

THE CAN CHRONICLE

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

December 2016

Co-Editors Shannan Breault and Cheryl Perog

Pause for Paws

Therapy Dog Visit

Come pet the pups & de-stress!



Monday, December 12
5-7pm
Library & CASE

Mental Health Screenings

The holidays are supposed to be a happy time, but for many people, they are not. You may be more stressed than normal. Holiday expectations piled on top of already full lives can be difficult. The holidays can also bring up feelings of loneliness for some who see others with rich lives and wonder "why not me?"

If you are concerned about yourself or a loved one, you can take the anonymous & confidential Mental Health Screenings available on the Wellness Center's website: www.cobleskill.edu/wellness. Remember that you can always come in and talk to a provider about your concerns!

**EXAM
JAM**

SAVE THE DATE!

Sunday, December 11th
2pm – 2am
CASE

Join us in CASE for finals prep with friends and tutors!

Food, refreshments, and fun will be available!

Van Wagenen Library Hours	
Sunday, 12/4 2pm-12am	Saturday, 12/10 12pm-6pm
Monday–Thursday 12/5–12/8 & 12/12–12/15 7am-12am	Sunday 12/11 2pm-2am <i>Exam Jam in Case</i>
Friday, 12/9 7am-5pm	Friday, 12/16 7am-5pm

Stress and the College Student

Professor Amy Corbett

Everybody gets stressed sometimes, and college students, in the middle of the semester when all the work starts to pileup – whoa! Chart 1 below shows actual SUNY Cobleskill student stress rates over the course of the semester. Chart 2 compares SUNY Cobleskill students to a national sample of stress. Want to find a way to reduce that stress? To fulfill your Wellness requirement, take PHED199 in Spring 2017. The course will focus on identifying stress sources, and healthy ways to combat & cope with stress. Check out the course description on the online course schedule, and see your advisor with questions.

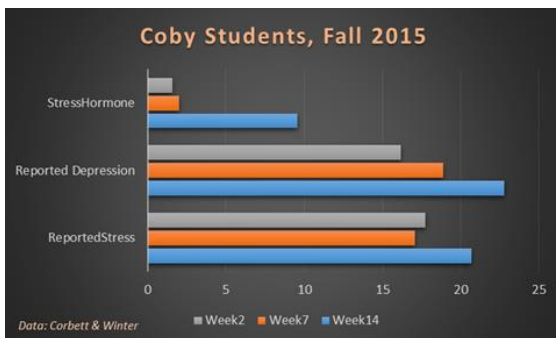


Chart 1

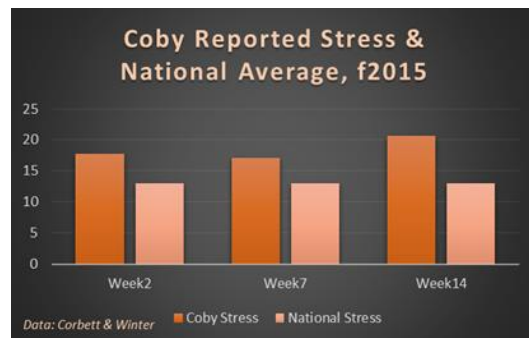


Chart 2

Peer Educator Corner

STRESS

Giulia Gionta & Dominique Tracey

Stress can be defined as mental or emotional tension caused by external circumstances. These circumstances may be good or bad, and can cause positive or negative stress. Positive stress occurs when you feel a stressful situation will have a positive outcome. Negative stress occurs when you expect a negative outcome from a situation. It is important to learn how to deal with the negative stressors in your life, especially while in school. Symptoms of negative stress are feelings of anxiety and fatigue, which will show physical signs such as headaches, stomachaches, acne breakouts, and insomnia.

Recognizing that you are dealing with stress is important in learning different coping mechanisms.

- Getting enough sleep is one of the most important ways to help reduce stress; being sleep deprived is not healthy for the body or mind.
- Distract yourself from a stressful situation by becoming involved around campus through volunteer work, joining a club, or exercising.
- Take a break to have fun with friends.
- Seeking help from a counselor at the Wellness Center can help as well!

Gannett Health Services, Cornell University

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 work-out routines to work off those extra holiday pounds.
- ❖ Enjoy yourself. Remember this is a festive time of year!



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)

Enjoy your break!