

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...HERE'S SOME NEWS YOU CAN USE

May 2018

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Want a chance to make a difference?

Want to be a leader on campus?

Do you enjoy helping others?

Apply to become a
SUNY Cobleskill Peer Educator

Applications must be in by May 2, 2018

\$\$\$\$This is a paid position\$\$\$\$

Apply online at the Wellness Center Webpage.

Email peereducators@cobleskill.edu for more information.



Pause for Paws

Therapy Dog Visit

Come visit the pups & de-stress!

Tuesday – May 8
5-7pm – Library Café



ZEN WEEK Wellness Activity

*Lava Bead Bracelets with the
Wellness Center Peer Educators*

Thursday - May 3
6:00pm-9:00pm
Tiger's Den

Mental Health Screening

Leaving campus for the summer months? Don't forget: you still have access to the Beard Wellness Center's online mental health screening resources--even while at home. Take an anonymous screening for depression, anxiety, alcohol, eating disorders, or other mental health problems at:

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

Have a safe and healthy summer break!

Peer Educator Corner

Don't Let Stress Wreck Your Success

Mitchel Light & Divontay Huggins

The last few weeks of the semester are coming quickly, and we all know finals week can be very stressful. Stress and anxiety are usually at an all-time high among students during finals. Here are some ways to de-stress and stay calm for Zen Week.

- **Remove yourself from the stress:** It's hard to avoid stress entirely but stress reduction can be achieved by simply going for a walk, taking study breaks, or hanging out with friends.
- **Unplug and reboot:** Spend 3 to 5 minutes taking a break from everything. Turn off all of your electronics and meditate.
- **Exercise:** Getting exercise is a great way to de-stress and it improves not only physical health but mental health as well.
- **Get things out of your brain and onto paper:** Write down ideas, make lists to keep organized for finals and studying.

Keep an eye out for more activities on campus to relax and de-stress!

Binge Drinking- When is it a Problem?

The "college experience" often goes hand-in-hand with alcohol experimentation. Roughly 80 percent of college students – four out of every five – consume alcohol to some degree. For many, however, attending college sporting and social events seems almost impossible without alcohol consumption. What's more, rather than drinking to socialize, many students are drinking to get drunk. It's estimated that 50 percent of students who drink engage in binge drinking-- consuming too much alcohol in too little time. For women, four drinks is considered binge drinking, and for men, five drinks.

In the moment, binge drinking can feel like the best way to loosen up and fit in with your peers. But it can have drastic short- and long-term consequences, from immediate safety issues to greatly increased susceptibility to alcohol use disorder, which can cause serious physical and emotional damage.

College drinking culture may make it seem okay to use alcohol as a way to feel better. Instead, keep busy with a fun hobby. If you think your alcohol consumption is negatively impacting your life, take a screening and check your symptoms any time at: <http://www.mentalhealthscreening.org/screening/cobleskill> to help you tackle your issues head-on.

Healthy Summer Habits

- Beat the sun and heat with an early morning or evening activity.
- Use sunscreen that blocks both UVA and UVB with a sun protection factor (SPF) of at least 15, preferably 30, and reapply frequently.
- Use sunglasses that block both UVA and UVB.
- Try to stay in the shade when outdoors during peak sunlight.
- Go to an air-conditioned gym, do water workouts or use a fitness video at home.
- Drink plenty of water before, during, and after exercise.
- Take advantage of seasonal fruits and vegetables at your local farmers market, or grow your own.

NIH News in Health May 2014

Congratulations Class of 2018!!!

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

