

# The Outhouse

News you can use  
When you gotta go...

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Shannan Breault, Editor

## Stop, Pause, and Press Play

We've all found ourselves with too much to do, too many places to be, and too many people to please. We try to clear our mind, invoke our breathing practice, channel positive thinking – all to no avail. Today it isn't working. Today is just too awful. So, when time is short and our tempers even shorter, what's a person to do? How can we care for ourselves?

### Stop, pause, and press play.

We respond to music on a deep and fundamental level – even below our level of consciousness. It can affect our bodies and brains in profound ways without us needing to do much more than sit and listen.

Here are just a few of the cool things researchers are discovering about music:

🎵 Music increases our dopamine levels – the “feel good” hormone.

🎵 Music is intimately tied to our emotional memory. Ever have that feeling of being transported back in time when you hear a particular song?

🎵 Music affects our breathing rate and heart rate. We listen to lullabies to sleep, and upbeat tunes to push us through that last set of squats and burpees.

<https://www.tendacademy.ca/using-music-self-care/>

No mask on your face

You big disgrace

Spreading  
your  
germs all  
over the  
place



## 30 MIN self-care

I NEED...



360° OF WELLNESS  
WELLNESS CENTER SERVICES



The Wellness Center

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-Director Lynn Ontl at 518-255-5225

