

# Wellness Comes in Seven

Wellness Resource Center

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Most of Us



## Upcoming Events

### Oct. – Alcohol Responsibility Month (ARM):

- 1st – Resource Fair**  
10-2 pm, Stotler Lounge,  
FREE Food and T-Shirt!
- 2nd – 12-Hour Alcohol Responsibility Walk,**  
12pm-12am Stankowski Field  
FREE Food and T-Shirt!
- 6th – Mark Sterner**  
8 pm, Jesse Auditorium
- 13th – Alcohol and Your Health Lunchbag**  
12-1 pm, Stotler Lounge  
FREE Food!
- 14th – Trouble Now, Trouble Later**  
7 pm Conservation Auditorium  
FREE Food!
- 21st– 21 Shots on the 21st Lunchbag**  
12:15-1:00, Stotler Lounge  
FREE Food!
- 27th – Legal Issues Panel Lunchbag**  
12:30-1:15, Stotler Lounge  
FREE Food!

## Question of the Month

“What is the theme for Alcohol Responsibility Month?”

\*Email Julie at [tobiasja@missouri.edu](mailto:tobiasja@missouri.edu) with the correct answer to enter into a drawing for:

**\$10 of Wellness Bucks!**

September Winner: Leslee Moon

## Alcohol Responsibility Month

Every October, Mizzou celebrates Alcohol Responsibility Month (ARM) sponsored by the Wellness Resource Center with several activities promoting responsible and safe alcohol use. The theme this year is ROCKTOBER 2009. The first event is the ARM Resource Fair designed to make you aware of all the programs that Mizzou has to offer to keep you safe including STRIPES, CHEERS, SHAPE and many others. The 12 hour ARM walk helps remind you that there are numerous fun sober events offered on campus. Both of these events include free t-shirts and food! There are speakers and panel discussions about the implications for future employment if you have a court record, some of the various punishments, and the emotional toll an alcohol related crash can take. Please attend any or all of the events this month and please remember that if you drink, please do so responsibly.

## Dental Hygiene Month

“A Healthy Smile Lasts a Lifetime.” Has it been awhile since your last dental cleaning? Consider making an appointment to get a check-up. Prevention of oral diseases is as easy as brushing, flossing and visiting your dentist regularly. There are several connections between oral health and overall health including heart disease, diabetes, and cancer. Bad breath and other gum and teeth changes can be early warning signs for these and other diseases.



## Wellness Tip

Having trouble motivating yourself to work-out? Get a work-out buddy and maintain a regular schedule. A friend will help motivate you and will increase the likelihood of fulfilling your goal.

## Tired of not Sleeping?

As midterms approach, remember that sleep is necessary in order to perform your best mentally and physically. Here are some tips on getting a good night's sleep:

- Get on a schedule. Go to sleep and wake up at the same time each night
- Avoid caffeine, nicotine, and alcohol several hours before bed.
- Get into a bedtime routine. This could include a warm shower, tea, or even just brushing your teeth.
- Exercise is a great way to use energy and has shown to improve sleep habits significantly. However, many people have trouble getting to sleep after exercising, so try to avoid strenuous exercise 3 hours before bedtime.

- Reserve your bed for sleeping activities only. Do not study, watch TV, or read in bed.
- Keep your room dark, quiet, and comfortable. A white noise machine can help when your roommate is still awake!
- If you can not fall asleep within 20 minutes, get out of bed and do a quiet activity like reading or yoga until you are feeling more sleepy.
- Avoid napping if you have trouble sleeping throughout the night.

National Sleep Foundation

To add or remove your name to our monthly mailing list or other questions or comments please email either Julie at [tobiasja@missouri.edu](mailto:tobiasja@missouri.edu) or Alison at [amhhvc@mail.missouri.edu](mailto:amhhvc@mail.missouri.edu) or call 573-884-9441. Sources: <http://www.adha.org/relatedlinks/index.html>, [www.sleepfoundation.org](http://www.sleepfoundation.org)

\* By responding to the Question of the Month you will automatically be added to the monthly mailing list.