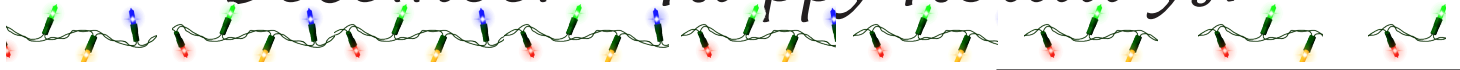


STALL TALK



Your source for health events, news and tidbits

December • Happy Holidays!



Stress Less!

.....

1. Add balance to your life; remember to study and relax
2. Set goals. If you set goals you can take better control of your life
3. Take time out; especially during study time
4. Exercise regularly
5. Expand your support network, reinforce friendships
6. Study each subject regularly for moderate periods of time
7. Discuss problems with friends, family or a counselor
8. Think positively. Having a positive attitude will help you assert yourself and feel more in control
9. Have a sense of humor. Laughter can be one of the best medicines for stress

Get Your Flu Shot!

Flu shots are being offered by the Student Health Service to BGSU students, faculty/staff, spouses, alumni and retirees. Please have your university ID with you.

Causes of Stress

- Expectations we place on ourselves
- Expectations of others
 - Our physical environment--noise, movement, weather, seasonal changes
 - Our internal environment--academic pressure, frustration, not enough time, decisions and social life

Wellness Tip of The Week

Brought to you by the Student Wellness Network

Avoid all-nighters: While you may feel like you need to study all night to do well, it can actually have the opposite effect. Not getting enough sleep can impair your ability to do well regardless of how much you've studied. So make sure you get the proper amount of sleep before your big test!



FYI

The Wellness Connection will be moving to a new location as of January 12, 2009. The Wellness Connection will then be located at the Student Recreation Center on the main floor.

Need 2 extra credit hours this semester?
HHS 440:

Peer Education

- Raise awareness & educate others on various wellness topics
- Strengthen your public speaking, group facilitation, & leadership skills.
- Serve as a resource & positive role model to your peers

As a Peer Educator students will:

- Present on various wellness topics, including nutrition, sexual assault, sexual health, body image, fitness, alcohol & other drugs
- Assist in the planning of Wellness Connection and Student Wellness Network events and programs
- And much more!!

For more information call the Wellness Connection at 419-372-9355 or visit our website www.bgsu.edu/wellness

READY TO BECOME A NON-SMOKER IN 2009?

Let us help!



Come to an informational meeting
Friday January 30
@ 4 pm
Student Health Service
Conference Room
Room 170
Health Center Building

Call the Wellness Connection
for more information
419- 372-9355

FREE • Confidential HIV Testing

Ora Quick Advance Rapid HIV Test
Mondays 9:30 am - 1:00 pm
And Fridays 9:30 am - 3:30 pm
Wellness Connection
Room 170 Health Center
Call the Wellness Connection
at 419-372-9355
to schedule your 30 minute appointment



Brought to you by the Wellness Connection and The Student Health Service

• Room 170 Health Center • Phone 372-9355 • www.bgsu.edu/wellness •