Party Foul #1
A FEW TOO MANY

TAKE A BREAK. Pick 1-2 days/week when you don’t drink. Then try a week. Think about how you feel physically and emotionally on these days.

WRITE DOWN reasons you want to cut down on or stop drinking.

SET A LIMIT per day or per week and stick to it. Keep a journal of your drinking and evaluate how you did.

TEMPTATIONS
There are people or places that make you want to drink, even if you don’t want to.

Talk to a Health Coach
(573) 884-9355

MU Student Health Center • studenthealth.missouri.edu • (573) 882-7481
Party Foul #2

SKY-HIGH HEELS

Calf muscles may shorten and tighten.

Achilles tendon tightens up.
The higher the heel is, the shorter the tendon becomes, causing pain.

Excess force is placed on the knee.

Higher risk of falling and ankle injury.

One Quick Fix

Try yoga to loosen up your muscles. Find a yoga class at:


MU Student Health Center • studenthealth.missouri.edu • (573) 882-7481
Party Foul #3

GERMY GUESTS

BUSTING MYTHS
Beer doesn’t have enough alcohol to kill the germs or viruses that can be transmitted from sharing cups or ping pong balls.

ONE QUICK FIX
Get your flu shot bit.ly/No Flu Mizzou

NO SHARING
- Drinks
- Food (double-dipping)
- Mascara, lip balm, etc.

MU Student Health Center • studenthealth.missouri.edu • (573) 882-7481
Party Foul #4

UP ALL NIGHT

Lack of Sleep Can:
- Limit ability to find errors
- Decrease attention span
- Decrease motivation
- Reduce ability to recall info
- Limit creativity

ONE QUICK FIX

Early morning exercise & a protein breakfast helps after a one-time event. For ongoing sleep problems: bit.ly/MUSleepy
Let's talk about consent:

Remember, to give consent for sex a person must be:

- Sober
- 18 or older
- Willing (explicitly asked, not coerced)

ONE QUICK FIX

Map of free barriers (condoms)
bit.ly/MUSafetyProducts

MU Student Health Center • studenthealth.missouri.edu • (573) 882-7481
Party Foul Sino