

Health Wise

Northern Illinois University
Division of Student Affairs
& Enrollment Management

Disposing of Prescription Drugs

*Is your medicine cabinet filled with expired drugs or medications you no longer use?
Follow these tips and guidelines for proper disposal of unused medications.*

Disposal Quick Tips:

Do

- **Do** follow disposal instructions on bottle, if provided
- **Do** use a community drug-take-back program, if available
- **Do** talk to your Health Services or personal pharmacist when in doubt about proper disposal methods
- **Do** practice the same proper disposal methods for over-the-counter medications as well

Don't

- **Don't** give unused drugs to a friend or family member
- **Don't** flush prescription drugs down the toilet. Most drugs should not be flushed

If a drug take-back or collection program is not available:

- Take prescription drugs out of original container
- Conceal or remove personal information from original container before disposal
- Mix drugs with undesirable substance (cat litter, coffee grounds)
- Put into disposable container with a lid
- Place the sealed container in the trash



Too Much to do and Too Little Time ... Causes Students Stress

- When feeling “stressed,” take stock of your life and examine what is going on and how you feel about these things
- To determine what is causing stress:
 - Maintain awareness of your body’s response to stress
 - Identify life changes or events that could be contributing to stress
 - Remember: sometimes positive events (new relationships) can create stress
- Although it is impossible to avoid stress, the best ways to reduce negative responses to stress are to:
 - Develop a healthy and balanced lifestyle both physically and emotionally
 - Maintain a healthy regimen of: sleep, healthy eating, exercise, and recreation
 - Plan ahead. Don’t procrastinate on class projects or studying for exams
 - Develop a good support system (people to count on during tough times)
 - Become involved in stress management activities (yoga or organized sports)
 - Take care of yourself before you get sick
- The effects of stress are different for everyone. Know how your body reacts to stress and when you notice the initial signs, do something about it early
 - Mild effects include: irritation, insomnia, headaches, and stomach aches
 - Severe effects include: on-going health problems, depression, and anxiety
- To help you manage stress, take advantage of the on-campus resources for students
- Resources available for NIU students:
 - Recreation Services offers: open recreation, group fitness classes, personal training, nutrition coaching, outdoor adventure trips, intramural sports, and sport clubs (www.recservices.niu.edu)
 - Health Enhancement offers: stress management handouts and links to stress management websites (www.niu.edu/health)
 - Counseling and Student Development Center offers: individual and group therapy, Coaching for Academic Success, and crisis intervention counseling (www.niu.edu/csdc)
 - Health Services offers: psychiatric assessment, medication, and counseling referrals (www.niu.edu.healthservices)

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