

THE CAN CHRONICLE

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

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"Spring is when you feel like whistling even with a shoe full of slush." - Doug Larson

Driving Simulator

Come try out a Drunk Driving Simulator and learn more about the reality of drunk driving. You will have a chance to speak first-hand with Dan Leaf, a survivor of a drunk driving accident.

Tuesday, March 24th

Champlin Hall

11:00a.m. – 1:00p.m.

Prentice Café

5:00p.m. – 7:00p.m.

Partying with "Molly"

Danielle Reu, LMHC

"Molly" is the name of the crystal form of MDMA, also known as Ecstasy. It has increased in popularity among teenagers and individuals in their 20s. "Molly" is popularly called a "party drug" due to often being found at raves and concerts. It is rare to get MDMA that is pure, meaning it is often "cut" with other things such as cocaine, LSD, heroin, amphetamine, caffeine, and/or rat poison. Using this drug is dangerous and can have dangerous consequences up to and including death.

So when you go out to have a good time, leave Molly out of it (unless of course that is the name of someone you know)!

TIPS FOR EATING HEALTHY

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.
<http://www.nationalnutritionmonth.org>



Are you Stressed?

You can increase your resistance to stress by strengthening your physical health.

- **Exercise regularly.** Physical activity plays a key role in reducing and preventing the effects of stress. Make time for at least 30 minutes of exercise, three times per week. Nothing beats aerobic exercise for releasing pent-up stress and tension.
- **Eat a healthy diet.** Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.
- **Reduce caffeine and sugar.** The temporary "highs" caffeine and sugar provide often end with a crash in mood and energy. By reducing the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you'll feel more relaxed and you'll sleep better.
- **Avoid alcohol, cigarettes, and drugs.** Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don't avoid or mask the issue at hand; deal with problems head on and with a clear mind.
- **Get enough sleep.** Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.

Helpguide.org

Adjusting Your Attitude

How you think can have a profound effect on your emotional and physical well-being. Each time you think a negative thought about yourself, your body reacts as if it were in the throes of a tension-filled situation. If you see good things about yourself, you are more likely to feel good; the reverse is also true. Eliminate words such as "always," "never," "should," and "must." These are telltale marks of self-defeating thoughts

Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relaxation, you'll be in a better place to handle life's stressors.

Active Bystanders

- **Challenge images of violence against women in advertising and entertainment.**
- **Support women and men working together to end sexual violence.**



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)