk situations. It must also include **setting norms to make it less likely high-risk situations ever arise to begin with.** Proactive behaviors are the things individuals can do in their daily lives to express their values and engage others in prevention efforts. The goal is to establish clear norms and expectations. For power-based personal violence on campus, the target norms are: (1) **power-based personal violence is not okay and will not be tolerated**, and (2) **everyone needs to do their part to help.**

**Proactive Green Dots.** Proactive behaviors are things we can do to establish our values to our friends, classmates, and colleagues as well as stop red dots before they even start. They **reset campus norms:** Sexual assault, dating violence, and stalking are not okay AND everyone is expected to do their part.

**Reactive Green Dots.** Reactive interventions are the things we can do when we encounter a high-risk situation. Options include **directly** addressing the situation, **delegating** to someone else to intervene, or creating a **distraction** to defuse the concerning situation. (Alteristic Green Dot)

**Green Dot Train the Trainer course for faculty and staff is Wednesday, March 12 9am-4pm in SMC 118.**

## FINANCIAL WELLNESS

Maximize Your Aid, Minimize Your Stress

- Apply for MU Scholarships!
- Complete your FAFSA today!

**71%** of respondents reported experiencing financial challenges while in college. (Trellis Strategies 2023 Survey)

You are not alone. Questions? Contact the Financial Aid Office at (717) 871-5100 or email [fa.mail@millersville.edu](mailto:fa.mail@millersville.edu).

MU Scholarship



FAFSA

## REDUCE STRESS

Stress. We all experience it, and everyone can benefit from reducing it. Stress can wreak havoc on your health - including your heart health. Here are some ways to reduce your stress levels.

- **Exercise** - reduces stress hormone cortisol
- **Laugh** - increases oxygen levels, relaxes muscles, relieves stress responses, improve mood and immune system
- **Meditate, pray or yoga** - reduce blood pressure
- **Breathe deep** - increases oxygen, decreases cortisol, reduce blood pressure
- **Give thanks** - improve mood, boost immune system, reduce effects of aging on the brain, sleep better
- **Listen to music** - helps to relax, lower blood pressure, heart rate and cortisol level
- **Be in nature** - reduces stress
- **Spend time with pets** - lower stress hormones, reduce blood pressure, increase oxytocin
- **Learn how to say no** - lessens workload, reduces stress



(Beaumont.org)

## PRACTICE SELF-LOVE

**Self-love** is a state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth.

- Means having a high regard for your own well-being and happiness
- Means taking care of your own needs and not sacrificing your well-being to please others
- Means not settling for less than you deserve (Brain & Behavior Research Foundation)

*"You really have to love yourself to get anything done in this world." - Lucille Ball*  
*"If you can't love yourself, how the heck are you gonna love somebody else?" - RuPaul*



## Valentine's Day Trail

**FRIDAY, FEBRUARY 14 FROM 11:30AM-1:30PM**  
Join **Campus Life** and other departments for a trail around campus to celebrate Valentine's Day! Each participating office will have a Valentine's item as well as information about their department and services. Start at the **Campus Life Lounge** to check-in and get your bag with the list of stops!

## LOVE SHOULDN'T HURT

Do you know the core signs of healthy versus unhealthy relationships?

### Healthy

- Trust
- Honesty
- Independence
- Respect
- Equality
- Kindness
- Healthy conflict
- Comfortable pace
- Taking Responsibility
- Fun

### Unhealthy

- Intensity
- Possessiveness
- Deflect responsibility
- Manipulation
- Isolation
- Sabotage
- Belittling
- Guilt
- Volatility
- Betrayal

### Empower A Friend

Our words have power. This is especially true when choosing what to say when we have a friend or loved one who may be in an unhealthy relationship. **If you suspect that your friend or family member is in an unhealthy relationship, it's natural and right to express your concern.** Here are some tips.

- **Listen** without inserting your opinion
- Avoid criticizing them for staying in the relationship; **Express concern** for your friend
- **Validate** your friend's feelings; Focus on the behaviors
- Focus on your friend's **good traits**
- Be **patient** and **supportive** (One Love Foundation)

## BECOME AN ORIENTATION LEADER!

**Did you know?** Serving others as a leader has similar effects on your brain as exercise does. You grow emotionally and socially, making a meaningful impact on your mental health.

(Luks & Payne, 1992)\*

**Looking for a fun summer job?**  
Apply to be an orientation leader!

- Paid position
  - Training: August 10 - August 20
  - EPPIC Weekend: August 21 - August 24
- Applications due Monday, February 17!**



## HEART HEALTH

**931,578**

the number of deaths in the US attributed to cardiovascular disease (CVD) as the underlying cause of death in 2021.

Heart disease and stroke took more lives than all forms of cancer and chronic lower respiratory disease combined in 2021.

**127.9 MILLION**

or 48.6% of US adults have some form of CVD. (American Heart Association)

By **living a healthy lifestyle**, you can help keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack. Choose healthy habits.

- Quit using tobacco
- Aim for 30-60min of physical activity daily
- Eat a heart-healthy diet (minimize or avoid sugar, salt, alcohol, processed foods, saturated and trans fats)
- Maintain a healthy weight
- Get quality sleep
- Take steps to prevent infections (ex. brush and floss - gum disease, vaccines - illnesses caused by infections)
- Manage stress
- Get regular health screening tests (Mayo Clinic)

## FRATERNITY & SORORITY

The majority of affiliated alumni are **thriving in all dimensions of their wellbeing.**

**66% in community wellbeing | 62% in social wellbeing**  
**62% in career wellbeing | 53% in physical wellbeing**

(2021 Gallup Survey - Fraternity and Sorority)

- To join an **Inter Fraternity Council** fraternity, follow them on Instagram **@villeIFC** for Rush Week posts.
- To join a **culturally based organization** (Divine Nine, Multicultural or Latin founded), follow their Instagram pages to attend events and informationals. IG handles found on **@millersvilleFSL**.

## LINKEDIN LEARNING

**What is it?** An online platform available to students, faculty and staff which offers courses/hands-on-practice from beginner to advance levels in business, technology and creative arts topics. **Why?** Earn professional certifications/CEUs from top brands. Link your account to your personal LinkedIn profile to share the credentials you've earned! Modules available in 7 languages. Scan the QR code for more info.



## REPORTING & RESOURCES

**Title IX - Institutional Reporting**  
[mutitleixcoordinator@millersville.edu](mailto:mutitleixcoordinator@millersville.edu)  
Dilworth 110 | 717-871-4100

**Millersville University Police - Criminal Reporting**  
Boyer | 717-871-4357 | In an emergency dial 911

*The Title IX Coordinator can assist in navigating both on- and off-campus reporting.*

**Anonymous Reporting**  
Make a report anonymously by scanning the QR code.

**YWCA Sexual Assault Advocate**  
[wehearyou@ywcalancaster.org](mailto:wehearyou@ywcalancaster.org)  
24-Hour Hotline: 717-392-7273

**Domestic Violence Services Advocate**  
[muadvocate@caplanc.org](mailto:muadvocate@caplanc.org)  
24-Hour Hotline: 717-299-1249 or Text SAFE to 61222  
**Health Services** | Witmer Building | 717-871-5250  
**Counseling Center** | Lyle Hall, 3rd Floor | 717-871-7821  
**Planned Parenthood** | 902 Manor St. | 717-299-2891



Millersville University

ELSIE S. SHENK CENTER FOR HEALTH  
EDUCATION AND PROMOTION

Division of Student Affairs

Follow us on Instagram: **@PeersEducate**

Text **"WELLNESS"** to 71444

\*Full citation available by request. Email [chep@millersville.edu](mailto:chep@millersville.edu)