

# THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...

HERE'S SOME NEWS YOU CAN USE!



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## Easy Ways to Stay Healthy

### Eat Some Greens

Fruits & veggies give you nutrients that help keep infection and disease at bay, so put plenty on your plate. A simple rule is to fill half your plate with fruits and vegetables.

### Drink Water

Drink plenty of (non-alcoholic) liquids each day, more if you exercise or tend to perspire a lot. Dehydration can make you more vulnerable to illness and infections. If H<sub>2</sub>O isn't your thing, don't worry - juice, tea, and other beverages can count as well.

### Back Off the Drinks

Drinking too much alcohol puts you at risk for accidents, injuries, and regrettable behaviors, not to mention a host of serious conditions from high blood pressure and liver disease to cancer. Stick to the recommended daily limit: no more than two beers or glasses of wine for men, and one for women (if you're of legal age!).

### Exercise

Regular cardio exercise will fend off stress and give you energy, plus it's good for your heart and just about every other part of your body. The American College of Sports Medicine (ACSM) recommends moderate cardio for 30 minutes, five times per week.

### De-Stress With Stretching

Relaxing practices like yoga, tai chi, or qigong combine deep breathing with stretching and movement and are excellent at melting away built-up stress.

### Take Five

Hunching over a computer keyboard all day can strain your wrists, eyes, neck, and back. Take a timeout every half-hour to stretch, walk around, breathe deeply for 5 minutes, or otherwise move away from the screen.

### Get Your Sleep

When you must pull an all-nighter, try to take a 1- to 2-hour nap the next day to make up some of the difference. If you have roommates who are up all night, make a contract outlining quiet hours.



## Flu

Anyone can get the flu (even healthy people) - and serious problems from flu can happen at any age. We usually recommend that college students get a flu shot because it is easily spread in residence halls and other typical college settings. In addition to getting a flu shot, college students can protect themselves and others from the flu by:



- Following good hygiene habits (like washing your hands with soap and water) and avoiding people with flu-like symptoms.
- Avoiding contact with your eyes, nose, or mouth because your hands may be contaminated with flu germs.
- Coughing or sneezing into your sleeves or tissues, instead of your hands.
- Not going to school or work if you think you're sick, and limit your contact with others.

Here are a few reasons why you absolutely need to get a flu vaccine this year:

- Influenza (the flu) circulates all over the world, and it can affect anyone, regardless of their age or health.
- The flu can lead to complications like pneumonia, ear infections, and sinus infections. It can also worsen existing conditions, like asthma or diabetes.
- Each year, thousands of people in the U.S. die from the flu and its complications.

*Students can set up an appointment for a flu shot at the Wellness Center. A \$20 fee will be billed to your Student Account.*

## Midterms Are Over – Now What?

- ☀️ Take a deep breath. You're halfway through the semester!
- ☀️ Evaluate how you're doing in your classes. Midterms are a great way to judge how you're doing in your classes – are you satisfied with your performance? Where do I need to put in more work?
- ☀️ Look at options to help improve grades: tutoring, study groups, CASE.
- ☀️ Remember that Midterm Grades are just a guidepost to tell you how you're doing at this point in the semester. In most cases, grades can be improved by the end of the semester. If you truly believe that you can't improve your grade, talk to your professor or advisor about withdrawing/dropping the course.

## Mental Health Screenings

Stressed about grades? Relationships got you down? Are you experiencing a normal reaction to stressors or is it something more? If you have concerns, you can start by taking the anonymous & confidential Mental Health Screenings available on the Wellness Center's website: [www.cobleskill.edu/wellness](http://www.cobleskill.edu/wellness). Remember, you can always come in and talk to a provider about your concerns!

### 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)