

# THE CAN CHRONICLE

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

March 2016 - Issue 1

Co-Editors Shannan Breault and Cheryl Perog



### Peer Educator Corner

#### How to Not Lose Your Mind in College

**Kassi Hetherly and Victoria Primett**

The years that you're in college are supposed to be some of the best and most fun years of your life. College can also be the most stressful years of your life. It is easy to become overwhelmed when you have two exams on the same day, three papers due by Thursday - not to mention you also work and participate in clubs on campus. It can become very stressful when you are this busy and want to relax. Here are some tips on how to keep your cool while juggling all of these things:

1. Get active! Exercise helps to reduce stress and can improve your mental outlook.
2. Eat healthy. This is a hard one especially when that ice cream machine in Champlin is calling your name! But when you're craving something sweet, try some fresh fruit instead.
3. Get 8-10 hours of sleep each night. Sleep helps to recharge your body and your brain.
4. Avoid drugs and alcohol. Substance abuse is very damaging to mental health.
5. Seek professional help. If you ever need to talk, the Wellness Center staff is always here for you.

Like our Facebook Page @ [facebook.com/peereducatorcobleskill/](https://www.facebook.com/peereducatorcobleskill/)

### Disordered Eating or Eating Disorder?

Eating disorders and body dissatisfaction do not have a gender or race bias. Anyone can suffer from an eating disorder, but treatment is effective. Take the Online Mental Health Screening to see if your thoughts and behaviors are consistent with an eating disorder.

<http://screening.mentalhealthscreening.org/cobleskill>



### Erasing the Stigma

Jackie Ricciardi has been an active mental health and anti-bullying advocate since her early teenage years. She struggled with depression, anxiety and chronic self-injury from the time she was six years old. She had a terrible fear of revealing these issues to her friends and family because of the stigma surrounding mental health disorders and her seemingly perfect external life.

Becoming a speaker for Minding Your Mind has given her the opportunity to share her experiences with people who might be feeling as isolated as she did before she received the proper treatment. She speaks for those who may be unaware of the importance of mental health. Her passion demonstrates that recovery may not be simple but it can be unbelievably powerful when it is experienced. Please join us for the evening!

**Erasing the Stigma**  
**Wednesday, March 16**  
**7 pm**  
**Upper Champlin**

### Leap into the Health & Wellness Olympics

SUNY Cobleskill celebrates the Rio 2016 Olympics by bringing you the Health & Wellness Olympics! It is open to all students, but only the first 250 registered for the Health & Wellness Olympics on Involvio will receive a free t-shirt. Once registered, attend or participate in Health and Wellness Events in any of the 5 categories (Nutrition, Academics, Physical, Social Health and Mental Wellbeing), scan the QR code at the event and you will be entered into the Olympics drawing for great prizes! Don't have a Smartphone? Not a problem! You can text in the event code instead! The more activities you attend, the more chances you have to win! Prizes include a Fitbit, gift certificates, and blue tooth headsets. The Olympics will run from February 29<sup>th</sup> - May 9<sup>th</sup>.



**\*\*\*REMINDER\*\*\***

### American College Health Needs Assessment



The Wellness Center is participating in a national needs assessment program and we are encouraging SUNY Cobleskill students to complete the survey about their health habits. Every student will receive an email from [NCHA-Web@acha.org](mailto:NCHA-Web@acha.org) starting February 15<sup>th</sup>. The survey is confidential and should take no more than 30 minutes to complete.

The results will be used to help us determine the types of programming events students want to see here at SUNY Cobleskill. As an incentive for participation, we will be offering Walmart gift cards to randomly selected participants. You've got to be in it to win it!



The *Pleasure* Package is a **free** safer sex supply service offered to you by the Wellness Center. All students that have an on-campus mailbox can order male condoms, female condoms, dental dams and lubricant for **free** through this service. All orders are delivered discreetly, confidentially and within 3-4 business days. Please keep in mind that Saturday and Sunday are not business days. The packaging for the *Pleasure* Package is plain, it does not say the programs name and does not use the student's name, just their Bouck box number. To place an order go to the Wellness Centers page on the SUNY Cobleskill website at <http://www.cobleskill.edu/campus-life/wellness-center/pleasure-package.asp>. For more information you can email the [PleasurePackage@cobleskill.edu](mailto:PleasurePackage@cobleskill.edu).

#### 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)