

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...HERE'S SOME NEWS YOU CAN USE

December 2019

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Pause for Paws

Therapy Dog Visit

Come pet the pups & de-stress!



Monday, December 2

6-8 pm

Library Cafe

Ways to Boost your Immune System

- * Avoid smoking
- * Eat a diet high in fruits and vegetables
- * Avoid over-processed foods
- * Exercise 3-4 days a week
- * Get 7-8 hours of sleep at night
- * Drink plenty of water throughout the day
- * Bundle up and head outside—shovel your driveway, walk your dog, or build a snowman

Peer Educators Corner

The Wellness Center is hiring Peer Educators!

Are you looking for a job that promotes healthy behaviors, helps others improve the quality of their life and promotes academic success? There are job opportunities for Peer Educators. Apply online at the Wellness Center website under Health Education.

Mental Health Screening

The Well-Being Screen is now live!

The "Well-Being Screen" looks at an individual's ability to handle and recover from traumatic or stressful situations, providing them with an opportunity to build greater resilience into their lives. The screening is available at mentalhealthscreening.org/Cobleskill

Walking it's not just for exercise!

1. Help tame a sweet tooth. Studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations.
2. It boosts immune function. Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. If they did get sick, it was a shorter duration, and their symptoms were milder.
3. It reduces the risk of developing breast cancer. An American Cancer Society study found that women who walked seven or more hours a week had a 14% lower risk of breast cancer than those who walked three hours or fewer per week. Walking provided this protection even for women with breast cancer risk factors, such as being overweight or using supplemental hormones.

Staying Healthy Through the Holidays

- ❖ Drink a lot of water. When you start spending more time indoors, you may not feel as much need to replenish your fluids, but you still have to make an effort to drink as much water as you can.
- ❖ Be conscious of portion size. Let's face it - you might overindulge at those holiday dinners. But don't let that notion of portion size carry over into the rest of your meals.
- ❖ Drink responsibly. If you're going to drink during the holidays, do it in moderation. Overindulgence doesn't just include food.
- ❖ Work out. Colder weather often forces people indoors, so find a way to maintain your workout routines to work off those extra holiday pounds.
- ❖ Enjoy yourself. Remember this is a festive time of year!

Make the Most of Winter Break Steps to Career Success

1. Create a LinkedIn profile
2. Update your resume
3. Get a jump on reading for the spring semester
4. Research summer internships and graduate programs
5. Earn college credits with an accelerated course
6. Shadow an employee in your desired field

Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze.

OR

Cough or sneeze into your elbow, not your hands.

After coughing or sneezing, wash with soap and water or use an alcohol based hand sanitizer.

Clean your Hands

360° OF WELLNESS
WELLNESS CENTER SERVICES



The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Directors Mary Radliff/Lynn Ontl at 518-255-5225

