

# 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

### Peer Educator Corner

#### Self-Care

By Savanna Glick & Taj Joseph

Self-care is the act of taking care of your own health and managing your stress in a healthy way. Self-care activities can include meditation, going for walks, talking to someone, or surrounding yourself with positive influences. Staying positive can be hard to do in high stress situations and can lead to a lack of self-care. Some negative stress management behaviors that could influence your ability to engage in self-care are smoking, drinking, or using other legal/illegal substances.

Some examples of positive thoughts can be finding your “happy place”, remembering you have yummy food in your fridge or something to look forward to. A secret to happiness is to let every situation be what it is, and not get down on yourself. If you feel that nothing is working, please contact the Wellness Center to see a counselor.

#### Exercise

The benefits of exercise are more than just for weight management. Exercise also combats stress, promotes better sleep, and activates the immune system.

#### Feeling lonely? Disconnected?

Take the on-line mental health screening if you're worried there might be a problem...Go to: [www.cobleskill.edu/wellness](http://www.cobleskill.edu/wellness) and select “Online Mental Health Screening.”

#### “The Dog-Tor Is In” at the Wellness Center



**Dogtor Jenna**  
Mondays 12:15–1:15

**Dogtor Wiley**  
Wednesdays 12:00-1:00

Watch for schedule updates in the Can Chronicle, email blasts, and at the Wellness Center.

### The Scoop on Substance Use

Danielle Reu, LMHC

The habits we create in college can follow into our lives long after we leave. Abusing substances can lead to addiction and many mental, physical, academic, and judicial/legal consequences.

**Substance abuse** is the “*excessive use of a drug (such as alcohol, narcotics, or cocaine) or the use of a drug without medical justification.*”

**Addiction** is the *persistent compulsive use of a substance known by the user to be physically, psychologically, or socially harmful.* The most commonly abused substances at colleges are: alcohol, marijuana, Adderall, and Ecstasy (Molly). Reasons for abuse include stress, curiosity, and peer pressure.

If you, or someone you know, are abusing substances, help is available. Reach out to the Wellness Center for additional information.



VS.



In the battle between Trojans and LifeStyles, which brand do you think is the safest? The answer is both! I'm sure you've heard from a friend or relative something different but the truth is all condoms are tested by the Food and Drug Administration (FDA). According to the FDA, condoms are “class II medical devices”, a designation that includes pregnancy tests and powered wheelchairs. Products in this category have to meet special labeling requirements and performance standards. All condoms must meet FDA standards, which include systematic “water leak” tests to ensure that no fluid can leak out of the condoms. FDA approved condoms must be at least 99.6% effective in laboratory tests in order to be available to consumers. No matter your preference, the safest form of protection against pregnancy and sexually transmitted infections is to use condoms during intercourse.

#### The Effects of Your Lifestyle on Sleep

**Drinking alcohol negatively influences the quality of sleep.** Alcohol increases the number of times we wake up during the night, reducing restorative sleep and total sleep.

**Waking up at different times of the morning or day disrupts your sleep routine.** Stop hitting the snooze button. You may doze off but it is not restorative sleep.

**When you wake in the morning, don't keep the room dark.** Light tells the body to decrease the production of melatonin (the sleep-inducing hormone).

**Get Moving!** Physical activity increases blood flow, decreases fatigue and shifts your sleep/wake cycle. Strength training is important for improving the quality of sleep.

**Eat a nutritious diet.** A diet or meal high in carbs can lead to sleepiness. Try to eat a diet that is high in lean proteins, complex carbs, and healthy fats.

#### 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