We know this is a busy time of year for everyone, with exams and the holidays fast approaching. Please remember to take time for yourself! Last chance flu shots are still available. See below for times and locations. Thursday, November 19th is the American Cancer Society’s Great American Smokeout. Smokers are encouraged to put out their cigarettes, at least for a day. It’s also a good time to share information with the smokers in our lives. November also marks American Diabetes Month as we educate ourselves about a disease that affects millions of Americans. Thanksgiving is almost here, so take the time to be thankful for the health and wellness in your life and the lives of your loved ones. We are posting a Gratitude Graffiti Wall on the wellness bulletin board, located next to Student Life, so please take a few minutes to share what you are grateful for.

I hope you have a wonderful month.

Yours in Health,
Karen

**Flu Shots – Last Chance**

There is one more flu vaccine clinic being held at the law center: Tuesday, Nov 3rd from 4pm-7pm in the Sport & Fitness lobby. Vaccines are free of charge, but please have your GoCard with you. First come, first served. (Staff will also have an opportunity for a flu vaccine during the Nov. 10 Benefits Fair.)

**Great American Smokeout**

Every year on the third Thursday in November smokers are encouraged to use the opportunity to quit smoking for at least that day and to consider a plan to quit for good. By quitting — even for one day — smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the United States, yet more than 55.8 million Americans still smoke cigarettes, according to the “National Survey on Drug Use and Health.” As of 2013, there were also 12.4 million cigar smokers in the US, 8.8 million smokeless tobacco users (chewing tobacco and snuff), and 2.3 million who smoke tobacco in pipes.
American Diabetes Month

Tobacco smoke contains more than 7,000 chemicals and compounds. Hundreds of these are toxic, and at least 69 are cancer causing. When you use tobacco, you risk developing:

- Blindness (Macular Degeneration)
- Impaired sense of smell
- Cancer of lips and mouth
- Impaired sense of taste
- Halitosis
- Throat cancer
- Larynx cancer
- Pharynx cancer
- Esophageal cancer
- Tracheal cancer
- Heart disease
- Lung cancer
- Bronchus cancer
- Chronic obstructive pulmonary disease
- Asthma
- Gastric cancer
- Colon cancer
- Pancreatic cancer
- Cervical cancer
- Early menopause
- Reduced fertility
- Infertility
- Impotence

Cigarette smoking is the #1 preventable cause of death in the US. 1/2 of all those who continue to smoke will die from a smoking-related illness.

Please remember, smoking is prohibited at least 25 feet from all entries, outdoor air intakes, and windows. Please don’t smoke near the doors!
American Diabetes Month is an important part of the American Diabetes Association’s fight against diabetes. This year’s theme is “Eat Well, America!” Below are some facts on the disease and some tips for eating well:

Diabetes Facts:

- Diabetes affects nearly 30 million children and adults in the U.S. today—nearly 10 percent of the population.
- Another 86 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
- African Americans and Hispanics are almost twice as likely to have diabetes as non-Hispanic whites.
- Diabetes nearly doubles the risk for heart attack and death from heart disease.
- Diabetes is the leading cause of kidney failure.

Tips on eating well:

- Plan your meals- plan shopping trips and meals ahead of time by creating shopping lists; this will reduce the temptation to buy junk food when you’re at the grocery store.
- Watch your portions- controlling portion size during mealtime is important. Eating smaller amounts but at regular intervals will help you feel fuller for longer periods.
- Look up healthy recipes- sticking to healthy recipes will help you incorporate good food choices and cut out unhealthy foods when preparing your meals.


Stress Management

Below are a few techniques to manage stress:

- Get moving- Physical activity plays a key role in reducing and preventing the effects of stress. Go to the gym or walk outside, just get up and move.
- Try deep breathing- Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, and slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.
- Try meditation- Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting -- out loud or silently -- a positive mantra, while letting your thoughts float away. Speaking of meditation.....
The Contemplative Law Society offers daily meditation. **Monday-Thursday, from 12:45-1:15** (Doors open at 12:45, the meditation starts at 12:50), in Gewirz 109. Sign up on the Orgsync page to gain access to some meditations tips and stay in touch with what CLS is up to!

**Annual AHA Heart Walk**

**Saturday, November 7, 10am, National Mall**

The Heart Walk is the American Heart Association's premiere event focusing on saving lives from America's No. 1 and No. 5 killers - heart disease and stroke. Designed to promote physical activity and heart-healthy living, the Heart Walk creates an environment that’s fun and rewarding for the entire family. Walk with friends, family, coworkers or strangers you'll bond with along the way.

One and three Mile Routes are available at the walk. Get involved, get moving and [click here to join the GU team or start your own team](#). Georgetown University will be competing against other local schools for the title of Top University at the Heart Walk.

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**Gratitude**

What are you grateful for?

All of November

Wellness Bulletin Board

Do you ever stop to think about the many good things in your life?

Our Gratitude Graffiti Wall is a chance to creatively express yourself. Stop by, write a note and share what you are grateful for...
Let’s Talk About Stress...

The Georgetown Law
Mental Health Alliance Presents:

Let’s Talk About Stress
How to Tell the Good from the Bad and
What to Do about It
With Denise Perme of the
DC Bar’s Lawyer Assistance Program

Thursday November 5
1:15pm in McDonough 203
Wiseguy’s Pizza will be served!

For more information please email
ghmentalhealthalliance@gmail.com

Thought of the day.....

"The greatest danger for most of us
is not that our aim is too high
and we miss it
but that it is too low
and we reach it."

Michelangelo