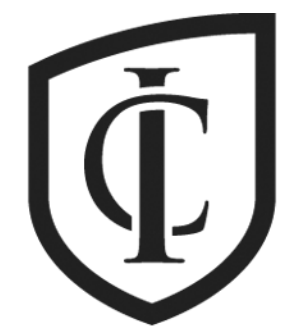


How To Look and Feel Great at IC

Nancy Reynolds, MSPH, MCHES, NBC-HWC
she/her/hers

Program Director, Center for Health Promotion
Ithaca College
healthpromotion@ithaca.edu



ITHACA
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Center for
Health Promotion

Mindfulness Moment





ITHACA COLLEGE

Center for Counseling, Health, and Wellness



✓ **Hammond Health Center**

- Medical appointments & other health care services

✓ **Counseling and Psychological Services (CAPS)**

- Individual counseling
- Ongoing and drop-in groups

✓ **Center for Health Promotion**

- THRIVE Wellness coaching
- BASICS Program
- Confidential consultations
- Free safer sex supplies*

THRIVE Wellness Coaching

- Wellness coaches are nationally certified (NBC-HWC).
- Areas addressed include: time management, sleep habits, physical activity, eating habits, social connections, managing stress, and more!
- Help students set priorities and identify specific changes they want to make to improve well-being and college success.
- Wellness coaching is free and confidential.

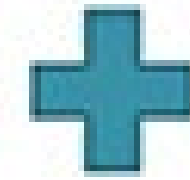




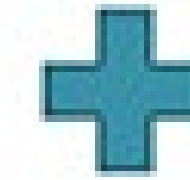
Poor Food Choices



Lack of Exercise



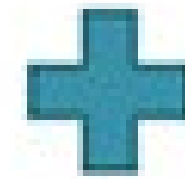
Late Night Eating



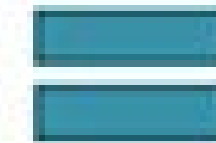
Parties and Alcohol



Not Enough Sleep



Late Night Studying and Stress



With an additional 35 minutes of physical activity each day, those at risk for depression may be protected against future episodes.

Tomasz Wozniak/Unsplash

HEALTH & MEDICINE

Lower risk of depression with elevated exercise



35 minutes a day of physical activity may protect against new episodes, even in the genetically vulnerable

Health • Mental Health • Mental Health Information

How Exercise Improves Mood

By Lakshmy Nair | Updated August 14, 2018



Exercise is a great antidepressant that offers many physical health benefits as well. Image Credit: fladendron/E+/Gettyimages

Regular exercise helps in the prevention and manag as diabetes, high blood pressure, heart disease and improve your mood, lift your spirits and make you fe you exercise, your body releases chemicals that box suppresses hormones that cause stress and anxiety nst depression and you can find many diffe ible pastime.

PHYS ED

How Exercise May Bolster the Brain

Exercise prompts the liver to pump out a little-known protein that appears to rejuvenate the brain, a new study found.



Jeenah Moon for The New York Times

MIND

Why It Hurts to Lose Sleep

Sleep deprivation can make your physical aches more painful. A new study begins to explain how that happens.



22,816 views | Jan 26, 2019, 10:48am EST

Just One Night Of Sleep Loss Can Affect Body And Mind, Studies Find



Alice G. Walton Senior Contributor © Healthcare

Find a Therapist

Get Help

Magazine



The Bronfenbrenner Center for Translational Research Evidence-Based Living

The Foods We Eat Do Affect Our Mental Health. Here's the Proof.

Research explains the connection between diet, mood, and cognition.

Posted Jan 24, 2020

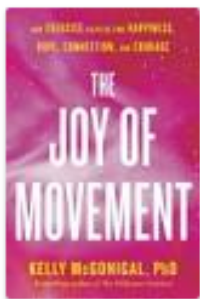


The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, and Courage

Book by Kelly McGonigal

Book preview 31/274 pages available

PREVIEW



3.9/5 · Goodreads



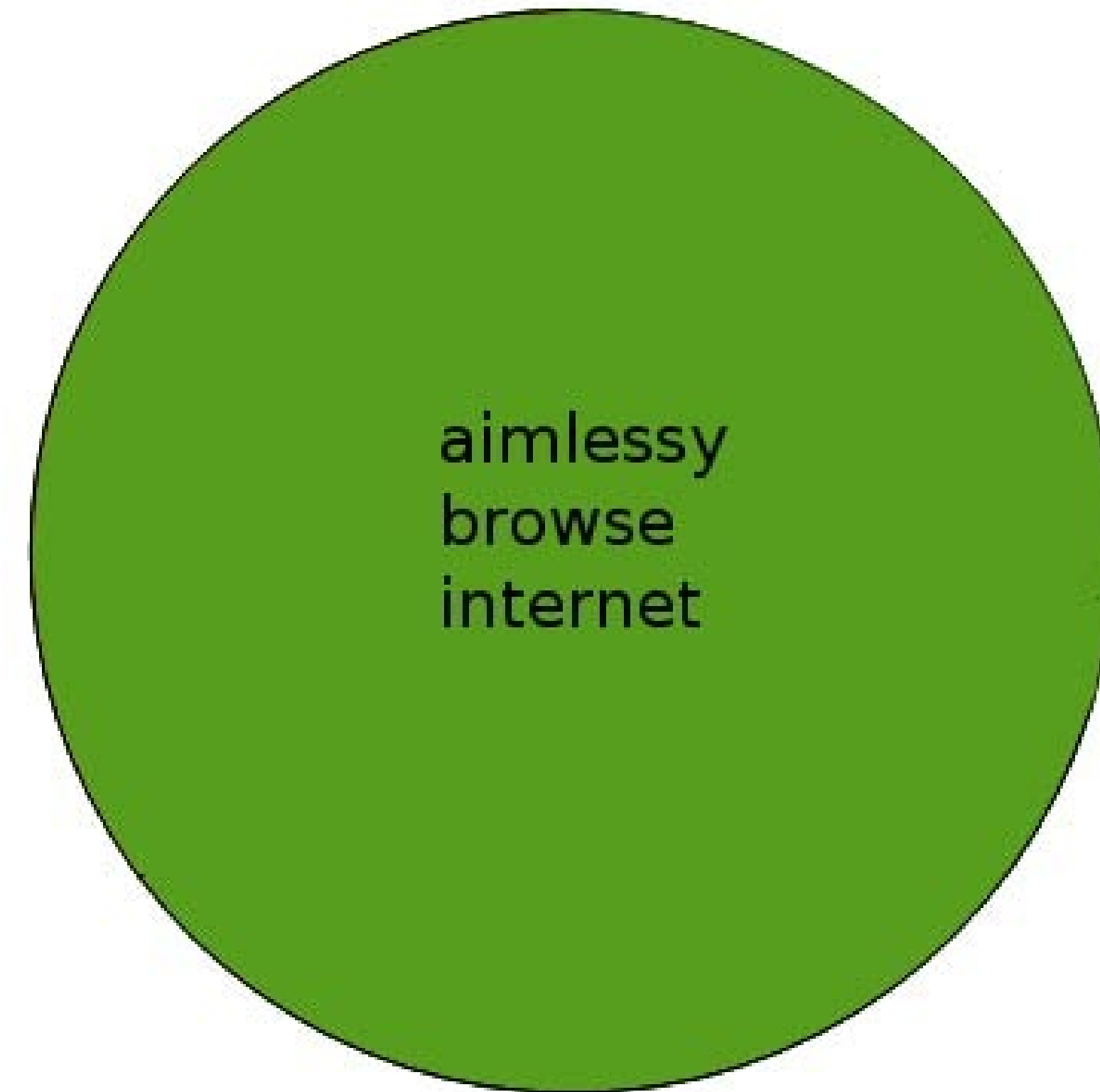
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Weekend in college



Expectation

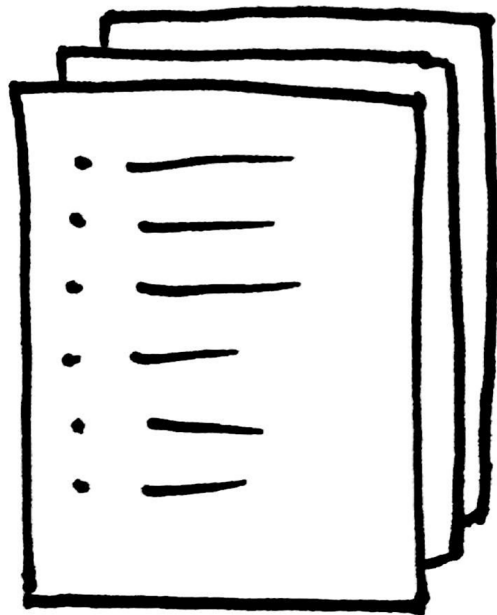


Reality

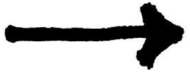
Use Organizational Tools!



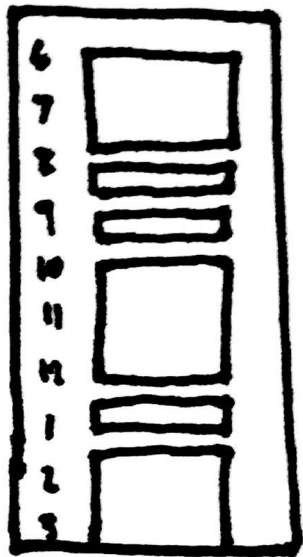
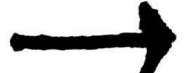
Weekly Calendar							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
noon							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							



MIGHT-DO LIST
What could I do?



ONE BIG THING
What's important today?



CALENDAR
How will I actually spend my time?



Why Prioritize Sleep?

- Memory
- Mood
- Muscles
- Immune system



Get Your Zzz's!

Cool

- Use a fan
- Open a window

Dark

- Turn lights off
- Close curtains/blinds
- Use a sleep mask

Quiet

- Use earplugs
- Use a white noise app or a fan

Roommate?

- Talk about it
- Make agreements



Create a screen-free wind-down routine:



- ✓ Campus Center Dining Hall
- ✓ Terraces Dining Hall
- ✓ Retail venues
- ✓ Reusable container
- ✓ Utensil Kit
- ✓ Vegan & Allergen-Free Stations
- ✓ Make Your Own Grain Bowls
- ✓ Late-Night Options



DRINK ALL THE WATER



ADD COLOR!!!

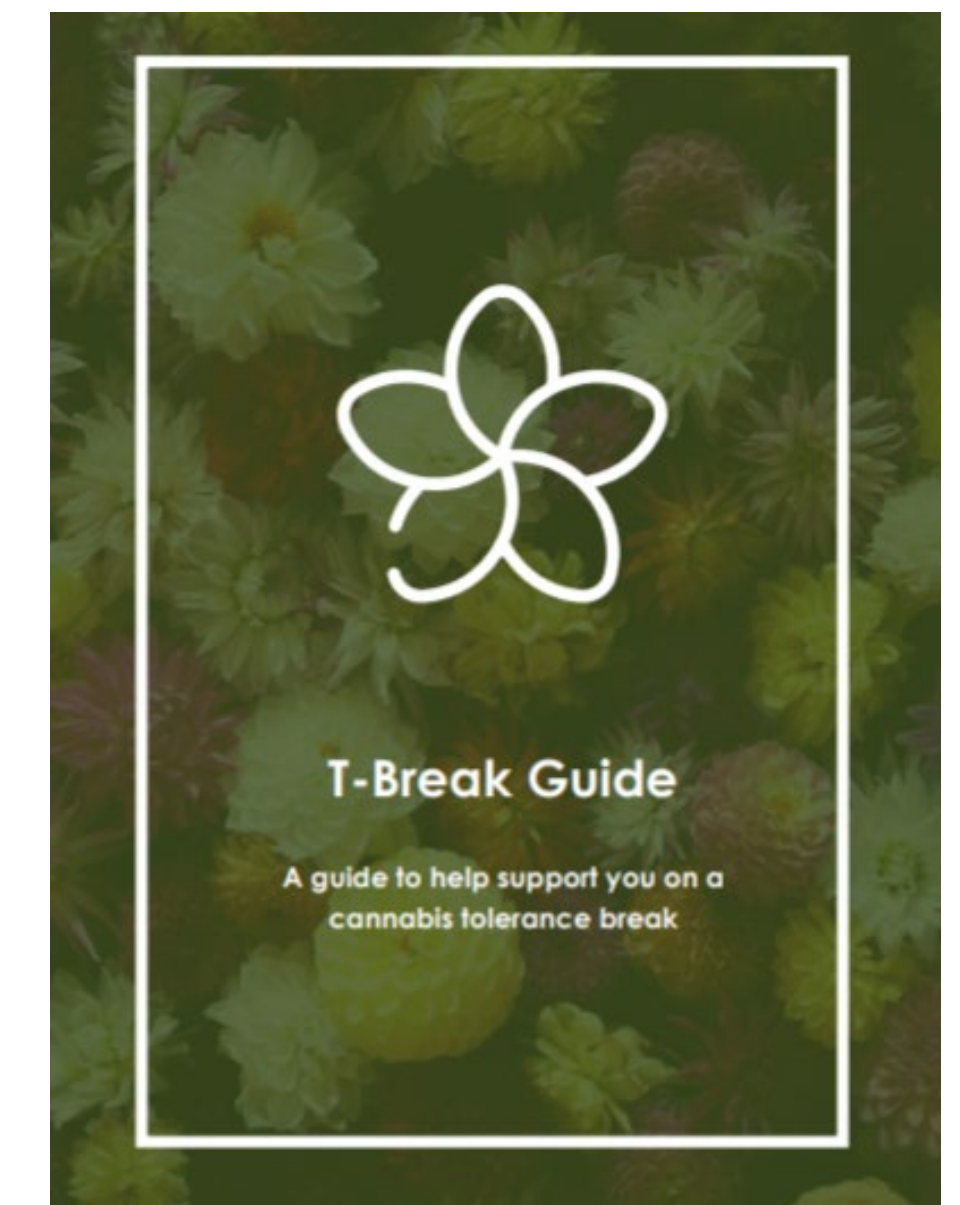
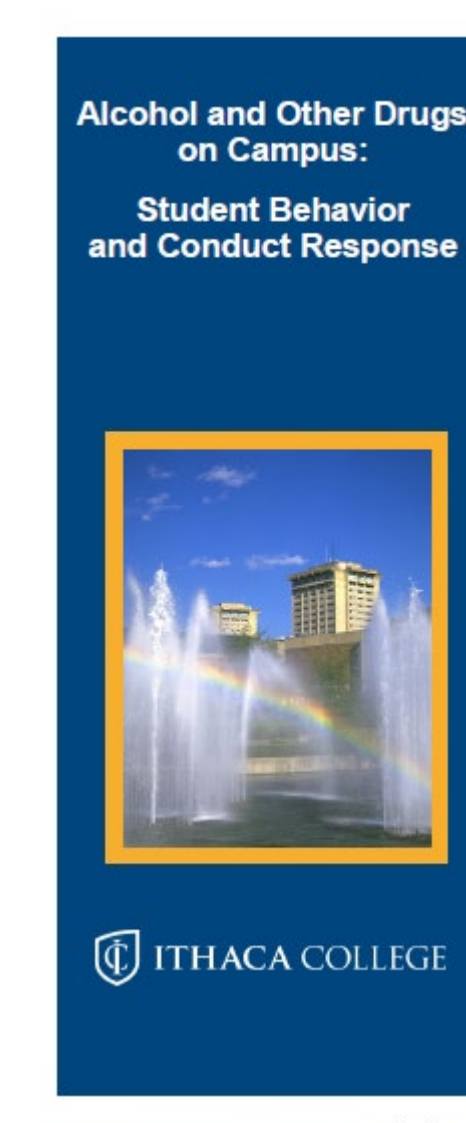
Reggie Briggs – IC Dining Contact- dine@ithaca.edu



- Alcohol Edu Course: Starts Monday 8/17
- BASICS Program: Free and confidential

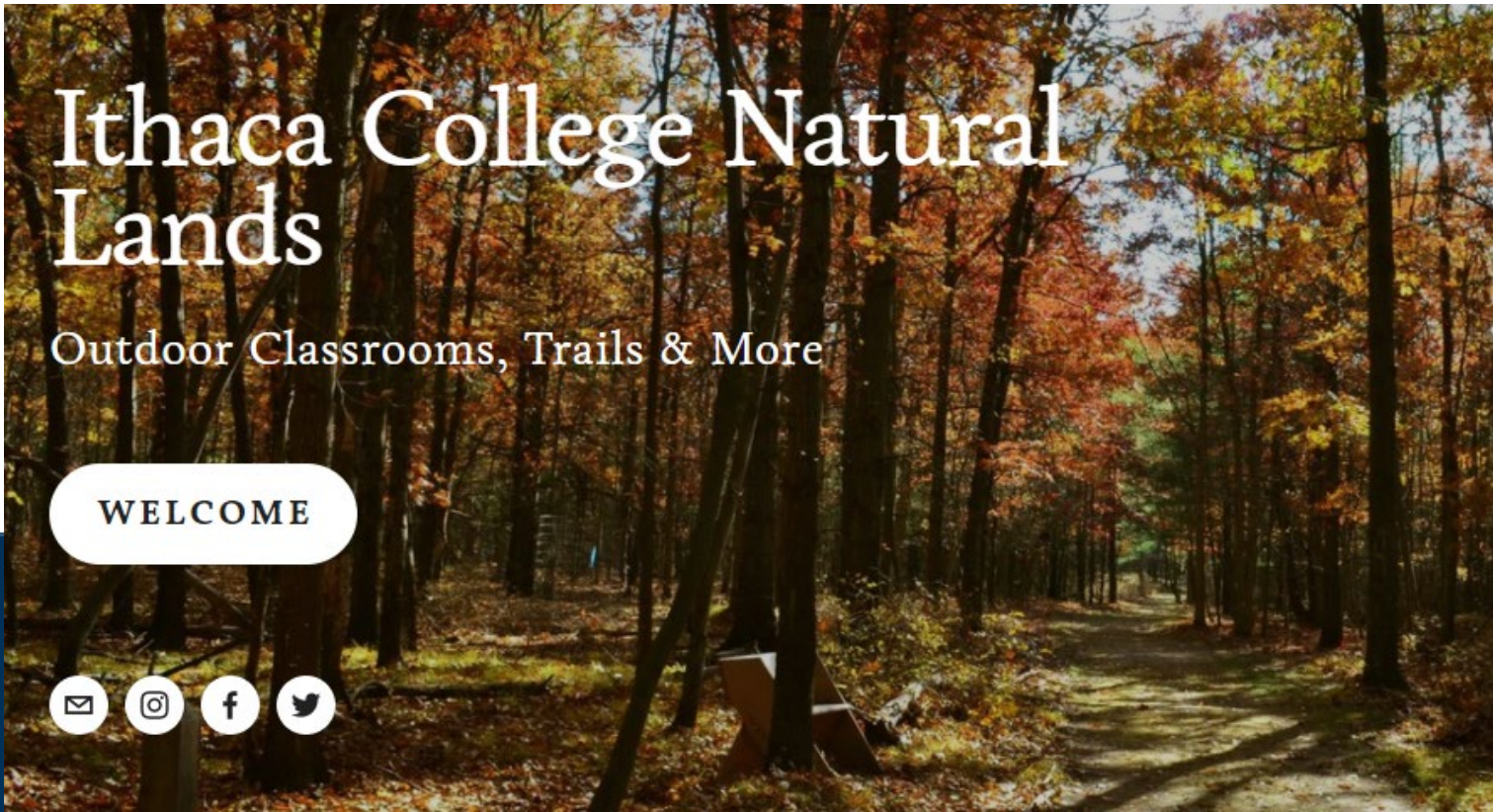


basics@ithaca.edu





- Home workouts
- Outdoor group exercise
- Lawn games
- Tennis
- Soccer intramurals



IC HILLEL
PRESENTS...

VIRTUAL TRIVIA
NIGHTS!

EVERY MON.
8/17/20
START
8:00 PM EST

SUGGESTED \$1 DONATION

<https://tinyurl.com/ictrivia>

all proceeds donated. Winner chooses where!



Reply

Reply All

Forward

Ithaca College Intercom

IC Faculty; IC Staff; IC Retirees

Intercom Roundup

ENGAGE

ITHACA COLLEGE

HOME

EVENTS

ORGANIZATIONS

NEWS

FORMS

Discover unique opportunities at IC Engage

Q

Search Events, Organizations, and News Articles

ITHACA COLLEGE

8/14/2020

Intercom

Roundup of new stories in Intercom

Visit the Intercom Website

Get the latest information --

https://www.ithaca.edu/intercom/article.php/2020081317311990?utm_source=intercom-top-stories&utm_medium=email&utm_campaign=facstaff

Click or tap to follow link.

Intercom Top Stories

- Local Campuses to Hold Joint Town Hall on Tuesday
- Face Mask for Students
- All Faculty and Staff Gathering question form closes at 3:00 p.m. Friday, August 14

ic_prism

...

SPECTRUM PRESENTS:

FIRST-YEAR LGBTQ+ STUDENT VIRTUAL HANGOUT

AUG. 18TH 8-9:30 PM

Liked by ic_lgbt and 8 others

ic_prism via @spectrum_ic

... more

9:12

Instagram

3

ic_athletictraining

Ithaca College

...

Liked by ithacavolleyball and 80 others

ic_athletictraining

Today's introduction is for Alison Lipton! Alison is from Rockford...

more



IC ▾ MOVE ▾ FEEL ▾ EAT ▾ LEARN ▾ OVERCOME ▾ PROSPER ▾ RELATE ▾ SLEEP ▾ EMPOWER ▾



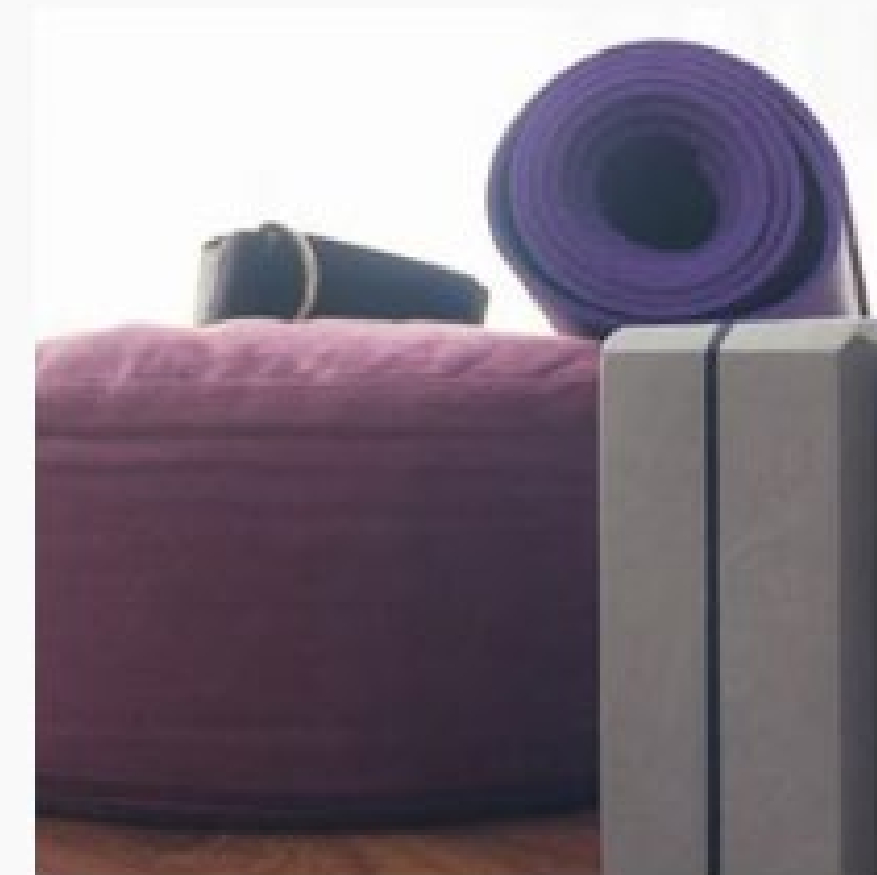
This week in CampusWell



Why reporting sexual assault is a complex and personal decision

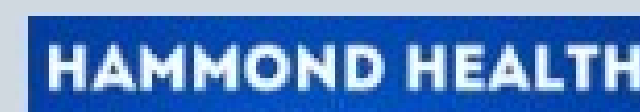
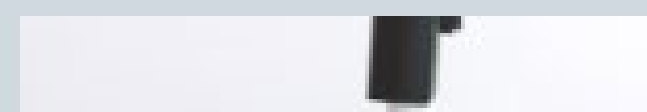


Ask the nutritionist: "I am healthy but on the skinny side. How do I gain weight?"



Our 4 favorite stress-busting yoga routines

School Resources, News, & Events



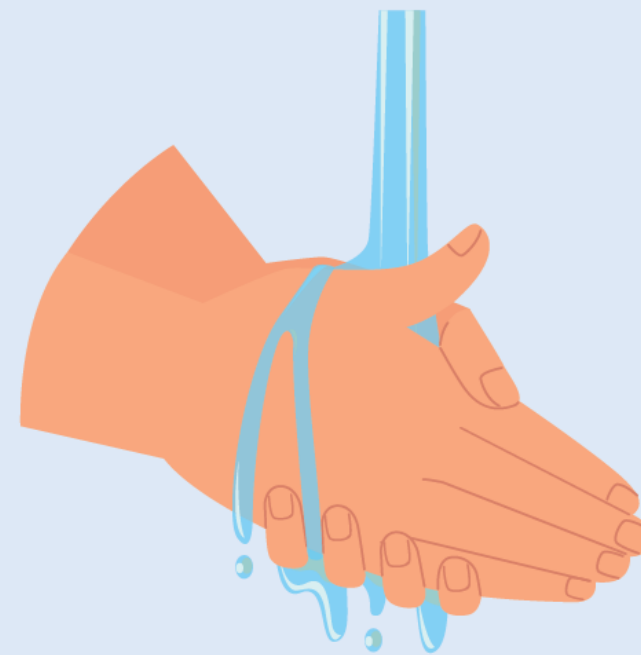
Stay Healthy and Safe During COVID

3 W's to reduce risk of COVID-19

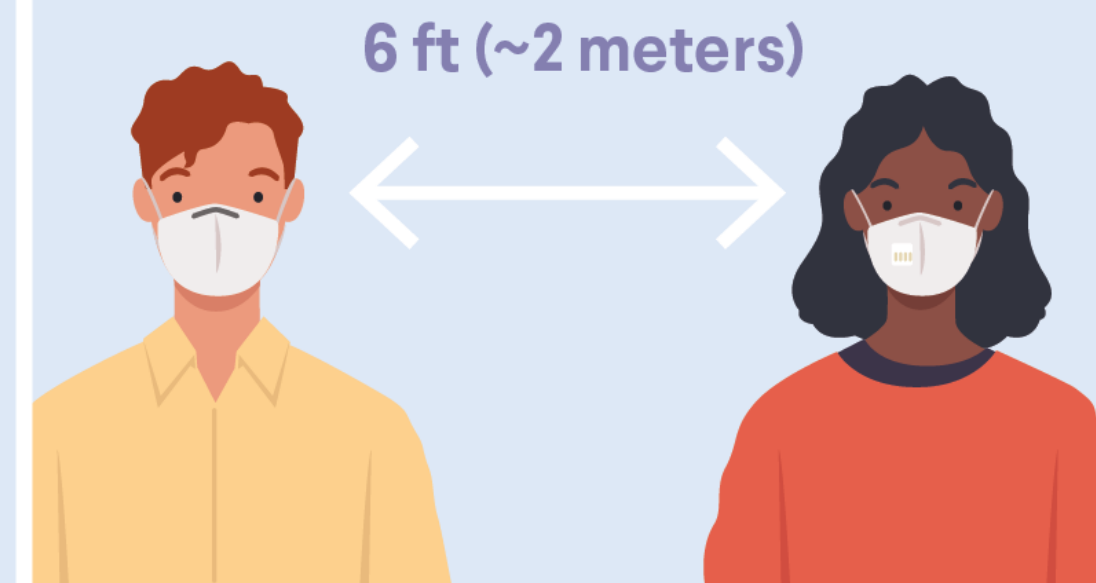
Wear a mask



Wash your hands



Watch your distance



COVID-19



More info at
[PreventEpidemics.org](https://www.PreventEpidemics.org)

#KnowCOVID
#PreventEpidemics

Questions, Comments?



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Be (your best self)



Make meaning



Reflect



Engage



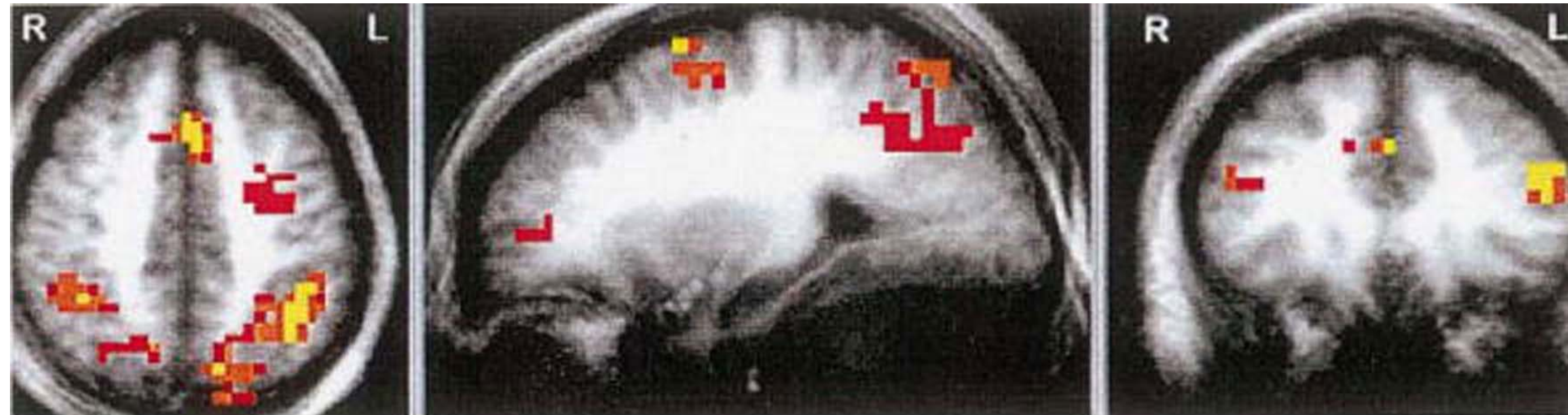
Practice

Resilience Pyramid

Why Sleep?.....



This is our brain with sleep.



...And this is our brain without sleep.



Source: Drummond, S. P. A.,
Brown, G. G.; Stricker, J. L.;
Buxton, R. B., Wong, E. C.; &
Gillin, J.C. (1999). Sleep
deprivation-induced reduction
in cortical functional response
to serial subtraction.
NeuroReport, 10(18): 3745-
3478.