Commercial tobacco has come a long way since first coming about in 1865. There are more ways than ever to use it and over the years research has shown how detrimental it can be to ones health, finances and environment. Did you know that in Kansas each year roughly 2,900 young adults under the age of 18 will become daily smokers and are annually buying 4.9 billion packs of cigarettes? The average pack of cigarettes today in the state of Kansas costs $5.12 meaning that around $25 billion is spent each year by these young adults alone. Think of all the things you could buy with that extra cash! Not only is tobacco putting a damper on our wallets and health, but also the health of the environment by polluting the air and the ground. Worldwide 4.3 trillion cigarette butts are littered annually, well over the Earth’s population. Want to learn more about the littering impact on campuses and be part of the change? Contact the PHEs for volunteer opportunities to clean up the campus throughout the month of November and support the movement by showing respect for our campus and the environment. As of last month, 1,478 universities and colleges nationwide are either smoke-free or tobacco-free campuses and KU is hopefully soon to catch up! A new policy initiated by the students here at KU for a tobacco-free campus is currently being developed to better respect the environment and its inhabitants. Tobacco users, I challenge you with the question “Where do you use it?” 2014 is coming to an end and it is a great time for your tobacco habit to as well. Watkins Health Center offers tobacco cessation assistance free to KU students. Please contact Kelsey Fortin if you are interested at kelsey123@kju.edu.

**CONTEST CORNER!**

Men’s Testicular Cancer Awareness Month: November! Tweet @Beak_Healthy a picture of you with your best ‘stache on. At the end of the month, we will pick a winning picture to win a goodie bag!

**UPCOMING WELLNESS EVENTS**

**Stress Busting Study Breaks (SSSB)** 8 - 9 pm Anschutz Library Each Tuesday until finals week! *excluding 11/24

**Pause for Pups** 8 - 9 pm November 5 Ellsworth November 12 McCollum

**Great American Smokeout** November 20 11:30 am - 3:30 pm TBA

**EVENTS**

Keep track of your Movember mustache! Get a picture with your mustache or a paper one! Pictures will be posted to the Watkins Health Center website. Tweet your picture to @Beak_Healthy

**Wednesday 11/12**

Kansan Union 12 - 2 pm

**Monday 11/17**

Anschutz Library 12 - 2 pm

**Monday 11/24**

KU Movember Day Anschutz Library 12 - 2 pm

**DO’S & DON’T’S**

Now’s the time to make it count! Let’s keep each other motivated and make positive changes in our lives. And remember, you can do anything if you put your mind to it. Toilet Talk: "Courage doesn’t always roar. Sometimes it is the quiet voice at the end of the day saying ‘I will try again tomorrow.’" - Mary Anne Radmacher

**WHERE DO YOU USE IT?**

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**TIPS FOR MEN'S HEALTH!**

- Know your family history. Know about any diseases which may run in your family.
- Stay at a healthy weight. Keeping track of your BMI is a great way to stay on top of maintaining a healthy weight.
- Move around. Get 20-30 minutes of physical activity 2-3 days a week at least.
- Manage your stress. Take time to reflect on what makes you feel good. Take on a sport or make plans with friends.
- Take action early. If you are concerned about something, get it checked out. Early detection leads to living a healthy life.
- Eat a healthy diet. Eat in moderation a wide range of foods for vitamins and nutrition.
- Sleep Well. Quality of sleep plays a big role in your metabolism.
- Stay mentally healthy. Take a positive approach toward difficult situations. Reach out in whatever way works for you.
- KEEP SMILING!

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**DON’T STRESS ABOUT STRESS!**

It’s November and the fall semester is coming to an end. Are you feeling stressed yet? If you are, or just want to prevent feeling stressed, Peer Health Educators are here to help. It is really important to maintain a steady cycle of taking a 10 minute break for every one hour of studying to relax yourself and give your brain a chance to process the information. It is also important to maintain physical activity while studying. Be sure to take a short walk or around the room. Physical activity will help with the blood flow to your brain and also help keep you focused. During your study break join the Peer Health Educators each week in Anschutz Library from 8-9 pm for a Stress Busting Study Break. We will be providing water from Coca Cola, snacks from KU Dining, and best of all, certified therapy dogs from Loving Paws. Research shows that the interaction between human and animals during stressful times decreases cortisol levels, blood pressure and heart rate and also helps reduce anxiety and depression symptoms.

**Eat Well to Study Well!**

It is important to eat healthy snacks while studying. Your body needs fuel to be energized. If you are not consuming enough calories you will start to feel fatigued and begin to lose focus. While taking your study break, eat a snack! As important as it is to fuel your brain with food, here are some tips to choosing the right healthy snack.

- Whole grains will keep you full for longer.
- Peanuts are easy to snack on and are a lean source of protein.
- Avoid high calorie drinks, sugary foods and other highly processed foods.
- Maintain hydration with 64-80 oz. of water a day.
- Examples of healthy snacks are: air popped popcorn, hummus and vegetables, whole wheat pretzels and Greek yogurt.

**RESOURCES**

**WATKINS HEALTH SERVICES**

**WALK-IN CLINIC**

APPOINTMENTS: (785)864-9507

NURSE HELPLINE: (785)864-9583

(24 HOURS A DAY)

**HEALTH EDUCATION RESOURCE OFFICE**

(785)864-9570

**COUNSELING AND PSYCHOLOGICAL SERVICES**

APPOINTMENTS: (785)864-2277

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