

THE CAN CHRONICLE

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

HERE'S SOME NEWS YOU CAN USE!



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Fourteen Things Happy People Do Differently

1. Don't hold grudges
2. Treat everyone with kindness
3. See problems as challenges
4. Express gratitude for what they already have
5. Dream big
6. Don't sweat the small stuff
7. Speak well of others
8. Never make excuses
9. Choose friends wisely
10. Take the time to listen
11. Nurture social relationships
12. Live simply
13. Tell the truth
14. Accept what cannot be changed

The *Dogtors* return to the Wellness Center for Spring 2019!



Dogtor Jenna

Mondays 12:15–1:15

Dogtor Wiley (Starting February 13)

Wednesdays 12:00-1:00

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. Remember, you can always come in and talk to a provider about your concerns!



What is the difference between being *Anxious* and having an *Anxiety Disorder*?

Everyone who has a heartbeat and breathes feels stressed out at times. It's just part of the human condition. We feel stressed if our friendships aren't going well, worried about our performance in a class, or about money. That's usually a normal reaction—it is short lived and doesn't require treatment other than some stress reduction and self-care (for example regular exercise, meditation, time with friends, positive thinking and journaling).

Over 40 million Americans suffer from an anxiety disorder. This is a disorder where the anxiety or fear interferes with their daily life and robs it of pleasure. People who suffer from an anxiety disorder may have intense feelings of nervousness, dread, and panic while doing simple mundane tasks. Physically, anxiety sufferers may experience excessive perspiring, shaking, trembling, nausea or digestive problems and muscle pain or tension. All of these are very treatable. Often, the first step is going to speak to a professional, like the staff at the Wellness Center or your own personal physician or counselor.

SOMEONE YOU LOVE THE HPV EPIDEMIC

NARRATED BY VANESSA WILLIAMS

February 13th

Bouck Theater

6 pm

"I wish the cancer would have killed you!" These are the chilling words of Susie's husband when he learned that her cancer was caused by HPV, a sexually transmitted virus. Narrated by Vanessa Williams, this poignant documentary takes a look into the lives of five women affected by HPV, the widely misunderstood and controversial virus that causes several types of cancer, including cervical. Each of these women has an intimate story to tell. For Susie, Tamika, and Christine, it's a story of survivorship that comes with misconceptions, stigma, shame, heartbreak, pain and triumph. For the Forbes' family, it's about coping with the loss of their daughter Kristen and trying to prevent it from happening to others like her. For others like Kelly, their cancer journey is just beginning. The cameras follow her on her epic battle to save marriage, career, family and ultimately, her life.



Marijuana Trivia

February 5
5pm & 7pm
Tiger's Den



Is your team dope enough to win?

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