

THE CAN CHRONICLE

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

November/December 2015

Co-Editors Shannan Breault and Cheryl Perog

Pause for Paws

Therapy Dog Visit
Come pet the pups & de-stress!

Tuesday, December 8
5-7pm
Library & CASE



The Truth About E-Cigarettes

- ✓ E-cigarettes create inhalable vapors by heating a liquid solution.
- ✓ E-cig use is skyrocketing, but there's no long-term research on health effects.
- ✓ Solutions are available in many flavors and may vary in nicotine content as high as 1000 mg of nicotine per 1 ounce bottle of solution.
- ✓ A lethal dose of nicotine when ingested is 30-60 mg for adults.
- ✓ Solutions contain known carcinogens and other toxic substances found in tobacco that are suspected of causing adverse health effects.
- ✓ E-cigs are not FDA approved smoking cessation devices.
- ✓ THE SUNY COBLESKILL TOBACCO POLICY ALSO PERTAINS TO E-CIGS!

Mental Health Screenings

The holidays are supposed to be a happy time, but for many people, they are not. You may be more stressed than normal. Holiday expectations piled on top of already full lives can be difficult. The holidays can also bring up feelings of loneliness for some who see others with rich lives and wonder "why not me?"

If you are concerned about yourself or a loved one, you can take the anonymous & confidential Mental Health Screenings available on the Wellness Center's website: www.cobleskill.edu/wellness. And remember that you can always come in and talk to a provider about your concerns!



Could You Be An ACOA?

Pastor Ray Richards

Millions of people are! Between twenty-eight and thirty-four million Americans are estimated to be ACOA (Adult Children of Alcoholics). Many don't even know it, although their daily lives are affected by it.

Characteristics of an ACOA? Here are just a few:

- *overreacting to changes over which one has no control;*
- *seeking tension and crisis but then complaining about it;*
- *judging oneself without mercy;*
- *being super responsible or super irresponsible;*
- *avoiding conflict or aggravating it but rarely dealing with it;*
- *fearing rejection and abandonment but rejecting others;*
- *constantly seeking approval and affirmation;*
- *fearing failure but sabotaging one's success;*
- *fearing criticism and judgment but being critical and judgmental of others;*
- *making decisions without fully considering other options/consequences;*
- *poor time management.*

If this sounds like your life on a regular basis, there is a strong possibility you grew up in a home where alcohol was abused – or in other words, you could be an Adult Child of an Alcoholic or an ACOA. Although there are challenges that have to be faced if you're an ACOA, there are also gifts to be enjoyed when you're willing to work through the issues. Contact the Wellness Center for more information.

How to Survive Your Family Over the Holidays

Going back home during break can be quite an adjustment. You've been living on your own terms for a semester & now you are back to living under your parents' rules. Check out these tips to survive your family over the holidays.

Try not to sleep in every day

Not having to wake up for an 8 a.m. lecture is great, but you may be in for another type of lecture if you choose to hibernate. With all the holiday tasks coming up, your family may need your help. So, don't make sleeping in too much of a habit.

Be prepared for an onslaught of questions

"What's your major?" "Are you dating anyone yet?" "Why aren't you dating anyone yet?" "What are you going to do after you graduate?" You may not have all the answers just yet, but it's a good idea to start thinking of what to say. Talk about all of the exciting new classes you are taking and what has interested you so far. Focus on the positive things that have been keeping you occupied.

Schedule time for family, friends, and yourself

You may have a lot of people to see – and a short amount of time to do it. Prioritize your schedule and make it a point to spend quality time with your family and friends. Holidays can be stressful, so be sure to leave some me-time so you don't exhaust yourself. A little bit of solitude can be just the thing you need to survive the holidays.

Try to be accommodating

Were you planning on sleeping in your old room, but find that your Great Aunt Ethel has taken over? Yeah, it sucks. But, in order to keep peace and sanity during the holidays, try to go with the flow. It may be much easier said than done, but trust us when we say it's wise to pick your battles. Pitching in to help here and there is also wise. Take the dog for a walk, play a game with your younger siblings, offer to take out the trash. These small tasks will show how much of an adult you've become, and it just may allow you to take a night off to see friends without getting grief about it.

Take advantage of all that great food

The homemade pies and cookies, the fridge stocked with "real" food, the comfort foods you missed the most – all of it. Enjoy all the holiday goodies while you can. But remember – all things in moderation!

<https://www.unigo.com/in-college/campus-life/how-to-survive-your-family-over-the-holidays-a-college-student-guide>

Enjoy your break!

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)

