



W.A.H.L. News

Wellness Advocates for Healthy Living

February 2017



Brought to you by the Saint Vincent College Wellness Center

What's the buzz this month...

Feb. 8—Pet Therapy dog “Dougie”

Feb. 9—Healthy Campus Event

Feb. 13—Chair Massage

Feb. 22—Pet Therapy dog “Dougie”

Events listed will be held
in the Carey Student Lounge
from 11:30am—1:30pm.

You can catch more flies with HONEY!

This old time expression is a great reminder that you can have a happier, more successful life by practicing kindness.

Honey is a naturally delicious alternative to white sugar and research indicates that honey's unique composition makes it useful as an antimicrobial agent and antioxidant. Try using it in place of sugar or artificial sweeteners in your tea or coffee. Drizzle apple slices with honey and sprinkle a bit of cinnamon. Mix a bit into plain yogurt. Add it to a peanut butter & banana sandwich.

Stop! Don't touch your face!

Think twice before biting your fingernails, rubbing your eyes or scratching your nose. They are the main ways a virus gets into your system—the oral or respiratory nasal route. Your hands are exposed to millions of germs and bacteria everyday! Make hand-washing a priority this cold/flu season and keep your hands away from your face!

Self Compassion...

the prescription for well being



Research shows that being kinder to yourself helps you to enrich your relationships. Being a better friend to yourself makes you a better friend to others.

When you are experiencing difficulties respond to yourself with the same loving concern you would show to a friend. Everyone experiences screw ups and suffering. Don't take it personally. Try a little dose of tenderness ➔ towards yourself!

I have decided to stick with LOVE.
Hate is too great a burden to bear.

(Martin Luther King Jr.)

Forgiveness... **Good for the Heart**

Conflict doesn't just weigh down the spirit; it can lead to physical health issues. Forgiveness is a choice.

- ♥ Choose to offer compassion and empathy to the person who wronged you
- ♥ Understand that no one is perfect, forgive even if there is no apology
- ♥ When you are the one who needs forgiveness, making amends with the person you wronged can better help you to forgive yourself
- ♥ Your body will thank you through the health benefits of forgiveness: lower stress levels, a healthier heart, higher pain tolerance, lower blood pressure, and an extended life

The eyes are the windows to your soul...keep them healthy

- Don't share or swap eye cosmetics -- not even with your best friend. Another person's germs may be hazardous to you. The risk of contamination may be even greater with "testers" at the cosmetic counters.
- Discard dried-up mascara. Don't add saliva or water to moisten it. The bacteria from your mouth may grow in the mascara and cause infection. Adding water may introduce bacteria and will dilute the preservative that is intended to protect against microbial growth.
- Avoid color additives that are not approved for use in the area of the eye, such as "permanent" eyelash tints and kohl.



Looking for a healthy snack? Choose an apple...it has more nutritional value than chocolate and a fraction of the calories!



Apples contain vitamins and minerals that are essential to healthy growth and development, as well as brain functioning and heart health. They are also high in fiber, which can help you feel full and discourage overeating. Combine an apple with protein, such as a stick of low-fat string cheese or a tablespoon of peanut butter, and you have a perfect snack for long-lasting energy and good health. Chocolate, on the other hand, has little nutritional value and a lot more calories (thanks to all the sugar and fat). So it's best to make chocolate an occasional treat, instead of a regular snack. A 3.5 oz serving of chocolate has 535 calories, compared to only 52 in an apple!

Concerned about **sexual assault, relationship violence, stalking, or harassment?**

For confidential support, advocacy, or to discuss reporting options: Contact the Wellness Center at ext.2115 or 724-805-2115.

For your immediate safety or to report a crime: Contact our Department of Public Safety at ext.2911 or 724-805-2911.

Impairment begins with the first drink... the only safe driving limit is .00%. Know your BAC (Blood Alcohol Content). Pennsylvania has set .08% BAC as the legal limit for a DUI (driving under the influence) conviction.