



UPCOMING WELLNESS EVENTS

Breast Cancer Awareness Month	Oct.
People First	Oct.
Red Flag Campaign & Awareness Walk (Stubbs Lawn)	Oct. 28th 3-5p
THE RED FLAG CAMPAIGN	
Peer Health Moe's Night	Oct. 3rd
Fall Break Back-packing Trip	Oct. 7th-
Student/Faculty/ Staff Golf Weekend (18 holes \$15)	Oct. 8th-9th
"The Little Black Dress"- a dramatic presentation for awareness of anxiety, depression, and suicide.	Oct. 13th 7p
Natl. Collegiate Alcohol Awareness Week (NCAAW)	Oct. 16th-22nd
Rock Climbing Day Trip	Oct. 23rd
Extreme Day Hike	Oct.
Tuesday Night Golf League LU Golf Course	5:30p

For more info. visit www.longwood.edu/wellnessunit



Sources

- 1) www.thesafespace.org
- 2) www.k-state.edu
- 3) kidshealth.org
- 4) www.nutrition-and-you.com

Stall News

Created by the Student Health and Wellness Center and Jessi Miller (student assistant)

October 2011

Healthy Relationships



Most people know that all relationships have their faults and that no relationship is perfect. It's not always easy, but it should never feel like a chore. A healthy relationship is one that is based on mutual honesty, trust, respect, and communication.

Here are a few tips for a healthy relationship (1)

- Speak up when something is bothering you.
- Respect your partner's feelings and let them know you're trying.
- If you disagree, find a compromise.
- Give your partner support, and let them know when you need support.
- Respect their privacy and space.

Everyone will encounter arguments in their relationships, but it's how you choose to deal with the situation that matters. When dealing with an argument, it is important to always stay calm and keep the bigger picture in mind.

Ways to handle conflict (2)

- Agree on a time to discuss the situation when you're not angry or tired.
- Attack the problem, not the person.
- Let your partner speak for themselves.
- Stay on topic.
- Say "I'm sorry" when you're wrong.
- Ask for help when you need it.
- Don't hold grudges.

Recognizing the signs of an unhealthy relationship can be difficult. Identifying these signs is the first step to making better choices that will lead to a happier and healthier relationship.

Signs of an unhealthy Relationship (3)

- Physical abuse
- Mental abuse
- Unrealistic expectations— believing someone will solve all your problems.
- Compulsive control— you or your partner has to act a certain way or someone threatens to leave.
- Lack of trust
- Lack of respect
- Not allowing you to see your friends.

What do you do with your left over pumpkin?



When carving your pumpkins this year for Halloween, save the left over instead of throwing it out! Pumpkin is very low in calories and has many vitamins such as vitamin A, C, and E. It is one of the vegetables highest in vitamin A. Vitamin A is important for the formation and maintenance of healthy skin and hair. It also

helps us see better in dim light and is necessary for bone growth, tooth development, and reproduction. There are also many minerals found in pumpkin such as copper, calcium, potassium, and phosphorus. Even pumpkin seeds are healthy! They are rich in fiber, mono-unsaturated fat (good fat), pro-

tein, and iron. (4) Pumpkin seeds can make for a great snack when baked. After rinsing them off, simply place them in the oven at 350°F and cook for 10 minutes! There are so many fun and easy ways to utilize your whole pumpkin this year; with a little bit of research you can be on your way to a healthier you!

Like "Stall News" or just want one for yourself? Print one out at <http://www.longwood.edu/health/21801.htm>

Lankford Student Union
Approved for Posting

Inside Story Headline



Caption describing picture or graphic.

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be

used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an edi-

torial. You can also profile new employees or top customers or vendors.

Caption describing picture or graphic.



Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask your-

self if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several

tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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Organization

Longwood University

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

Your business tag line here.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.



Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

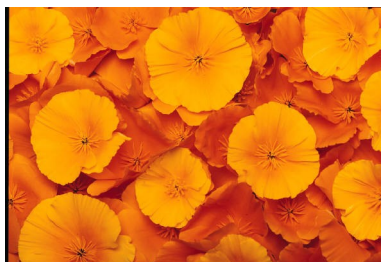
If you have any prices of standard products or services, you can include

a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual

charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.