

Wellness InSTALLments

March 2016 — Volume 3, Issue 9

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MARCH

Upcoming Events

2nd—Healthy Hump Day

Safe Spring Break Kits
11-2pm; In Front of P&W

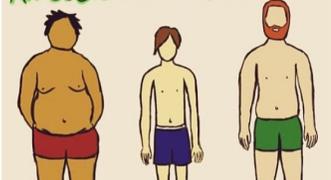
16th—Healthy Hump Day

Don't Press Your Luck on St. Patty's Day
11-2pm; In Front of P&W

23rd—Healthy Hump Day

Hookah Hoaxes
11-2pm; In Front of P&W
Rubberware Party
6-7pm; Palmetto 4th Floor

All bodies are beautiful ♥



Celebrate Your Body Week

March 28—April 1

28th—EveryBODY is Beautiful

Free Measuring Tape Bracelets!
10-12pm; In Front of P&W

29th—This Is Why I'm Hot!

12-2pm; In Front of P&W
Celebrate Your Body Yoga
Recreation Center, 7-8pm

30th—Healthy Hump Day

Letters To My Younger Self
11-2pm; In Front of P&W
Cardio Hip Hop
Recreation Center, 8-9pm

31st—Messages in Magazines

11-2pm; In Front of P&W
Please see our online calendar for a full, updated schedule

Question of the Month

What percentage of individuals actually possess the body types portrayed by American media?

Email us at pws@fgcu.edu with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

Love Your Body, No Matter What!

It's not always easy to love what you see in the mirror. Especially when only 5% of individuals possess the body types portrayed by American media! With all of the outside pressures from magazines, TV, friends, family, and diet culture; it can be difficult to remember that your body is an amazing thing! Here are some tips to help you love your body, no matter what:

1. Surround yourself with positive voices:

You deserve to be around people that lift you up instead of bringing you down!

2. **Find 3 Things:** Find 3 things you love about yourself, and when you're feeling down, repeat them to yourself like a mantra. It sounds silly, but it helps kick-start positive thinking!

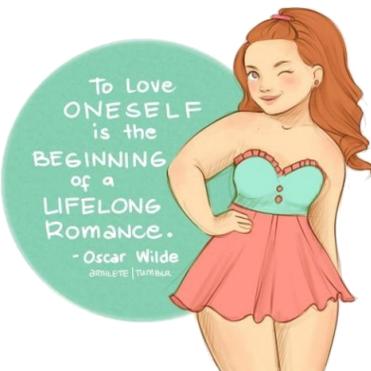
3. **Reach Out:** Sometimes it can be hard to pull yourself out of a bad body image funk, so find someone you trust to turn to when things get tough.



“Treat Yo’Self”

You only have this one body and this one life, so it's important to treat it right! **Your body allows you to dance with your friends, play with your pets, throw a football, and swim at the beach.**

Reward your body for all of the wonderful things it can do!



1. **Pamper your skin:** Mix together 1 tsp. of honey, 1 tsp. plain, whole milk yogurt, 1 tsp. mashed avocado and apply to the face and neck for 20-30 minutes. Rinse off and voila! Happy, moisturized skin!

2. **Have A Beach Day:** Grab your friends, a Frisbee or a football, and hit up North Lake or Fort Myers Beach! A day on the water is a great stress reliever, and the sun's rays are good for your skin and body; just don't forget the sunscreen!

3. **Food Forest Fun:** Grab some greens from our food forest or farmer's market and try a new recipe! Eating fresh food is good for your body's systems, skin, hair, and nails!

Don't be silent. If you or someone you know is showing signs of an eating disorder or is having a hard time with body image issues, get help. Here are some resources to consider:

1. **Contact CAPS:** email CAPS@fgcu.edu or call them at 239-590-7950
2. **Find Info and Treatment:** <http://www.eatingdisorderhope.com/>
3. **Speak to an Expert:** National Eating Disorders Association: 1-800-931-2237
Monday-Friday, 11:30am—7:30pm EST

