

Wellness InSTALLments

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October

Upcoming Events

Mind Your Mind Week

10/3 — Yoga on the Lawn
10a-12p, Library Lawn

10/4 — Cash Cab
9a-11a, Main Campus
Jumbo Twister

11a-2p, Library Lawn
3Cs: Stressed @ Hogwarts!
7p-8p, Biscayne 4th Floor

10/5 — Healthy Hump Day
12p-3p, In Front of P&W
Stressbusters: Jeopardy
7p-8p, Everglades 5th Floor

10/6 — MOST Eagles Prize Team 12p-2p, Main Campus
Yoga on the Lawn
12p-2p, Library Lawn



Alcohol Responsibility Week

10/18 — Alcohol Speaker
Keynote: Parvatti Shallow
"Touched by Addiction"
6:30pm All Greeks
8:00pm All Campus
CC Ballroom

10/20 — Boozin' Bingo
7p-8p, Eagles Landing

Please see our online calendar for a full, updated schedule

WELLNESS TIP

Alcohol dehydrates your body, so be sure to drink plenty of water.

Question of the Month

What is the percentage of alcohol in a 60 proof drink?

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

Happy and Healthy Halloween



Did you know that, according to the 2015 CORE survey, 80% of FGCU students average 3 or fewer drinks a week? In addition, 86% of FGCU students have not driven under the influence in the past year. Go Eagles! We know if we choose to drink alcohol there are ways to be safe and still have a good time. Unfortunately there are many people who are involved in alcohol related injuries and assaults each year. We don't plan for these things to happen, but sometimes they can be avoided. With Halloween coming up this month it's important to be responsible as we enjoy the holiday with friends. There are ways to have a good time whether you choose to drink or not. **Know your limit, be prepared, and drink plenty of water.** Take a look at some tips and fun facts below. And remember, if you do choose to drink, **have someone sober to drive you home.**

Rule of Thumb!

Did you know? Before thermometers were invented, brewers would dip a finger or thumb into the liquid to determine the ideal temperature for adding yeast. This is how we got the phrase, "rule of thumb". Here are a few "rules of thumb" to keep in mind when alcohol is involved!

- ⇒ Proof is twice the percentage of alcohol in a drink. So an 80 proof drink is 40% alcohol.
- ⇒ BAC stands for Blood Alcohol Content.
- ⇒ BAC is effected by weight, gender, physical condition, what you've eaten, and how much you've slept.
- ⇒ Use the FREE app "iDrinkSmarter" to track your BAC throughout the night. This app was purchased by Prevention & Wellness for FGCU students to use.
- ⇒ Eat food and drink water! Before going out, during, and after.
- ⇒ Have a plan for a designated driver BEFORE you go out.



Mind Your P's and Q's



This phrase was coined when pubs sold alcohol in pints and quarts; when people were getting too rowdy while drinking they were told to, "mind your P's and Q's".

- ◇ Drinking water between alcoholic drinks helps to pace the night and you'll feel better in the morning.
- ◇ Alcohol is a depressant and may interact unpredictably with other drugs.
- ◇ It takes your body one hour to eliminate approximately one ounce of pure alcohol, or one standard drink size.
- ◇ Carbonated mixers speed the absorption of alcohol faster than juice or water mixers.
- ◇ Help your friends be mindful of their drinks so they can do the same for you.



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