

# 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

By Maegan Hall

The beginning of Spring marks the rush to start fresh and get into healthier habits. Maybe you want to be healthier, get into shape, release some stress, or improve your grades. There are many ways to do this without breaking the bank or taking up too much time. The best ways include:

- Choose the healthier food options offered on campus. Instead of getting a sandwich, order a salad. Try not to eat too many junk foods throughout the week and do not eat when you are bored or not hungry.
- Stay hydrated. You may be mistaking hunger for thirst, so remember to stay hydrated all day. If you want to change your diet or get tips from a professional, the Wellness Center has a Nutritionist available for free. Set up an appointment by contacting the Wellness Center.
- Make a "To Do" list to plan what you need to do for the day. The School Planner is available at the Student Life Center located in Bouck Hall and is free and perfect for keeping track of appointments. Be sure to make time for yourself and your studies.
- Go to the gym and work out. Physical activity helps increase the production of your brain's feel good neurotransmitters.
- Do not forget to socialize with friends or join in on all the great activities offered at SUNY Cobleskill. Remember, enjoy yourself and the start of a new season.

### Mental Health Screenings

April means that we will start seeing signs of spring. Also, stress factors may ramp up as the semester end nears. Try to stay mentally healthy this season. Take a free and anonymous mental health screening at: [screening.mentalhealthscreening.org/cobleskill](http://screening.mentalhealthscreening.org/cobleskill)

## Health and Wellness



Tuesday, April 24<sup>th</sup>

11:00 am – 1:30 pm

Lower Brickyard Point Patio

Rain location: Lower Brickyard Point

### Steps to a Healthy Brain and Heart

Did you know that the health of your brain and your heart are connected? By keeping your heart healthy, you also lower your risk for brain problems such as stroke and dementia. Take steps to reduce your risk.

1. **Control your blood pressure.** If your blood pressure is high, work with your health care provider to manage it. One way to manage your blood pressure is to take your medicines as prescribed.
2. **Eat healthy foods.** Eat plenty of vegetables, fruits, whole grains, and low-fat dairy, and include seafood rich in omega-3 fatty acids (such as salmon) each week. Limit foods with added sugars and saturated fats, and lower your sodium (salt) intake.
3. **Get diabetes under control.** Diabetes causes high blood sugar, which can damage blood vessels and nerves. This damage raises the risk for heart disease, stroke, and dementia.
4. **Don't smoke.** Smoking damages blood vessels and makes blood more likely to clot, which can lead to heart disease and stroke. Smoking is the leading cause of preventable death in the United States.
5. **Stay active.** Lack of physical activity can lead to high blood pressure and obesity. Most Americans don't meet the guidelines of getting at least 150 minutes of moderate-intensity exercise each week. Find ways to get your heart pumping for at least 150 minutes per week. Take the stairs, schedule a walk at lunch, or do jumping jacks during commercial breaks.
6. **Drink less alcohol.** Drinking only in moderation or not drinking at all can lower your blood pressure and can help avoid health problems like heart disease, some types of cancer, and liver problems. It can also help with weight loss.

<https://www.cdc.gov/features/heart-brain-health/index.html>

Feeling down?  
Need a little puppy lovin?  
A little Stressed?



**The Dog-tor is in...**

Therapy Dog Visits at the Wellness Center

Fridays 1pm – 2pm

Times are subject to change

Spring

### 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