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.

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

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

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:

bit.ly/StudentHealthYoga

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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.
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
Party Foul #5

NO BARRIER OR NO CONSENT

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

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Party Foul Sin