

CAMPUS LIFE

10 Ways to Deal With A Bad Breakup

Rebecca Brodney, Staff Writer

Oscar Wilde once said, "The heart is made to be broken." None of us are immune to the sting of love and relationships—especially when they end. Having just gone through a difficult breakup myself, I know that when your heart is broken, you're scrambling to pick up the pieces and restore some sense of happiness. Here are ten ways to regain your life:

10. Do things that make YOU happy. Go shopping, get a pedicure, play an instrument, read a book, or listen to your favorite band.

9. Avoid all contact with your former significant other- if he or she calls you, don't answer. If he or she texts you, don't answer. If he or she emails you... okay, you catch my drift. Consider deleting him or her from your friends list on Facebook. You don't need to know what your ex is doing, and your ex doesn't need to know what you are doing (or how you are doing.)

8. Remember that it's okay to feel the way you do. Emotions don't operate

via light switch. It's going to take some time to feel better. Along the way, it's perfectly fine to be angry, sad, or even to miss your former love in spite of the fact that he or she annihilated your heart.

7. Surround yourself with good people, especially ones that make you laugh.

6. Don't be afraid or embarrassed to ask for help. Meredith has free counseling services! It doesn't make you a basket case to talk to someone—it actually makes you a more enlightened individual.

5. Don't do anything that you will regret later, such as excessive drinking, drug usage, or other activities that could permanently affect your life for the worse.

4. Don't jump into a new relationship right away. Allow yourself to heal. If you date someone too soon after a breakup, you'll just be comparing your new significant other to your ex, which isn't fair to either of you. It is perfectly fine to date someone CASUALLY, but another serious long-term relationship is not

what you need.

3. Find quotes that make you feel better about your situation. Put them in random places like on your mirror, on a binder, or on a cabinet—anywhere that you're likely to just stumble upon them. One of my personal favorites is by Viktor Frankl: "Everything can be taken from a man or woman but one thing: the last of human freedoms to choose one's attitude in any given set of circumstances, to choose one's own way."

2. Exercise! Not only will you look great, but you'll feel great as well. Exercise produces endorphins, which are the body's natural antidepressant.

1. Time really does help. I know the last thing in the world you want to hear is "Smile! In X amount of time, everything will be better" or another frustrating cliché. But every day you'll feel at least marginally better.

Convocation to Focus on Media Images of Beauty

Provided by Meredith Marketing Department

Former actress and co-chair of the Committee for the Empowerment of Young Women Camille Cooper will present Images of Beauty in the Media on October 19, 7 p.m. in Jones Auditorium.

Cooper will deliver a unique, humorous and insightful look at a media industry obsessed with thinness and beauty.

Cooper has worked professionally in film and television, starring in five motion pictures and more than 10 television series including "General Hospital" and "Knots Landing." She

has been featured in numerous commercials and print ads for Coke, Milky Way and Campbell's Soup. Since 1994, she has co-chaired the Committee for the Empowerment of Young Women. She lectures across the country, educating and encouraging young women to question what they see in the media and to define themselves by their abilities and their dreams.

By using before and after slides, Cooper lifts the veil of illusion and enables women to discover the truth: the media's standard of beauty is a fabrication, and ideal that is impossible

to attain. She believes that when women see how untrue the images of beauty shown in the media are, the more empowered they become to take action and become positive forces in women's physical and mental health issues.

This lecture is free and open to the public. Visit www.meredith.edu/convocations for more information.

Sponsored by the Meredith College Convocation Committee, this event qualifies as an academic/cultural event for general ed.

Upcoming Events

gathered by Kristen Gallagher

- Oct 13 - Dessert's On Us! ACP Focus Groups
1) 7:30-8:30 pm in Vann 1st Parlor
OR 2) 9:00-10:00 pm in The Oaks Conference Room.
- Oct 14 - Smarter, Better, Safer Talk
2:00 pm, Kresge
- Oct 14 - Poetry Reading: Modern Occitan
Poet Miquèl Decòr
8:00-9:00 pm in Carswell
- Oct 15 - On Campus Recruiting - First Citizens Bank: Staff Auditor Position
All day in ACP.
- Oct 15 - Say Yes to Success: How to Write Papers and Avoid Plagiarism
10:00-10:50 am in Kresge
- Oct 17 - Organ Recital in Honor of W. David Lynch
3:00-5:00 pm in Jones Chapel
- Oct 19 - Major Matchmaker - Exploring your Interests
5:00-6:15 pm in ACP
- Oct 19 - Camille Cooper
7:00 pm in Jones
- Oct 20 & 21 - Mock Interviews
9:00-4:00 pm in ACP
- Oct 21 - Meredith Sinfonietta Concert
8:00-9:00 pm in Jones
- Oct 22 - Faculty Recital: Kent Lyman, Piano
8:00-9:00 pm in Carswell
- Oct 24 - Flute Concert
8:00 pm in Carswell

CORRECTIONS

In last week's article, "France Bans the Burqa" the final paragraph was omitted. The end of the article should read, "Muslim Meredith sophomore Sajaa Waheed says that she can "understand the French point of view," but that she doesn't believe, "that they [the French] have the right to infringe on a woman's right to practice her religion, especially when it isn't harming anyone."

Last week's article, "New Environmental Sustainability Major is a Major Attraction" had a few errors. As corrected by Dr. Lindquist: The major is in the Department of Biological Sciences. The major that had low enrollment and was revised to make the new major was the BA in Environmental STUDIES. This is important to note because the Department of Biological Sciences still offers the BS in Biology with a career track in Environmental Science which is a very different degree than the BA in Environmental Sustainability. The Department of Biological Sciences also has strong enrollment in the BA in Biology and BS in Biology majors.