

CAMPUS WELL

READ IT ONLINE TODAY!

<https://ithaca.campuswell.com/>



ITHACA COLLEGE

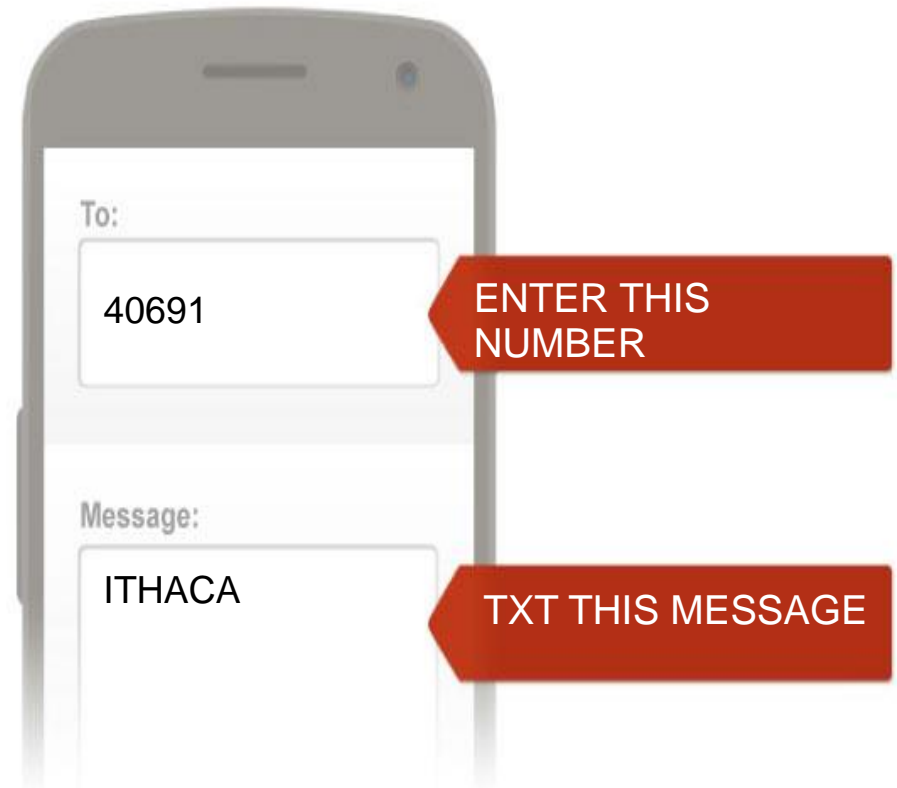
Center for Health Promotion



UPDATES BY TEXT

- Text **ITHACA** to **40691**
- You'll get updates about campus health and wellness by text

CAMPUS
WELL



Unsubscribe at any time. Text messaging rates apply.

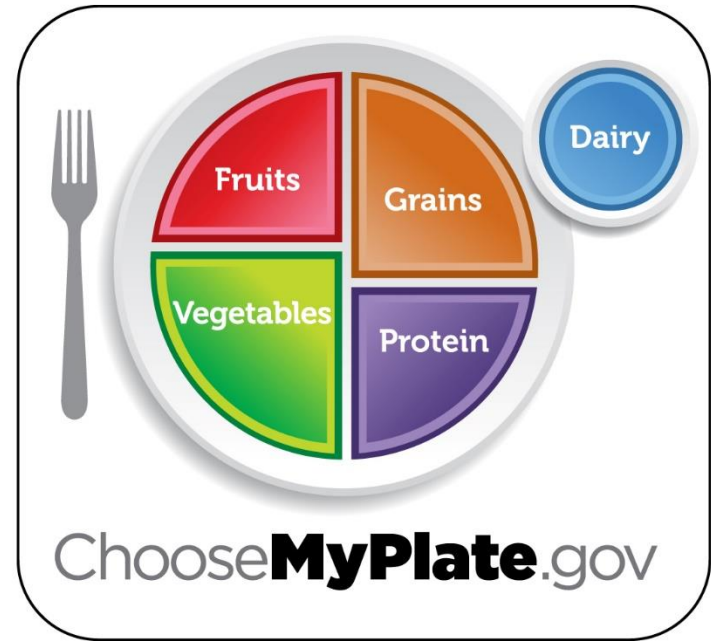


Eat **5** Fruits & Vegetables a Day!

- A delicious source of fiber, which reduces hunger pangs
- Full of essential vitamins and minerals

Time to Take **5**

**Fill half of your plate with
fruits and vegetables!**



The Power of Positivity



Positive thinking can.....

- *Help you live longer.*
- *Lower your stress level.*
- *Boost your immune system.*
- *Affect your overall sense of feeling good.*

Positive Pointers:

- Surround yourself with supportive people.
- Use challenges as a way to learn.
- Don't automatically expect the worst.
- Exercise and healthy eating help with stress management.
- If you feel overwhelmed, ask for help .
- Make time for things you enjoy.

Read Campus Well at

• <https://ithaca.campuswell.com/>

THRIVE at IC - with **FREE** Wellness Coaching!

- Get Good Sleep
- Nutrition and Fitness
- Find Your Purpose
- Manage Stress
- Practice Mindfulness
- Balance Substance Use

Get personalized support for any aspect of your health and wellness! Simply email healthpromotion@ithaca.edu to make a Zoom appointment for free, confidential wellness coaching. (academic year only)



Train Your Brain: Explore the link between exercise and academics.



- ❖ Exercise reduces the breakdown of brain matter and increases the size of the hippocampus (the part of the brain primarily associated with memory).
- ❖ Those who exercise on a regular basis have better motor coordination compared with sedentary people.
- ❖ Physical activity is one of the most effective ways to manage stress!
- ❖ Studies show that exercise is the best way to improve academic performance (other than studying, of course!).

REMEMBER: Turn exercise into a stress-relieving break. Make exercise fun, challenging in a rewarding way, and designed around your needs!



Stress, Sadness or Depression?

Everyone feels sad or discouraged sometimes. There is a difference, however, between occasionally feeling blue and being depressed.

Get Support!

Center for Counseling
and Psychological
Services

607-274-3136

CAPS offers free,
confidential counseling
and groups. Call or stop
by to make an
appointment or ask about
our Same Day Crisis
Service.

**For Emergencies: call
Public Safety (274-3333)
or dial 911.**

Symptoms to watch for:

- Lack of interest or pleasure in previously enjoyable activities.
- Feelings of worthlessness, guilt, emptiness, and/or persistent sadness.
- Frequent crying and/or extreme fatigue.
- Irritability, anger, or social withdrawal.
- Significant changes in weight, appetite, appearance, or sleep patterns.
- Difficulty concentrating.
- Recurrent thoughts or mention of death or suicide.

Thinking about sex?

Don't hesitate to communicate!

- Communication is important - ask if something is okay before doing it, not during or after.
- Think about your boundaries and make them clear and direct with your partner.
- Alcohol and other drugs can interfere with communication. But it's *always* your responsibility to get consent from your partner.
- Abstinence is the only way to stay 100% safe, but there are effective options to protect against STI's and pregnancy. Schedule an appointment with a Hammond Health Center clinician to learn about your choices.



Contact your RA to find out
how to get free safer sex
supplies.

Wondering if you're in a healthy friendship?



Is a friendship causing you stress?

- Jealousy
- Conflict and arguments
- Frequent miscommunication
- Signs of manipulation
- Physical space issues



Recommendations for dealing with overwhelming situations:

- Talk it out and explain how you feel.
- Be honest and propose solutions
- Encourage your friend to get involved on campus.
- Talk to a third party (your RA or RD can help!)

Sleep Does the Body Good

7-9 hours of sleep is recommended for 18-25 year olds.



- **Don't try to catch up** on sleep over the weekend. This throws off your circadian rhythm, making it harder to sleep at bedtime.
- **Shut down screen time** 30-60 minutes before bedtime.
- **Wash your sheets at least twice per month.** A fresh smelling bed fosters sleep.
- **Be consistent.** Wake up at the same time every morning and go to bed at the same time every night.
- **Cut back on sources of caffeine** such as coffee, black tea, soda, and energy drinks.
- Only take **20-30 minute naps.** Naps that are longer will make it difficult to fall asleep at night.

Sleep allows the brain to process the information you learned throughout the day!

Budget For The Year Ahead!

A personal budget helps you:

- ✓ Understand and track how much money you earn or have.
- ✓ Set aside funds for books, bills, group memberships, and fun activities.



Tips:

- ✓ Track your spending (rent, food, entertainment, loans, insurance, tuition)
- ✓ Work towards a balanced budget that makes room for unexpected expenses.
- ✓ Set goals for spending, saving, and allocating your money.



How to Bust Stress:

- **Take a time-out.** Allow yourself breaks and time to focus on things you enjoy.
- **Keep up with your healthy habits.** Balanced meals and snacks, physical activity, and sleep help your body and brain function optimally.
- **Find support.** Spend time with people who are caring and encouraging.
- **Consult a peer tutor or mentor.** You can learn strategies for managing your responsibilities.
- **Practice deep breathing.** Simply close your eyes for a few moments and focus on slow, careful breaths. You'll feel an immediate sense of calm.

Remember you don't have to cope with stress alone. Reach out to counselors, contact CAPS: 607-274-3136.

13 Apps For A Healthy Year

Healthy Eating Apps:

- Lose It
- Healthy Recipes
- Primal Smoothies
- Calorie Counter

Rest and Relaxation Apps:

- Relax Timer
- Sleep Cycle Alarm Clock
- Stress Check and Stress Doctor



Exercise Apps:

- Just 6 weeks
- Endmondo Sports Tracker
- Yoga and Pilates with Kristen McGee
- Instant Heart Rate
- Fitness Buddy
- MyFitnessPal

Read Campus Well at <https://ithaca.campuswell.com/>

Campus Well is sponsored by:
The Center for Health Promotion at Ithaca College
[**www.ithaca.edu/healthpromotion**](http://www.ithaca.edu/healthpromotion)



**ITHACA
COLLEGE**

Center for
Health Promotion

The **Center for Health Promotion** is located on the lower level of Hammond Health Center. For the Spring 2021 semester our office is remote. We still offer

- **Safer sex supplies- check with your RA.**
- **Sleep kits and Quit Kits for smoking cessation - call 607-274-3136 to pick one up.**
- **1 on 1 THRIVE Wellness Coaching and 1 on 1 BASICS (substance use) sessions- email healthpromotion@ithaca.edu to make an appointment.**