

STALL STREET JOURNAL

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“SEX STUFF”: ONE NIGHT STAND

It is spring break time and a one night stand might sound like a good idea, but that is worth rethinking. The biggest concern about one night stands is **safety**. Before committing to a one night stand here are some things to remember:

- Make this decision with a sober mind. Alcohol is not helpful in the decision making process.
- Do not have sex while drunk. It may lower your inhibitions, but it only clouds your judgments and risks your safety.
- If this person is a stranger, you don't know their sexual history. Although you may be honest about your sexual health, this person may not be. Be cautious and always use protection.
- Do not go to an unfamiliar environment.
- Do not keep your friends in the dark. Tell at least one person about your whereabouts just in case things take a turn for the worse.



BETTER SAFE THAN SORRY

As important as it is to have fun this spring break, remember that safety should always come first.

- **H2O!!!!** Alcohol is in no way a replacement for water. Even though it is a liquid, alcohol is actually a diuretic that causes you to dehydrate. Be sure to drink enough water before, during, and after consuming alcoholic beverages to avoid a hangover.
- **STRANGER DANGER.** Don't let strangers pour or give drinks to you or your friends. They could have unknown alcohol contents or worse. This rule applies to all genders! The motive for slipping drugs in to drinks is often robbery.
- **CHECK YOUR CALENDAR.** If you know you have important events the next day try to abstain from drinking alcoholic beverages the night before. Make sure you know your priorities.
- **DON'T DRINK & DRIVE.** I know you've probably heard this a million and one times already, but it's still important to keep in mind. In 2013, there were 10,076 fatalities in the US due to drunk driving. If you're going to an event where you know you'll drink, leave your car keys at home. If you plan to get home using public transportation (including Uber), bring a buddy with you for added safety.
- **YOU REQUIRE SUSTENANCE.** Drinking on an empty stomach dramatically increases your chances of blacking out, getting alcohol poisoning or, at best, being extremely hungover the next morning.

Have a great tip we didn't mention? Share your knowledge! #BeSafeBabson

Have wellness questions? Email wellness@babson.edu

Find more content on the Hub! Student Life → Wellness

Don't miss the 2nd Annual Hunt For Health Scavenger Hunt 3/26 @ 10pm in Reynolds

SUN SAFETY

Are you planning on going somewhere nice and warm this spring break? Here is some useful information on how to stay safe in the sun:

- **Sunscreen lotion is your best friend.** Sunscreen lotion with an SPF of at least 30 is the best way to stay safe in the sun. 30 minutes before going into the sun, apply 1 ounce of sunscreen on your whole body. Most importantly, reapply sunscreen every two hours to get the full protection.
- **The sun is most intense between 10 AM and 4 PM.** Taking a beach trip before or after these times will keep you safe from strong UV rays.
- **All umbrellas do not provide the same protection from the sun.** Most umbrellas provide a minimum of SPF 30, but not all. To avoid sun burn or risk of skin cancer, remember to reapply your sunscreen.
- **The maximum exposure to direct sunlight is 20 minutes.** Everybody likes to lie out on the beach for a whole day, but that is not the safest idea. To stay safe, make sure to take shade breaks and wear sunscreen.
- **Your skin is not the only part of your body that needs protection.** Although your skin is your largest organ, there are other parts of your body that need care in the sun. Wear sunglasses that filter out 99% to 100% of sunlight. Also wear a hat with a brim of at least 3'' around. It will help block the sun out of your face.

WANT TO BE HAPPIER? IT'S YOUR CHOICE!

GUEST POST: MIKE LYNCH, RESIDENCE EDUCATION

Disclaimer: I'm not a happiness guru, but have spent time researching positive psychology and try to incorporate it into my daily life. Happy reading! (See what I did there?)

Phew! It's definitely that time of the semester. Midterm exams are wrapping up, spring break will soon be upon us, and we're ready to take a hiatus from our daily routines. Whether you're heading home, venturing to a tropical destination, or staying on campus, I encourage you to take some time to recharge and refuel. One way to accomplish this is by focusing on your happiness. Often times we rely on the external environment to bring us joy. This implies happiness just happens to us; it fails to take into account the vital role we play in creating our own experiences that contribute to our sense of fulfillment and purpose. One of my favorite quotes is: "Happiness is a skill. It requires effort and time" (Dr. Andrew Weil). This suggests we are the owners of our happiness. It's OUR choice. Wondering how you can be happier? Don't fret – research has identified various ways you can build life-changing habits. Three strategies are shared below.

Being mindful

Being mindful is "consciously bringing awareness to your here-and-now experience, with openness, interest, and receptiveness." The act of savoring, or living in the moment and being mindful of all the wonderful things happening around you, has been shown to boost optimism and positive feelings. Have you ever been at a meal and notice everybody is on their cellphones not paying attention to one another? The answer is likely "yes." This is the opposite of savoring. Instead, make an effort to be fully present, physically and emotionally, in your experiences. Savoring can be categorized into three stages: savoring the past (by recalling pleasant memories), savoring the future (through positive anticipation), and savoring the present (by being mindful). The bottom line is to reflect and discover activities you enjoy and to be ALL IN. Soak it up.

Being grateful

Research has shown that those who participate in daily gratitude exercises have reported higher levels of optimism, determination, and energy. Being grateful is two-fold: (1) being aware of the many blessings in your life, and (2) finding ways to show your appreciation. Reflection is key. Take time to think about all that you have to be thankful for in your life (i.e. being a member of the Babson community, your abilities, your talents, your relationships, etc.). One way to do this is to create a gratitude journal. Each night record what you are grateful for from that day. Maybe it was a thoughtful conversation with a friend, a phone call with a family member, an academic accomplishment, an athletic victory, or something as simple as a delicious dessert in Trim. End your day on a positive note and realize there is ALWAYS something to appreciate. One way to demonstrate your gratitude is to write (handwritten) 'thank you' notes to people who have impacted your life. This act of thanking others has been shown to increase happiness for both parties.

Being kind

It's no surprise that when you give someone something, you make them happier. What you may not know is studies have shown the giver, not the receiver, gains more benefits. Being kind helps us feel less isolated and more connected to the world and those around us. Think about ways that you can give – not only financially, but also with your time and presence. Have you participated in a service trip or a volunteer opportunity at Babson? Take advantage of all the wonderful offerings on campus and in the greater community. More informally, think about ways you can give to your friends and family. What can you do to help someone else?

Nothing mentioned above is groundbreaking. It's all fairly straightforward. My hope is it sparked your interest and invited you to reflect on ways you can incorporate these skills into your life. Here's to a HAPPY, healthy, and enjoyable spring break!

Want more information? Check out Happify online at: www.happify.com