

# BEAR *in* MIND



UNIVERSITY OF  
NORTHERN COLORADO

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## Health and Wellness

### WHAT IS WELL-BEING?

The dictionary says “Well-Being” is a positive state of mental, physical and spiritual existence. It refers to your quality of life and how you are feeling. There are certain things an individual can do to achieve wellbeing. Some of these things include eating right, exercising, drinking plenty of water, reducing stress, building meaningful relationships and getting a good night sleep.

**EATING RIGHT:** Food is fuel for the body and it is where we get our energy. Eating a balanced diet can help individuals perform better mentally and physically. Start with a good breakfast; doctor’s say this is the most important meal of the day, so don’t skip it!

**EXERCISE:** Exercise releases Endorphins that help with depression, mood swings, and anxiety. Set aside time each day for some physical activity. Any form of physical activity, such as walking, stair climbing, jogging, bicycling, yoga, and gardening, can be helpful.

**WATER:** Water is our most important nutrient. Our brains are 85% water and every cell in the body contains water. Every system in the body depends on water to flush out toxins and keep our vital organs healthy. Water carries nutrients to our cells and aids in prevention of colds, the flu, and other respiratory illnesses.

**BUILD MEANINGFUL RELATIONSHIPS:** Good relationships improve our sense of belonging and help us connect with others. To build relationships, go out with friends, become active in clubs or activities, write to a friend you don’t see often, make time to spend with family, and volunteer to help others in need. Helping others while developing relationships can make us feel good about ourselves and it is important for well-being.

**TRY NEW THINGS:** Learning new things increases confidence and can be a lot of fun! Try a new craft, rediscover an old interest, experiment in the kitchen, try new recipes, or learn to play an instrument. Stepping out of our “comfort zone” is good for us mentally and physically.

**GET A GOOD NIGHTS SLEEP:** Sleep is more important than we might think. Sleep plays a role in how we perform during the day. It helps with productiveness and aids in keeping us healthy and well.



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### Dates to Remember

- October 10 - Indigenous People’s Day (Campus Open)
- October 29 - Prescription Drug Take Back Day
- October 31 - Halloween
- November 6 - Mountain Standard Time (MST) Begins
- November 11 - Veteran’s Day (Campus Open)
- November 23-27 - Thanksgiving Holiday (No classes)
- December 5-9 - Finals Week
- December 9-10 - Commencement
- December 24-January 1—Holiday Break (Campus Closed)

### Safe Thought

*“Safety First is Safety Always”*

# EnviroHealth

## Keeping Our Waters Clean

One of the most important tools to combat environmental degradation is education. This is true for both global and local issues. The quality of water in our rivers, lakes, and oceans is a critical environmental issue that starts at a local level, but collectively, becomes a global issue and can be substantially improved through education.



The degradation of stormwater is the number one contributor to surface water pollution in the United States. Only through a collective effort between government agencies, industry, and the general public can this issue be mitigated. Many pollutants discharged to surface waters, by the general public, can be attributed to the lack of awareness. For example, many individuals believe that whatever goes down a storm drain is treated by a water treatment facility. This is not true. The truth is that whatever goes down the drain ends up in our rivers, lakes, and streams which then leads to the oceans. Because of this misconception, people will dump oil, chemicals, trash, and yard waste into storm drains. Remember, there is a proper way to dispose of these items. Bag and dispose of your trash in a proper receptacle, oil and chemicals can be disposed of at local household hazardous material drop off sites, and your lawn waste can either be composted or brought to a recycling center.

Lack of awareness can also cause people to harm our surface waters, without the individual even realizing it. Over fertilizing lawns and not cleaning up yard waste can cause algal blooms in local waterbodies, which starve other plants and fish of oxygen which is essential to these beings' survival. In the winter, overuse of salts and deicers can runoff into waterways which can kill plants and animals. Not cleaning up dog waste can introduce E. Coli into the watershed.



Everyone is an active participant in preventing stormwater pollution, whether it is actively making sure that pollutants don't make it to the storm drain or educating others, we all have a responsibility. Please visit the [City of Greeley Stormwater Division](#) for more information.

## Time Is Changing

On November 6, 2022, daylight saving time will end and Mountain Standard Time (MST) will begin. Clocks should be set back one hour. Most digital clocks will reset themselves, but remember to change manual devices and fall back with the times.



# Safety/Fire Focus

## Don't Slide This Winter

With winter around the corner, many of us will be spending a lot of time in our vehicles. Whether it is driving up I-70 for snow activities, or just getting up early to get to work on time, winter roads provide many hazards. Winter safety depends on the driver's performance, maintaining their vehicle, and understanding the conditions that currently exist on the road. There are three main things you can do to help prepare yourself for winter driving.

The first thing that can be done is to prepare yourself and your vehicle for winter driving.

- Understand how your vehicle behaves – each one performs differently in snow. Practice stopping, starting, and turning in a large, empty, snowy parking lot.
- Make sure the battery is charged and working properly.
- Keep the gas tank as full as possible. Road closers can cause delays and in some cases may have you driving further.
- Get new wipers and check the windshield wiper fluid.
- Make sure the tires are in good condition and have proper tread depth.
- Pack the vehicle with emergency supplies.

The second is to plan a trip with common sense. A bad weather accident can occur whether you are on a two-hour drive or a short drive to the store.

- Allow extra time to arrive at your destination.
- Do not warm up your vehicle in an enclosed area, such as a garage.
- Fully charge your cellphone and make sure to have a vehicle charger.
- Monitor the weather conditions before beginning a trip.

Lastly, driving extra careful. Failure to remain in the proper lane, running off the road, or driving too fast for conditions are the most frequent occurrences on winter roads.

- Drive slowly because accelerating, stopping, and turning all take longer.
- Leave more distance than usual between your vehicles and the one in front of you.
- Be careful when driving over bridges and roadways that are not exposed to sunlight.
- Know your route to avoid sudden stops and quick direction changes,
- Do not activate your cruise control when driving on slippery surfaces.



Visit the [Colorado Department of Transportation](https://www.colorado.gov/p3/transportation) for additional winter driving tips.

## Space Heaters on Campus

With the temperature dropping, many of us will start wearing warmer clothes and turning on heating devices. While these are good sources for keeping an office or area warm, they have risks associated with them and knowing the [Facilities Management Space Heat Use Procedure](#) and following some common safety practices can help prevent an incident from occurring.

- Before purchasing, the spaced heater's make and model number and proposed location should be submitted to Facilities Management for review.
- Facilities Management will ensure proper electrical load capabilities for the specified room.
- Ensure Energy Star Rated equipment only be used.
- Equipment must be UL listed.



## Recycling on Campus

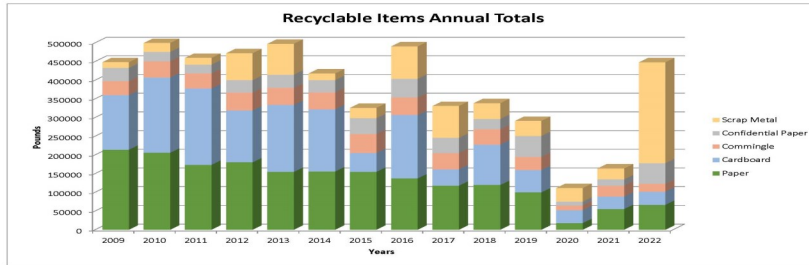
Recycling is one part the three rules of sustainability “Reduce, Reuse, and Recycle”. Recycling is a critical part of going green. Recycling reduces the amount of waste going into landfills and incinerators, reducing the need to collect new raw materials, and it helps creates jobs. The university recognizes the importance of recycling.

Through the [UNC Recycling Program](#), UNC collects and processes over 173 tons of recycled materials on average per year, saving over 906.7 tons of trash, from entering the landfill, in the last five years. UNC recycles paper, cardboard, comingle, and confidential materials and partners with off campus vendors to remove and reuse recycled materials.

When recycling, do not include these items into recycling containers: Styrofoam, plastic bags, plastic utensils, and greasy pizza boxes. These items are not accepted for recycle. Visit [Recyclable Items](#) to find out everything that can be recycled on campus.



### Statistics



## Don't Flush It - Prescription Drug Takeback Day

Don't miss out on 2022's National Prescription Takeback Day, this **October 29th from 10:00 AM—2:00 PM.**

Flushing medicines and other substances down the toilet negatively impacts our water quality and thus the environment we live in. Help protect our water, our wildlife, and our community as a whole by setting aside time to properly dispose of your old pills.

### MAKING A POSITIVE IMPACT IS SIMPLE!

All you have to do is bring your old pharmaceuticals to one of these locations:

- **UNC University Center, 2045 10th Ave., Greeley**
- **Greeley Police Headquarters, 2875 W 10th St., Greeley**
- **Sam's Club Parking Lot, 3247 23rd Ave., Evans**
- **Windsor Police Department, 200 11th Street, Windsor**
- **Eaton Police Department, 180 S. Elm Ave., Eaton**
- **Loveland Police Department, 810 E 10th St., Loveland**
- **Fort Collins Police Department, 2221 S. Timberline Rd., Ft Collins**



Bear in Mind (BIM) is a publication brought to you by your campus Environmental Health and Safety Department (EHS). We are interested in your thoughts and submissions. Contact the [Environmental Health and Safety](#) department at 970-351-1149. Suggestions can also be sent by campus mail attention EHS, Campus Box 57. Bear in Mind issues are published every quarter. Find current and archived issues on-line at the [EHS Website](#).



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It is the mission of the Environmental Health and Safety Department to support university functions by promoting a safe and healthy campus environment for students, faculty, staff and visitors, as well as to provide professional guidance and direction toward compliance with University, Federal, State and local rules and regulations.