



# Potty Talk The Wellness Center Guide!



You see Potty Talk every month in the bathrooms around campus, and you may or may not know that the Wellness Center creates and distributes it. Well, here's your chance to learn more than ever about The Wellness Center!

## The Eight Dimensions of Wellness



- ✓ Physical Wellness
- ✓ Emotional Wellness
- ✓ Intellectual Wellness
- ✓ Social Wellness
- ✓ Spiritual Wellness
- ✓ Environmental Wellness
- ✓ Multicultural Wellness
- ✓ Occupational Wellness

The Wellness Model focuses on the total person, addressing areas of diversity, values, and interests. The wellness philosophy aims to address the health and development of the whole person with the goal of promoting and attaining a well-balanced and healthy individual.

## THE WELLNESS CENTER OVERVIEW

The Wellness Center, located in the Pat Malley Fitness and Recreation Center, is a **health and wellness education and resource center** on campus available to all Santa Clara University students. The Wellness Center promotes **healthy lifestyle choices**, encourages a holistic philosophy and balance to life, and combines a **pro-active, positive** approach to healthy living, emphasizing the whole person. We recognize that good health is more than the absence of illness, but rather a robust **state of well-being** that acknowledges the importance and inseparability of the mind-body relationship.

We carry information about **alcohol**, drugs, eating disorders, sexual health, **healthy relationships**, exercise, **stress management**, sexual assault, LGBTQI issues, and many more related topics.

## Wellness Center Services

*The Wellness Center offers a wide variety of services to meet your health and wellness needs. All services are FREE for students!*

- Educational programs and workshops
- Anonymous online health and mental health screenings
- Anonymous online alcohol & marijuana screenings
- Confidential BASICS alcohol assessment
- Book, video/DVD, & brochure resource library
- Confidential consultations with a Health Educator
- Comprehensive interactive website:  
[www.scu.edu/wellness](http://www.scu.edu/wellness)

## BEAT THE HEAT!

- **HYDRATE!** Increase your fluid intake and don't wait until you are thirsty to drink water. Avoid sugary drinks and alcohol that cause you to lose water.
- Wear a hat to protect your face and head. Wear lightweight and light colored clothing to help your body cool off.
- Protect your eyes by wearing sunglasses with broad-spectrum UVA/UVB protection.
- Slather up with SPF 15 sunblock or higher. Apply 25-45 minutes before exposure to the sun. Continue to reapply, especially after swimming and sweating!
- If you can, avoid sun exposure when it is at its strongest, usually 11 am – 3 pm.

Adapted from [www.cdc.gov](http://www.cdc.gov)



## Peer Health Educators & Every 2 Minutes/1 in 4

### Peer Health Educators

- PHEs are student volunteers who obtain specialized training about various health and wellness topics, allowing them to facilitate discussions and deliver presentations and workshops for SCU students. For more information, to request a program, or to join the PHE program, please visit [www.scu.edu/wellness](http://www.scu.edu/wellness) and click on the link for the Peer Health Educators.

### Every 2 Minutes/ 1 in 4

- Every 2 Minutes and 1 in 4 are the women's and men's peer-based sexual assault outreach and prevention programs. The emphasis of both groups is to educate women and men about bystander intervention, ways to prevent sexual assault, what to do in case of sexual assault, and how to help a friend or someone you know who has been affected by sexual assault. If you are interested in joining or learning more, please visit [www.scu.edu/wellness](http://www.scu.edu/wellness) and click on the link for Every 2 Minutes/1 in 4.



## Important Wellness Center Information

*All Wellness Center Services are Free and Confidential!*

**WHERE?** The Wellness Center is located in the Pat Malley Fitness & Recreation Center

**WHO?** Services are available to all registered Santa Clara University students.

**WHEN?** Our office hours are Monday – Friday, 9 am – 6 pm during the academic year, and 9 am – 5 pm during the summer.

## Health and Wellness Campaigns

*Look for us throughout the year!*

- Alcohol Awareness Week
- Celebrate Every Body Week
- The Clothesline Project
- Domestic & Dating Violence Awareness Month
- Mental Health Awareness Week
- Sexual Assault Awareness Month
- Take Back the Night & Survivors Speak  
...and much more!

"Potty Talk" is brought to you by the Wellness Center. To learn more about the topics discussed here, contact:

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