

THE CAN CHRONICLE

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

HERE'S SOME NEWS YOU CAN USE!



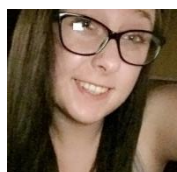
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Co-Editors Shannan Breault and Cheryl Perog

Meet the Peer Educators

Savanna Glick

- **Hometown:** Berne, NY
- **Major:** Applied Psychology
- **Why Coby?** I love the farm like environment. The size of the college allows students to bond better with their peer, and faculty.
- **Favorite thing about being a peer educator:** Tabling & doing programs in my assigned residential building



Are you using substances to cope?

Before you use, consider the following:

- What am I feeling?
- What is happening to provoke this?
- While I feel like using, what is it I really want?

Substances can block or alter your mood but this is not healthy. Instead consider:

- Is there someone I can talk to about how I'm feeling?
- Feelings are usually short-lived.
- Substances will provide only temporary relief and will not fix a problem.

Remember help is available at the Wellness Center.

Smartrecovery.org/managing-your-feelings-without-substances/

Mental Health Screening

In addition to the existing options, Screening for Mental Health is launching a new "Well-Being Screen" that focuses on an individual's strengths and resilience. This will offer proactive tips to protect your mental well-being. Watch for it in the next few weeks at: mentalhealthscreening.org/cobleskill



Building Resiliency with Self-Care

A key way to maintain good behavioral health hygiene is to build resiliency into your daily life. Resiliency is your ability to handle adversity – when life gives you lemons, are you face down on the floor or already looking up recipes for lemon-meringue pie? In the former case, a lack of resiliency represents no protection from negative stress or threats, whereas in the latter case it is precisely those resilient qualities that empower us to acknowledge the setback, moderate its negative effects, and begin adapting it into something more positive.

So how do you build resiliency into your life in the first place? The short answer is: self-care. Taking care of yourself consistently in a variety of ways and not neglecting your own well-being creates space in your life to absorb, process, and transform negative experiences into positive ones, or at least experiences that are less stressful and traumatic. Here are some ways to build self-care into your daily routine.

1. **Sleep** – Getting the right amount of sleep (7-8 hours a night for most adults) on a regular basis builds emotional and mental resilience and benefits physical health, too!
2. **Nature** – spending time engaging with nature helps reduce stress and improve well-being. Whether you're taking care of a plant in your room or staring at the tree canopy on a hike, "eco-therapy" makes a difference.
3. **Exercise** – do what you're comfortable with, but make sure to get up and move around. However you exercise, it's good for both your physical and mental well-being.
4. **Nutrition** – practice eating right to help boost both your mood and your physical health.
5. **Say "No"** – learn to say no sometimes. It's okay to prioritize yourself every now and again.
6. **Schedule your self-care** – it's important to be clear about your self-care time. Try to build in time for any of the above or other relaxing activities and stick with what you plan.
7. **Physical health** – Don't neglect regular preventative healthcare like annual physicals and flu shots.

Mindwise.org

Living a Grateful Life

- Set time aside each day to make a list of what you are thankful for. Start with the tiniest details, and write down even just one thing. On days when you're feeling empty – or just wanting an excuse to smile – go back and read some of your list.
- Tell other people "thank you" when they do something kind for you, no matter how small the deed.
- Don't allow other people's bitterness or negativity to influence your inner peace. Look for the best in everyone, and believe and say the best about them.
- Anger, disappointment, failure, and frustration are parts of life, but don't let them become your default emotions. Choosing to live from a place of gratitude brings peace.
- Build gratitude around you with small, daily, unexpected acts of love, compassion, grace, and forgiveness.

<https://www.bruderhof.com/en/voices-blog/following-jesus/five-ways-to-practice-gratitude>

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)

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

