

# THE CAN CHRONICLE

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

March 2018

### Peer Educator Corner

By Giulia Gionta and Maggie Byrne

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College students struggle with eating a healthy diet. Here are some tips to try and get the most out of your meals and still eat foods you like.

- 1) Eat breakfast. Seriously, do it. This is the first thing you're putting in your body in the morning and it will kick start your metabolism to get you going through the day.
- 2) Make snacks! Fill Ziploc baggies with peanuts, almonds, pretzels or grapes. You can toss these snacks in your backpack or bag. These snacks will help satisfy that urge for the sweetness and will help keep hunger at bay (you won't sabotage the rest of your day by eating sugar that will leave you hungry a few minutes later).
- 3) Eat that slice of pizza! Balance foods you like with healthy options. Get one slice of pizza and a side salad. Get a grilled chicken sandwich rather than the breaded chicken sandwich.

The Wellness Center now has a nutritionist, Kate Waltz! Make an appointment to meet with Kate to help make healthier dietary choices leading to a healthier lifestyle.

### Women's Leadership Workshop

March 7<sup>th</sup> @ 6:30 pm  
Lower Brickyard Point

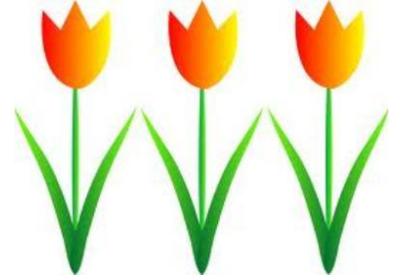
There are plenty of ways to lead. We can lead by merely dictating orders or we can lead by example. Christina believes in leading by inspiration. In her leadership presentation she uses stories, comedy, and poetry to reveal a simple formula to being a leader who inspires.

Free Wonder Woman socks to the first 20 students attending!

Spring

### 8 Spring Break Health and Safety Tips

1. Limit alcohol. Remember alcohol can impair your judgement and actions.
2. Be active. Take the opportunity to start a fitness program.
3. Plan a successful trip. Are vaccinations required? If you are taking medications, do you have enough for the trip?
4. Protect yourself. If you choose to have sex, using condoms and having a monogamous, uninfected partner may help lower your risk of sexually transmitted disease.
5. Protect your eyes. If you wear contact lenses, practice healthy wear and care practices even when you're on vacation.
6. Protect yourself from the sun. Getting a little sun can have some benefits, but excessive and unprotected sun exposure results in premature aging, changes skin texture, and can cause skin cancer. Always wear sunscreen with at least SPF 15. For eye protection, wear sunglasses that provide 100 percent UV ray protection.
7. Eat healthy and stay hydrated.
8. If you or a friend have an alcohol or drug problem, have thoughts of suicide, or are in crisis for any reason, get help. Call 911 for emergency services. For substance abuse help, call 800-662-4357. The National Suicide Prevention Lifeline phone number is 800-273-TALK (8255).



From <https://www.cdc.gov/family/springbreak/index.htm>

### Have you heard about PrEP?

PrEP stands for Pre-Exposure Prophylaxis and is a daily pill (Truvada) that prevents HIV. When taken correctly, it is more than 90% effective. PrEP is for anyone who is at risk for HIV. If you have more than one partner or don't use condoms all the time, you could be at risk. If your partner is HIV+ or if you aren't sure what their status is, you could be at risk. If you inject drugs, you are also at higher risk.

If you think PrEP might be for you, contact Cobleskill Planned Parenthood at 518-234-3325 for more information. PrEP is covered by all major insurances and Medicaid. If you don't have insurance, Planned Parenthood can help connect you with programs to help cover the cost.

### Having a hard time getting up when your alarm goes off?

Even if you've enjoyed a full night's sleep, getting out of bed can be difficult if your alarm goes off when you're in the middle of deep sleep. If you want to make mornings less painful—or if you know you only have a limited time for sleep—try setting a wake-up time that's a multiple of 90 minutes, the length of the average sleep cycle. For example, if you go to bed at 10 p.m., set your alarm for 5:30a.m. (a total of 7 ½ hours of sleep) instead of 6:00a.m. or 6:30a.m. You may feel more refreshed at 5:30a.m. than with another 30 to 60 minutes of sleep because you're getting up at the end of a sleep cycle when your body and brain are already close to wakefulness.

From *Your Guide to Healthy Sleep (PDF)* The National Institutes of Health

### 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)

If you have a concern about the care you received at the Wellness Center, contact Co-Directors Mary Radliff/Lynn Ontl at 518-255-5225