



Potty Mouth



FOR STUDENTS

BY STUDENTS

APRIL 2016, ISSUE 9

Think in Color

COLORING has long been seen as a beneficial way to engage the mind. With the increasing popularity of adult coloring books, many people have turned to coloring as a means of stress relief. Did you know coloring has intellectual benefits, too? Coloring activates higher thinking in the frontal lobe, while focusing on the details of the picture or design strengthens your concentration. Coloring also involves both the left and right hemispheres of the brain. Problem solving and fine motor skills are strengthened as you think about balance, choose a color scheme and put pencil to paper. No matter what medium you prefer, coloring is a great way to hone your higher thinking skills and relax, too. ■

Huffington Post <http://huff.to/1PUBR9R>
Huffington Post <http://huff.to/1Qcl9NM>

Talkin' Body

WHEN it comes to communication in the workplace, let your body do the talking. Whether it's in an interview or around the office, body language is key in how others perceive you. Some important components of body language include gestures, posture and eye contact. Gesturing shows enthusiasm, excitement and energy; good posture indicates self-confidence; and maintaining eye contact demonstrates interest, attentiveness and acknowledgment of the other person's worth. Interviewers tend to respond well to candidates who display positive body language, but don't restrict yourself to those situations. By practicing positive body language in your daily life, you'll be on the path to success in no time. Don't forget to smile! ■

Forbes <http://onforb.es/1WqEK22>

Reusable Cups...Not Only for Drinking

HAVE you ever flushed the plastic applicators of your tampons? Someone did. Lying off the coast of Nova Scotia is Sable Island occupied by seals, seabirds, wild horses – and now plastic tampon applicators. Scientists who study foreign plastics say they are landing on the beach in significant numbers. On average, women use 169 menstrual products per year. Hypothetically, if the 12,736 women at JMU all menstruated regularly and used products at this rate, then 1,770,304 disposable menstrual products would be used every year at JMU! A more eco-friendly option is a menstrual cup, a bell-shaped silicone cup that collects, rather than absorbs, fluids. Additionally, menstrual cups don't disrupt the vaginal tissue and can be reused for approximately 10 years (cleaning involved)! ■

Canadian Family Physician <http://bit.ly/1UzvdND>
Armstrong, L., & Scott, A. (1992). Exposing the sanitary products' 'whitewash'... and what you can do about it!. *Women & Environments*, 13(2), 7.

Email us with your comments at:
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Potty Mouth is brought to you by The UHC, located in the Student Success Center, and the *Potty Mouth* class. For more information regarding The Well, call 540-568-2831 or visit www.jmu.edu/healthcenter

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Experience Nature

WANT an easy way to find peace? Surround yourself with nature. Focusing on the environment has been known to ease your mind. It can help provide refuge from your busy life by connecting you to Mother Nature. Having that quiet time will allow your mind to be free and relaxed. Visit the Edith J. Carrier Arboretum to take a walking tour. Watch the willow trees and hear the sounds of the ducks swimming in the pond as you walk the 125 acres of nature. Take a stroll to distract yourself from problems you may be facing. You may find negative thoughts disappearing as you experience the positivity within nature's beauty. It can help you find the balance your mind needs. ■

JMU <http://www.jmu.edu/arboretum/>
Ventura County Behavioral Health <http://www.wellnesseveryday.org/>

To Bead or Not to Bead

KISS your exfoliating face wash goodbye. Microbeads – those tiny plastic particles in your favorite skincare products – have officially been banned in the United States. According to CNN Health, the law was passed in late December in response to an environmental outcry. Since microbeads are made from plastic, they wash down the drain and never dissolve, accumulating 8 trillion beads dumped into American waterways per day. In a report written by the American Chemical Society, the minuscule size of microbeads makes cleanup extremely difficult and may cause adverse effects for aquatic animals that ingest them. If you find yourself bummed by the ban, it's easy to find a DIY face scrub to replace your favorite products. Thank you, Pinterest! ■

CNN <http://cnn.it/1TzSYw2>

Importance of Eye Contact

HAVE you ever been lost in someone's gaze and felt an instant connection? Not only do our eyes help us see, but they also play a vital role in communication. Eye contact shows attentiveness and interest in what is being said; however, it is hard to find the perfect balance of eye contact. How often you look at someone can be the difference between appearing attentive or awkward. If you struggle with eye contact, you're not alone. Everyone experiences conversations with both effective and non-effective eye contact. Remember what you did and didn't like from those conversations and try to apply that into your future interactions! ■

Psychology Today <http://bit.ly/1ioEFOA>
Michigan State University <http://bit.ly/1M7Si20>

Introversions: The Misunderstood Personality

WHETHER or not you are part of the one-third of the population labeled as introverts, it is crucial to understand introversions in order to communicate effectively and allow relationships to grow. Compared to extroverts, introverts have a more active internal reward system, which means that social interactions require more effort over time. One misconception is that introversions and shyness are one in the same. Shyness involves fearing social situations, while introversions is characterized by introspection, or thinking to yourself more than speaking out loud. That isn't to say that introverts are antisocial; they simply need alone time in order to recharge. Other common characteristics exhibited by introverts include self-awareness, thoughtfulness, and preferences for both deep conversation and small group settings. ■

About Health <http://abt.cm/1dGAg26>
Forbes <http://onforb.es/1QXLKTM>

Potty Mouth By The NUMBERS



The weight of a cloud, or the same as 100 elephants!

Mental Floss <http://bit.ly/1ib3VSS>

Branching out from Your Major

MAJOR and general education classes are only a part of the college experience. All students have elective credits, which are credits that can be fulfilled by any class. Some students take the opportunity to explore their interests, typically in a field that isn't related to their major. This can include exploring areas such as choir, philosophy or even flying disc sports. Other students like to pick up a minor to diversify their skills, demonstrate their work ethic and increase versatility when applying for jobs. One way to determine what minor to pick up or learn what fields interest you is to talk with your academic advisers to see what classes would be best for you. ■

Seattle PI <http://bit.ly/22kxonJ>
World Wide Learn <http://bit.ly/1TyOqd0>

Peeing Shouldn't Be a Pain

IF you are experiencing any of the following with urination: pain, the urge to go frequently, or small amounts that look cloudy and bloody, then you could possibly have a urinary tract infection (UTI). This is nothing to be ashamed of – UTIs cause more than 8.1 million visits to health care providers each year. More commonly seen in women, a UTI occurs when the lining of the bladder and urethra becomes inflamed and irritated. These infections can be fixed with antibiotics. To prevent them beforehand, drink plenty of water, wipe from front to back, use mild body soap, avoid holding your bladder and urinate after vaginal intercourse. These measures can decrease the likelihood of getting a UTI. ■

Urology Care Foundation <http://bit.ly/1M7TLFv>
University of California, Santa Cruz <http://bit.ly/22kxKef>

Medication for Procrastination

LOOKING for a remedy for your case of procrastination? Start with a list of what you need to get done. To-do lists not only help you stay organized, but also jump-start productivity by laying out specific tasks for completion. There's a catch though – you have to make an effective list. Instead of just compiling a big picture list of assignments, ask yourself what you actually have to do to start the task and write down that action. If you're still feeling swamped by the length of your list, then you've already discovered the next tip – keep it short! Write things out by urgency on small pieces of paper and when you've run out, start a new piece. ■

Psych Central <http://bit.ly/1jvnu5y>
Harvard Business Review <http://bit.ly/1DMniWf>

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Events

4/2 Walk for Hope, 12pm, SSC Plaza
4/4-6 Clothesline Project, Madison Union Ballroom
4/5 Take Back the Night, 5-11pm, Grafton
4/7 GayMU Speaker: Joshua Allen, 7pm, Festival Highlands
4/12 Bone Marrow Registry Drive, 10am-3pm, SSC 1075
4/15 Relay for Life, 6pm-6am, Hillside Field

Please don't steal this, we work hard on it. Plus, it's really dirty. Just think about that.

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