

# THE CAN CHRONICLE

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

February 2015 - Issue 2

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### Fed-UP!!!

The 7<sup>th</sup> Generation Lecture Series presents *Fed UP* a documentary focusing on the American diet and its relationship to our health, diabetes incidence and obesity.

**March 3 - 8pm**  
**Bouck Theater**

### Are you sad or is it SAD?

Seasonal Affective Disorder (SAD) symptoms appear during the fall and winter months when there is less sunlight. As sunlight decreases during the winter, our brains may develop a chemical imbalance that can cause changes in concentration, mood, and energy level. Symptoms can include, but are not limited to:

- Decreased mood & low energy
- Difficulty waking up
- Irritability
- Anxiety
- Inability to concentrate
- Low sex drive
- Carb craving

### "Oh What A Night – Sexual Assault, the Real Story"

Come and hear the story of a date gone horribly wrong. Students will share their story, and lawyers, medical providers and University Police will be part of a panel discussing their roles in a sexual assault investigation. Join us and ask questions of the people involved as a consequence of such a night.

**Monday, February 23rd**  
**7pm**  
**Bouck Theater**

### Say Something Beautiful Campus Speak Out

This dynamic presentation will help you become an empowered bystander – learn what to say and how to say it at **Say Something Beautiful**. Experience the power you have to be the change!!!

**Monday February 16**  
**7pm**  
**Bouck Theater**

### Sad Busters...

- ☀ Sit outside to soak up the light
- ☀ Open the curtains in your dorm room to let in as much sunlight as possible
- ☀ Sit closest to the windows in class or in a café
- ☀ Get up an hour or so earlier to take advantage of morning sun
- ☀ Socialize with your friends; be active with people you feel comfortable with
- ☀ Save night time for down time and less necessary activities
- ☀ Avoid junk food, sugary and salty snacks, which make you feel heavy and tired
- ☀ Eat a balanced diet with omega-3 fatty acids (salmon, eggs, walnuts) and whole grains, which give you energy
- ☀ Write down your thoughts in a poem, journal or blog
- ☀ Practice meditation or yoga – it can help with balance & focus during the dark months
- ☀ If possible during winter break, go to a warm sunny location
- ☀ Try light therapy
- ☀ Talk to a medical or counseling professional

<http://www.cengagebrain.com/blog/2013/11/how-to-get-over-the-winter-blues-seasonal-affective-disorder-treatment/>

### The Scoop on Substance Use

The habits we create in college can follow into our lives long after we leave. Abusing substances can lead to addiction and many mental, physical, academic, and judicial/legal consequences.

**Substance abuse** is the "excessive use of a drug (such as alcohol, narcotics, or cocaine) or the use of a drug without medical justification.

**Addiction** is the *persistent compulsive use of a substance known by the user to be physically, psychologically, or socially harmful.*

The most commonly abused substances at colleges are: alcohol, marijuana, Adderall, and Ecstasy (Molly). Reasons for abuse include stress, curiosity, and peer pressure.

If you, or someone you know, are abusing substances help is available. Reach out to the Wellness Center for additional information.

### What is grief?

Losing someone or something you love or care deeply about is very painful. You may experience all kinds of difficult emotions and it may feel like the pain and sadness you're experiencing will never let up. These are normal reactions to a significant loss. But while there is no right or wrong way to grieve, there are healthy ways to cope with the pain that, in time, can renew you and permit you to move on. Everyone grieves differently and it is a personal and highly individual experience. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and the nature of the loss. The grieving process takes time. Healing happens gradually; it can't be forced or hurried—and there is no "normal" timetable for grieving. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.

You may associate grief with the death of a loved one—which is often the cause of the most intense type of grief—but any loss can cause grief, including:

- Divorce or relationship breakup
- Loss of health
- Losing a job
- Loss of financial stability
- A miscarriage
- Retirement
- Death of a pet
- Loss of a cherished dream
- A loved one's serious illness
- Loss of a friendship
- Loss of safety after a trauma
- Selling the family home

If you find that you are struggling with grief, remember that the Wellness Center is here to help.

### 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

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)

