



Health E-News October 18, 2006

CHEERS TO THE DESIGNATED DRIVER!



SHAC (Student Health Advisory Committee) is proud to introduce [Project CHEERS to the Designated Driver](#) to the Washington University community this week, National Collegiate Alcohol Awareness Week. **Stop by SHAC's tables in Mallinckrodt Center from 11:00 a.m. - 1:00 p.m. and Wohl Center from 5:00 p.m.- 7:00 p.m. TODAY, October 18 for free stuff!**

CHEERS (Creatively Helping to Establish and Ensure an Educated and Responsible Society) has been sponsored by the Missouri Department of Transportation's Division of Highway Safety for more than 16 years. Approximately 183 Missouri establishments promote the program as a way of saying **thanks to designated drivers for caring for their friends** and community. Bars, restaurants, and nightclubs associated with CHEERS offer **free non-alcoholic drinks** to each designated driver in a group of two or more. A CHEERS designated driver is someone who consumes no alcohol at all -- not even one drink. See answers to [frequently asked questions](#) or call SHAC Advisor Poli Rijos at 935-8761. **Broadway Oyster Bar** (736 S. Broadway) and **Fitz's American Grill & Bottling Works** (6605 Delmar Blvd.) recently joined

[other CHEERS establishments in the St. Louis area.](#)

BREAST CANCER AWARENESS

The American Cancer Society **Relay For Life** of WU encourages women to practice regular breast cancer screening and to actively take steps to reduce your chances of developing breast cancer. **Stop by the Relay For Life table in Mallinckrodt from 11:00 a.m. -1:00 p.m. TODAY, Wednesday, October 18** and next Wednesday, October 25, to receive info and a free pink ribbon to show your support. **Five things to know about breast cancer:**



1. All women can get it – even those who have no family history of the disease.
2. The two most important factors for it are being a woman and growing older.
3. Women diagnosed early, when the cancer is small and has not spread, have a good chance of surviving it.
4. You can reduce your chances of developing it by engaging in regular physical activity, maintaining a healthy weight, and limiting alcohol intake.
5. Through early detection and improved treatments, more women than ever are surviving.

Questions? Visit <http://sugroups.wustl.edu/~relay> or contact relay@sugroups.wustl.edu.

"DE-STRESS FEST" FEATURES FREE MESSAGES, YOGA*...

Monday, October 23, 11:00 a.m. - 1:00 p.m., Mallinckrodt Center:

10-Minute Relaxation Oasis
Mental Health Screenings

Wednesday, October 25, 11:00 a.m.- 1:00 p.m., Mallinckrodt Center:

Messages
"Kissing and Petting"
Mental Health Screenings
Resource Information
Make Your Own: Sleep Masks, Serenity Balls, Artwork

Wednesday, October 25, 9:00 p.m. - 10:00 p.m., South 40 Fitness Center:

Yoga Class

*Thanks to the **Student Health Advisory Committee (SHAC)**!

FREE ONLINE MENTAL HEALTH SCREENING

Where do you draw the line between feeling stressed out and having an anxiety disorder? What about feeling homesick and lonely versus being depressed? What about wanting to look and eat healthier versus developing an eating disorder? While adjusting to the life of a student can be exciting and refreshing for some, others may find it overwhelming and stressful. Many students have trouble coping with the anxieties of settling into a new year, but are unaware of the resources they can use to get help. **The first step can be as simple as taking Washington University Student Health Services' [online mental health questionnaires](#)** (keyword = wuhealth). They are free and completely anonymous. They provide immediate feedback and information on how to get help for yourself or a friend. To make an appointment to discuss your results with a counselor, call 935-6666, option 2.

"STUDY DRUGS"

Speaking of stress, it's mid-term time. You may know students who have not been prescribed stimulants but choose to buy or take someone else's medicine because they believe that taking "**study drugs**" can improve their study behavior and in turn improve their

grades. They may not be aware that the drugs do not perform for them in the way they do for a person with a diagnosis. See [the SHS web site](#) for information on short-term dangers and contraindications.

PARTYING? CONSIDER HARM REDUCTION TIPS

Betsy Foy, Substance Abuse Specialist at SHS, wants students to know that the term "harm reduction" in reference to alcohol and other drug use is any effort to reduce the harm that may be caused as a result of using the substances. According to a recent book by Patt Denning, Over the Influence, harm reduction principles help us realize that when we understand our relationship with alcohol and other drugs we can make decisions and choices that reduce harm in our lives and in the lives of those we care about. We no longer have to be "under the influence," but rather "**over the influence**" — **a person with the power to learn, choose, and change**. As you make plans to celebrate **Halloween** or just get together with friends, consider these tips if you choose to drink:

- Change the amount of alcohol you drink. Decide before you go out how many drinks you will have.
- Change the type of drink you chose. Pick something you do not like as well.
- Alternate alcoholic beverages with non-alcoholic beverages
- Change the frequency with which you go out to drink. Decide to go out and not drink alcohol several times a month.
- Plan your use. Consider giving your car keys to a trusted friend before you go out, arranging for a designated driver (see **CHEERS** above), or taking a limited amount of money so you won't be tempted to keep buying drinks.
- Plan activities with your friends who are lighter drinkers or do not drink.

Check out the [Moderation Management Support Group](#) and contact Betsy at 935-7386 for more information.

SHS STAFF SPOTLIGHT: SUZANN PRICE



SuzAnn Price joined Student Health Services as **Administrative Assistant to the Director** in 2001. She has more than 25 years of experience in the medical field, and specialized training in business office techniques. She says, "I really love my job!" She especially enjoys helping students and parents when they have questions. Outside of work, she likes to spend time with her husband, watch funny movies, relax in her yard, and read. For more information on SHS staff, visit [the SHS website](#).