

Total Wellness in 3 Steps

We know how crazy the college lifestyle can be and we're here to help!

1. Alcohol

We're here to help you navigate the sometimes crazy world in college- and this includes alcohol. Be safe and make good choices- if you catch a buzz, catch a ride. Look around on campus for our "drink mixer" program!



A 3-oz. serving of poultry or meat = a deck of cards



Handful of popcorn = 1 oz.



A serving of whole fruit = a woman's fist

3. You Got Served!



A medium potato = a "mouse"



One oz. cheese = 4 dice

2. Relationships

Sweet relationships require work, and must include trust, communication, support, among other things. This includes your relationship with **yourself!** An Abusive relationship may be hard to realize; here are some signs: becoming violent and threatening, belittling and putting you down, becoming increasingly jealous and controlling, blaming you, sexual coercion, and using isolation.

Tell a friend, family member, or go to the counseling center for help and support.

Meet this month's peer eds.!



This dynamic duo joined the group this year.

Name: Brian and Eric Place

Year: 2011

Major: Business Adm. and Marketing

You can find them ... playing fantasy football or in campus ministry

s.w.e.e.t. Peer Educators are SHU students equipped with information and resources to help lower the risk of eating disorders, alcohol poisoning, depression, and other wellness-related issues, and to promote a safer, healthier, happier campus community through various fun and educational programs. If you are interested in learning more about s.w.e.e.t. or becoming a Peer Educator, e-mail Karen Flanagan at flanagank879@sacredheart.edu. This message has been approved by the Student Wellness Education and Empowerment Team.