

# THE CAN CHRONICLE

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

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### The Ride You Don't Want

Join us on **Thursday, November 19<sup>th</sup> at 6:00 p.m.** in Upper Champlin for "The Ride You Don't Want."

Dan Leith, a survivor of a horrific DWI accident, will share his personal story. Food will be provided for attendees.

### Pause for Paws

Puppy Petting

Come visit the pups & de-stress!

**Tuesday, December 8  
5-7pm**

**Library & CASE**



### Be Mindful Every Time You Eat

You can eat mindfully at a buffet, a birthday party, or during Thanksgiving dinner. The key: Let your friends or family members do the talking at the start of the meal, buying you a few moments to take a mindful bite or two. Mini meditations are perhaps the easiest way to put this into practice. Before you eat, analyze your level of hunger and any emotions you're bringing to the table, and take a few deep breaths to help you focus on the food in front of you. Some people find it helpful to close their eyes, but you don't have to. About halfway through the meal, check in again, noticing the decrease in hunger and increase in fullness you're experiencing. This is a good time to answer the questions, "Do I really need to keep eating?" and "Am I satisfied?"

<http://www.womenshealthmag.com/weight-loss/mindful-eating-tips>

### Energy

Need to get more energy during your time in college? It may be your heavy course load this semester or it may just be a bad week. No matter the reason, though, you need to get energy -- and fast. What's a time-strapped, money-strapped, resource-strapped college student to do?

**Are you looking for ways to re-energize? Here's How:**

1. **Go for a walk.** It doesn't have to be fast, it doesn't have to be hard, and it doesn't have to be long. But a quick walk is practically guaranteed to wake you up and give you a quick boost of energy (especially if done on a regular basis)!
2. **Go for a run.** If you're a runner, you know how much energy you get even after a short jog. So why not throw your running shoes on and go out for a quick 20-minute run? It can be inside or it can be in the campus gym. Either way, it can boost your energy like few other workouts can.
3. **Go for a bike ride.** You don't even have to know where you're going for a bike ride to be effective at giving you an energy boost. Just grab your bike and promise that you'll stay on it for 20 minutes.
4. **Join a pick-up game.** You know what college life is like: no one ever sleeps. Chances are, then, there's a pick-up game *somewhere* on campus right now. And if there isn't, grab a few friends and hit the court.
5. **Hit the gym for some weights.** Even if you usually do the cardio machines, lifting weight for a short amount of time will give you a burst of energy while also helping to strengthen your body and burn calories. And what's not to like about that?
6. **Stretch in your room.** You don't have to take a trip outside to get a quick energy pick-me-up. Do some stretches in your room, either by yourself or with the help of a good video.
7. **Do a yoga/pilates/cardio workout.** You can run to the gym and catch a class. You can do some exercise in your room. You can search for something on YouTube or pop in your roommate's DVD. Either way, a quick yoga, pilates, or cardio workout is sure to give you a boost of energy for both your body and your brain.

### Don't Get Sick. Don't Spread The Flu.

Getting immunized will protect you from catching the flu, a serious illness that can make you very sick. It will also help protect your loved ones. If you don't get the flu, you won't risk passing this illness to them. The flu shot is available at the Beard Wellness Center. Call 255-5225 to make an appointment to get one.

### 9 Healthy Choices To Keep In Your Mini-fridge

- |                    |                         |
|--------------------|-------------------------|
| 1. Low-fat cheese  | 6. Vegetables           |
| 2. Fruit           | 7. Nuts and Nut Butters |
| 3. Water           | 8. Eggs                 |
| 4. Milk and Yogurt | 9. Hummus               |
| 5. Salsa           |                         |

**HAPPY THANKSGIVING!**



### The Wellness Center

Call for an appointment **OR** Schedule on-line at: <http://patient-cobleskill.medicatconnect.com>

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)