

# THE CAN CHRONICLE

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

HERE'S SOME NEWS YOU CAN USE!



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## On-line Mental Health Screenings

Running away from uncomfortable emotions won't make them disappear. This month say **NO** to stigma and take a free mental health assessment at:

<http://screening.mentalhealthscreening.org/cobleskill>

## Flu Vaccines



Flu vaccines will be available at the Wellness Center for students, faculty, and staff.

**Tuesday – 10/2**  
**Wednesday – 10/17**  
**Thursday – 10/25**

**10am – 2pm**

Bring your insurance card and co-pay.

For more information contact the Wellness Center at:  
**518.255.5225**



Free Safer Sex Supplies  
The Pleasure Package

Condoms  
Lubricant  
Dental Dams  
Female Condoms

[www.cobleskill.edu/campus-life/wellness-center/pleasure-package.aspx](http://www.cobleskill.edu/campus-life/wellness-center/pleasure-package.aspx)



## Be Too Cool for JUUL

JUUL is trendy, looks like a USB flash drive and has 54% of the total e-cigarette market. A JUUL pod includes nicotine, benzoic acid, glycerol, propylene glycol, natural oils, extracts and flavors. **EVERY JUULPOD CONTAINS NICOTINE!** JUUL uses salt-based nicotine for a higher nicotine yield and is one of the highest level nicotine products on the market. Nicotine is highly addictive. Vaping, like smoking, is not allowed in buildings.



FYI: Nicotine in JUUL = Total Nicotine in a **Pack** of Cigarettes (20 cigarettes)

Source: [tobaccopreventiontoolkit.stanford.edu](http://tobaccopreventiontoolkit.stanford.edu)

## Free Vacation!

Shannan Breault, Counselor

I understand the pressures that students face: classes, homework, jobs, clubs, friends, & family. Many of the students I talk to are very good at taking care of everyone around them and managing their responsibilities...but they often forget one thing. Themselves. It's so easy to overlook the most important thing – you! If you deplete your resources, what do you have left to give to someone else? If you can find just 5 minutes in your busy day, here's a quick and easy relaxation tip. Take a mini-mind-vacation!

1. Sit in a quiet, comfortable place.
2. Take a few deep, calming breaths.
3. Close your eyes and picture a favorite spot (the beach, the woods, the top of a mountain...someplace you'd like to take a vacation).
4. Now, imagine yourself in this special spot.
5. Try to imagine as many sensory cues as possible – What do you see? What do you feel? What do you hear? What do you smell? The more senses you can imagine, the more realistic and relaxing the experience will be.
6. Spend a few minutes just relaxing in this spot.



## Peer Educator Corner

### Resilience

Savanna Glick & Maegan Hall

Being a college student can be difficult. Not only do you have to balance classes, but your social life, jobs, finances, family life, and more will inconveniently move in your way without much notice. This can lead to problems including stress, anxiety, and in severe cases, depression. It is essential for us to know how to **navigate** these obstacles **while balancing** our time in class. **This can be done** through resilience; a quality we all have in common. Someone's resilience is measured by their ability to bounce back from a stressful or traumatic occurrence in the most efficient way. It's always safe to suggest creating a daily planner to help remind ourselves of upcoming obstacles. Personally, I do not go a single night without looking at my planner, so I'm always prepared for what is to come. It's also of high importance to find time for yourself to keep your resilience powerful. You should always think about yourself first; you do not need to impress others for their approval by making yourself always available to them. If you give our suggestions a shot and still feel that things are getting too "out of hand," then we urge you to come into the Wellness Center and talk to someone. There is always someone willing to help you in whatever situation you're in; no matter how minor or major you may think it; so don't be afraid to speak up and get some help.

## 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