Great American Smoke Out 2010

“In the United States, an estimated 24.8 million men (23.1 percent) and 21.1 million women (18.3 percent) are smokers. These people are at higher risk of heart attack and stroke.” - Americanheart.org

On November 18th the Health and Wellness Center is challenging you to put out your cigarettes and begin the quitting process. We are hosting the Great American Smoke Out, which means you are choosing to quit for 24 hours. We will be providing quit packs filled with helpful information and resources that will support you in your decision to quit. The benefits of quitting for 24 hours include:

- 20 min—your blood pressure, pulse rate, and body temp. all return to normal.
- 8 hrs—your blood carbon monoxide level drops, and your blood oxygen level increases to normal.
- 24 hrs—your chance of having a heart attack decreases.

Stop by the Health & Wellness Center for a “quit pack” and join us on November 18th!

FOUR LOKO - Update

Four Loko is now banned from this campus. Four Loko has caused drinkers to experience: walking blackouts, anxiety, heart palpitations, psychosis-like episodes, extreme mood swings, alcohol poisoning, and other dangerous consequences.

“Alvernia University prohibits the possession and use of any alcoholic energy drinks (for example, Four Loko, Joose, Sparks) on campus regardless of whether or not the student who possesses or consumes is of legal age. Possession and/or consumption of alcohol energy drinks will be treated as violations of the University’s alcohol policy.”

On November 29th and 30th, the Health and Wellness Center will be selling our “go red with the vern” t-shirts for $10! All proceeds will go to the Berks AIDS Network.

On December 1st, join us and “go red with the vern” in support of AIDS Awareness Day 2010!

“The CDC estimates that 21% of HIV-positive people don’t know they are infected—meaning they may be transmitting HIV without knowing it.” - AIDS.gov

If you are interested in getting tested, call 610-568-1467 to schedule an appt. with Dr. Murphy.
¿Does YOUR opinion really reflect reality here at Alvernia?

THINK ABOUT IT.

While you’re thinking about it, stop by Courtside, Kestral, the Library, or the Book Store to grab a FREE PEN, HIGHLIGHTER and BRACELET!

How to Manage Stress - 5 Tips

1 – Avoid unnecessary stress
2 – Alter the situation
3 – Adapt to the stressor
4 – Accept the things you cannot change
5 – Make time for fun & relaxation

It’s important that you take time to relax and enjoy yourself. You can benefit from reducing the amount of stress in your life. Although some amount of stress is helpful, excess is unhealthy. Try some relaxation techniques when you are feeling overwhelmed and stressed. Deep breathing for stress relief is one example of a relaxation technique. The key to deep breathing is to really focus on the breathing coming from your abdomen. First, sit straight up in a chair (comfortably). Then breathe in through your nose and with your hand on your abdomen, you should feel your abdomen rise. Then exhale through your mouth, allowing all of the air to release from your abdomen. Continue to breathe through your nose and out through your mouth. This is just one relaxation technique that can be utilized at any time you feel stressed during the day. There are plenty of relaxation techniques to try! Make sure you find the best one that calms YOUR nerves. Not everyone will use the same technique!