

THE CAN CHRONICLE

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

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Co-Editors Shannan Breault and Cheryl Perog

Peer Educator Corner

Healthy Habits

Dominique Tracey and Giulia Gionta

Healthy habits are formed by our day-to-day choices. The choices we make accumulate to show who we are as a person. There is always room to improve our everyday choices and form habits that are more beneficial to ourselves and the common good. Parts of our decision making process include reminders and routines; reminders tell us something we want to remember to do or how to be and routines are the repetition of this reminder.

There are many ways to stay healthy while living on campus. Healthy options could include choosing to eat a plate of fruit with your meal rather than a cookie. Exercising is also a way to maintain your health. Going to the gym or for a swim are great options. The gym and pool can both be found in Bouck Hall. Joining a sports team is another way to stay active because you are constantly practicing and exercising which helps you stay in shape. The choices you make every day affect your short and long term health!

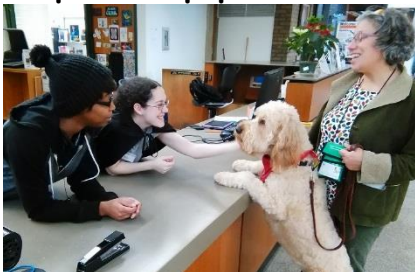
Mental Health Screenings

The Wellness Center offers anonymous online screenings for a variety of issues. Visit the Wellness Center page or you can use this link to take a screening: screening.mentalhealthscreening.org/cobleskill. Visit the Wellness Center to talk to a provider if you have concerns.

Pause for Paws

Therapy Dog Visit

Come pet the pups & de-stress!



Monday, May 1

5-7pm

Van Wagenen Library - CASE

Healthy Habits Can Equal Good Grades

Studies conducted in 2013 by UCLA and Purdue University researchers show a connection between healthy lifestyles (good eating habits, exercise, and sleep) and improved cognitive function. Students who exercise regularly at the gym were more likely to achieve higher grades than their non-exercising peers. Additionally, getting a good night's sleep promotes mental sharpness and retention of information. In conclusion, if you eat right, exercise regularly, and get a good night's sleep you are more likely to receive good grades. Also, going to classes and studying can't hurt either! To read the entire article visit this link: [Developing Healthy Habits Could Help You Earn Better Grades](http://college.usatoday.com/2013/06/03/developing-healthy-habits-could-help-you-earn-better-grades/) – by Nicole Chiang.

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Releasing Stigma

The "Ah-Ha" Mental Health Speaker

Stigma starts with shame for oneself.

This leads to silence.

Silence leads to self-destructive behavior.

Self-destructive behavior can lead to suicide.

THERE IS HOPE. **THERE IS JEFF YALDEN.**

Date: Monday, April 24th

Time: 7pm

Location: Bouck Theater

GYT: Get Yourself Tested

The Wellness Center is offering a free smoothie coupon to all students that participate in this month's free chlamydia, gonorrhea and HIV testing. Testing is simple and painless! Chlamydia and gonorrhea are tested by obtaining a urine sample and HIV testing uses an oral swab. **You've read that correctly!** Testing does **NOT** involve needles or an internal exam. You can make an appointment through the patient portal: <https://patient-cobleskill.medicatconnect.com/> or by calling the Wellness Center at 518-255-5225.

Residence Hall night testing will be from 6 pm - 9 pm and will be done in the following buildings (you do not need to be a resident of these buildings to attend the testing):

4/19 Davis/Parsons

4/25 Draper

4/26 Pearson

Breaking Bad Habits

Katherine Feeney, Health Educator

A wise man once said, "Motivation is what gets you started. Habit is what keeps you going." Breaking the cycle of an unhealthy habit can be exhausting and feel like a never ending uphill battle. The key to breaking a bad habit is two prong. The first is to create realistic goals and the second is to create a reward system. If you have a habit that you are looking to change that affects your health, make an appointment to see a provider at the Wellness Center to see how we can help you.

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 Nurse Call Line 518-255-5622

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