

THE CAN CHRONICLE

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

April-May 2015

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Mental Health Screening

Leaving campus for the summer months? Don't forget: you still have access to the Beard Wellness Center's online mental health screening resources--even while at home. Take an anonymous screening for depression, alcohol, eating disorders, or other mental health problems at <http://www.mentalhealthscreening.org/screeening/cobleskill>. Have a safe and healthy summer break!

ZEN WEEK Wellness Activities

Peer Educator

Mobile Lemonade Stand

Tuesday – April 28

11-2pm

Various Location on campus

Fuel for Finals – Healthy Substances

Make your own snack pack!

Tuesday – April 28

11am-1pm

Prentice Patio

Pause for Paws – Puppy Petting

Come visit the pups & de-stress!

Wednesday – April 29

Noon-2pm – Prentice Patio

5-7pm – Brickyard Point

Yoga on the Patio

Stretching in the Sunshine

Thursday - April 30

Noon-2pm

Prentice Patio

Want a chance to make a difference?

WANT TO BE A LEADER ON CAMPUS?

Do you enjoy helping others?

Apply to become a SUNY Cobleskill

Peer Educator

Applications must be in by April 30, 2015

\$\$\$\$This is a paid position\$\$\$\$

Stop into the Wellness Center for your application and a list of expectations

or email hammont@cobleskill.edu or

palmatm@cobleskill.edu



Healthy Summer Habits

- Beat the sun and heat with an early morning or evening activity.
- Wear protective clothing, such as hats with broad brims all around, long-sleeve shirts and long pants or skirts, to block out the sun's harmful rays.
- Use sunscreen that blocks both UVA and UVB with a sun protection factor (SPF) of at least 15, preferably 30, and reapply frequently.
- Use sunglasses that block both UVA and UVB.
- Try to stay in the shade when outdoors during peak sunlight.
- Go to an air-conditioned gym, do water workouts or use a fitness video at home.
- Drink plenty of water before, during and after exercise.
- Take advantage of seasonal fruits and vegetables at your local farmers market, or grow your own.

NIH News in Health May 2014

Don't Try This at Home:

College Behavior that Won't Fly with Your Parents

Ever feel like you're living two separate lives: one at home and one at school? This whole "double identity" is no joke. Think of all the things you do at college that are totally inappropriate at home.

1. 24-Hour PJ Policy

This policy is for those brave souls who wake up at 8:55 for their 9 a.m. class or who refuse to accept that hot-dog pajama pants are "unacceptable" to wear to the dining hall. At home, for some bewildering reason, the parents get all riled up if you even try walking outside in your PJs to get the mail... or a haircut.

2. Half-sleepovers

Beloved half-sleepovers are the nights when your friends view walking all the way back to their room as an unspoken evil (10 feet? Unacceptable). Having friends in your room until 2 a.m. may be so college but at home – not so much.

3. "Laundry"

If you can't make it six weeks without doing laundry, then you clearly don't have enough underwear. Now at home, the 'rents use words like "gross," "pigsty" and "body odor" to shame you into cleaning your gym socks after one wear.

4. Out-of-control Snacking

For some reason, your mom gets mad when the week's supply of snacks goes missing the first night you're back on break.

Adapted from CollegeMag

The Need to Know on E-Cigarettes – Danielle Reu, LMHC

E-cigs are technically vaporizers that heat up a liquid which is then inhaled. They are smoke-free and tobacco-free, however they contain nicotine and other harmful chemicals. Liquid nicotine is extracted from tobacco and can be deadly. Less than a tablespoon of liquid nicotine can kill an adult. Emergency room visits have spiked due to accidental consumption, especially by children. The FDA does not regulate e-cigarettes and testing has shown that labels are often inaccurate. Though health risks may be decreased, the same risks as smoking cigarettes have been found.

Users must follow the SUNY Cobleskill Tobacco Policy when using their e-cigarettes.

Congratulations Class of 2015!!!

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)

