

THE CAN CHRONICLE

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

April 2017 Issue 1

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Free STI Testing

The Wellness Center is offering

FREE Gonorrhea, Chlamydia and HIV testing for the month of April! Call 518-255-5225 or log into your patient portal to make an appointment.



Sponsored by the Beard Wellness Center

Random Acts of Kindness...

Research has shown that altruism, or unselfishly giving to others, helps to create a sense of peace and happiness in ourselves. Being kind and giving to others is contagious too. When you are kind and giving of yourself, you inspire others to do the same and the world becomes a better place. The best random acts of kindness are spontaneous simple acts like paying someone a compliment, helping a friend with laundry, or shoveling someone's walkway. The best part is that as you are helping someone else, you reap benefits as well. So share the love with a simple kind word or smile and watch it spread. As Gandhi said "Be the change you want to see in the world."

ACCEPTING PEER EDUCATOR APPLICATIONS

The Wellness Center is going to be hiring! We are looking to hire new Peer Educators for Fall 2017. This is a paid position. For more information email PeerEducators@cobleskill.edu or visit the Wellness Center's page to fill out an application. Applications are due by April 21st by 4:15 pm.

Mental Health Screenings

Freaking out about exams? Drinking a lot more than you used to? Are you eating a lot or not at all? Is it just stress or could there be an underlying mental health issue? The Wellness Center offers free, anonymous online screenings. Just go to: www.cobleskill.edu/wellness and select "Online Mental Health Screening."

Eight Skills For Happiness

1. Recognize a positive event each day.
2. Savor that event and log it in a journal or tell someone about it.
3. Start a daily gratitude journal.
4. List a personal strength and note how you used it.
5. Set an attainable goal and note your progress.
6. Report a relatively minor stress and list ways to reappraise the event positively.
7. Recognize and practice small acts of kindness daily.
8. Practice mindfulness, focusing on the here and now rather than the past or future.

Body, J. (2017, March 28). *Positive Emotions May Extend Life*. The New York Times. NY, NY.

The sun is back!!! The sun is back!!!



While it's very exciting to see the sun and experience all the wonderful activities of spring and summer, there are some important considerations to take into account. Excessive sun exposure and tanning can cause skin cancer. Melanoma (or skin cancer) is the second leading cause of cancer among those aged 15-29. Although the word cancer is scary, there are many things that you can do to protect yourself and prevent skin cancer.

- ☀ Wear at least SPF 30 broad-spectrum sunscreen. A broad-spectrum sunscreen provides protection from both ultraviolet A and ultraviolet B rays.
- ☀ Use extra caution around sand, water, and snow as the reflection can deepen a sunburn.
- ☀ Avoid tanning beds.
- ☀ Seek shade when the sun is at its peak (between 10am-4pm).
- ☀ Wear protective clothing (long sleeves, wide brimmed hats, sunglasses)
- ☀ Check your skin regularly for changes (lesions, rashes, moles, etc).
- ☀ More information can be found at <http://www.aad.org>. You can also discuss any concerns that you have regarding your skin health with your health care provider.

(Source: American Academy of Dermatologist)

PEER Educators' Corner Get Yourself Tested #GYT

Risky sexual behaviors, including having sex with multiple partners or unprotected sex, can lead to unintended consequences, such as contracting a sexually transmitted infection (STI).

There are two main types of STIs:

Viral and Bacterial.

Viral infections cannot be CURED but can be TREATED with medication. Some viral infections include Herpes, Hepatitis, and HIV.

If left untreated, infections (such as Chlamydia, Gonorrhea and Syphilis) can cause serious issues such as infertility. Early treatment is imperative. Bacterial STIs can be treated with antibiotics.

Listed below are a few steps to reduce your chances of contracting an STI:

- * Learn about sexual health and STIs.
- * Use a condom every time you have sex and make sure you are putting on a condom the correct way.
- * Get tested on a regular basis- some STIs have no symptoms!
- * Ask any potential sexual partners to get tested before engaging in sexual activity.
- * Limit the number of sexual partners you have.
- * The number one way to prevent getting an STI is abstinence.

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