

Student Health Services

NEWSLETTER; ISSUE 5

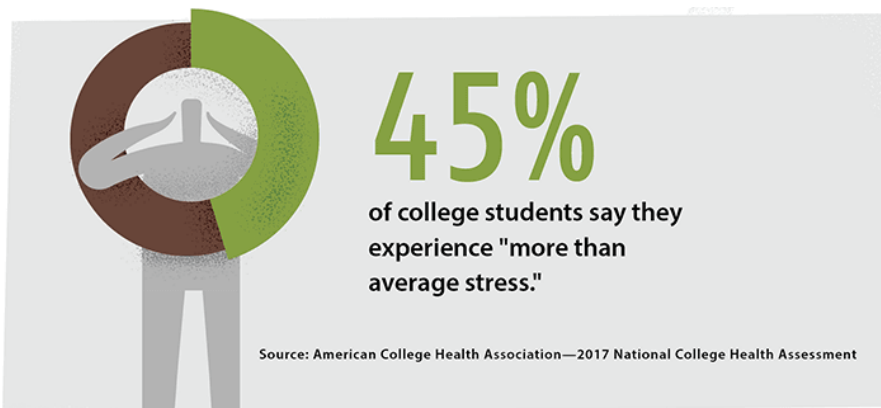


MAY 2019

FEELING STRESSED OUT?

YOU'RE NOT ALONE

Students are busier than ever before. Juggling school, friends, and everything else can lead to stress. Stress can fester into headaches, stomach pain, exhaustion, and difficulty sleeping. It can also lead to depression, restlessness and irritability. There are many different type of ways to combat stress, both healthy and unhealthy. More and more students are feeling the pressures that come with attending college.



With finals next week stress is at an all-time high. Healthy techniques like mindfulness, mediation, exercise and taking you-time are some of the best ways to beat stress. Continue reading to find out even more ways to de-stress, services on campus that can help you achieve academic success, and how to get good sleep during finals week!



NURSE'S NOTE

Abigail Fontaine, RN; BSN

The end of another academic year often means an increase in uncertainty and stress, as change is inevitable.

This does not have to be a negative impact on your life! Embrace the change and recognize that the campus community is behind you, offering support through many means.

Please take the time to take care of yourself! A successful end to the semester involves ensuring you take the time to exercise, eat healthy, and get adequate sleep.

If you are graduating congratulations and good luck on all your future endeavors. Additionally, please stop by the office for a copy of your immunization records, many employers are now requesting copies.

Be safe, and enjoy the summer!

Nurse Office Hours:

7:30 am – 3:30 pm
Monday — Friday

Physician Hours:

9 am – 12 pm
Tuesday & Friday

WAYS TO BEAT STRESS

OUTSMART STRESS FOR SUCCESS

1. Plan ahead!

- Take time to set out a loose schedule of what needs to be done. This way you can build your task list in an order that works for you. Maybe you need to often switch up what assignment you're working on; knowing what works best for you will help you stay stress free.
- Have a Plan B. You never know what can happen during finals week. Always make sure to click SAVE often in a document you're working on. For added security, put important documents on a backup flash drive.

2. Take Breaks Often!

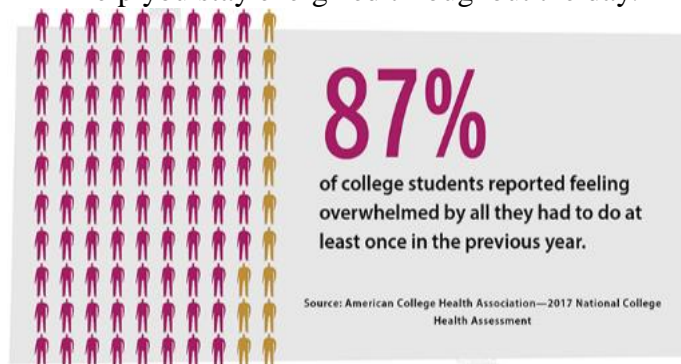
- Taking a break gives your brain a chance to recover and helps boost your productivity!
- Do not spend all day in the library! Instead, get away from your desk every half hour or hour and walk around.

3. Get outside and exercise!

- Now that the weather has warmed up, use the opportunity of your regular breaks to be outside. Getting a chance to soak in some Vitamin D will ultimately boost your energy level, and your mood!
- Hammock with friends at The Point, take a new path at the VIC; or head to the Fitness Center!
- Just doing some toe touches or jumping jacks during study breaks will allow your body a moment to stretch and decompress.

4. Eat Healthy, but also Treat Yo'self!

- Fight finals snack cravings. As much as those pastries from the bakery are delicious, over indulging can lead you to stressing out about the wrong things.
- On stressful days, it's a smart idea to graze on snacks. That way your metabolism will help you stay energized throughout the day.



5. Stay positive!

- Using guided mindful meditation videos from YouTube or writing your daily goals in a journal can help you get in the right mindset to stay positive and on top of your work!

6. Listen to your body!

- Chances are if you need a break, your body will tell you. Pushing yourself to the extreme will only leave you more burnt out for the next task. If you feel yourself getting sluggish and begin to procrastinate, it might be time for a break.

7. Talk about it!

- We have a whole section below on people who you can speak with about your stress! They can not only help you out, but you'll feel better once everything is off your chest.

NEED A HELPING HAND?

CAMPUS RESOURCES YOU CAN TURN TO:

1. Academic Success Center (ASC)

The support staff in the ASC are there specifically to help student's stay on track with all aspects of their academics. Below are some, not all, of the support services that ASC offers to Students. To learn about these, and other services not listed, you can click [here](#) to be redirected to the ASC homepage.

- Academic Coaching – Privately meet with an Academic Success Counselor to address academic stresses and concerns. They can provide you with the strategies and resources needed to help you succeed.
- Writing Center – have a big research paper that you're not feeling too confident about? You can submit your work to the Writing Center Dropbox (~1 week in advance) and have them give you edits within two days' time. You also can have the chance to have a follow up meeting in person to go over the edits.
- Tutoring – Did you know, Individual and small group tutoring are available for most PSC classes? Tutors are also students who are trained to help you learn and improve your understanding of course material, and teach you new study techniques or problem solving strategies that have also helped them.

An accurate representation of me



2. Professor of the class you're stressing about

It may seem obvious, but having a meeting with your Professor can be beneficial. If you've been struggling in a class and haven't asked for help, you might lead yourself to believe the Professor doesn't care about your success. But that's not true at all. At the end of the day, all Professors want is their Student's to succeed.

Giving your Professor an opportunity to work with you, and build a strategy for your success in their class will help you create dialogue for later courses with them, and give you more confidence to ask for help in another class with another Professor.

3. Your Advisor

Usually, you have had or are having a class with your Advisor, therefore you should already have a dialogue established with them; so feel comfortable in approaching them for help! Your advisor should know of all the great academic support services out there, and can supply options when you are unsure of your next move. Advisors can review your academics and give you direction on assignments, classes and overall college advice.

4. Counseling and Peer Educators

The Counseling Office offers more than just private counseling with two Licensed counselors. Their office has a massage chair and a weighted blanket that are always available to use when the office door is open.

If you just need to vent, and don't need private counseling, there is always someone at the desk or a Peer Educator in office to chat with.

5. Your Resident Assistant!

Your RA understands exactly the stress you're going through. Not only have they been in your shoes; they are currently in the midst of finals too. Having another Student that is willing to listen and acknowledge that your stress is valid is sometimes all you need. RA's can offer insight and advice from their own academic experiences and share their own academic stress. It is an opportunity to connect with your RA; however please be kind to their schedules, they are also busy and stressed out themselves! There are so many other great academic support services on campus, if you find your RA is busy, ask them where they would go for academic support if they were in your shoes!

6. Accommodative Services

Do you have a disability or a major impairment that limits your normal functionality? Then you may be able to opt for certain accommodations to better yourself come test time. However, at this point in the semester it is unlikely to gain these accommodations. If you believe you may qualify and would like to learn more for next academic year email Roxanne McCarty at rmccarty@paulsmiths.edu.

To initiate recognition and consideration as a student with a disability, students should:

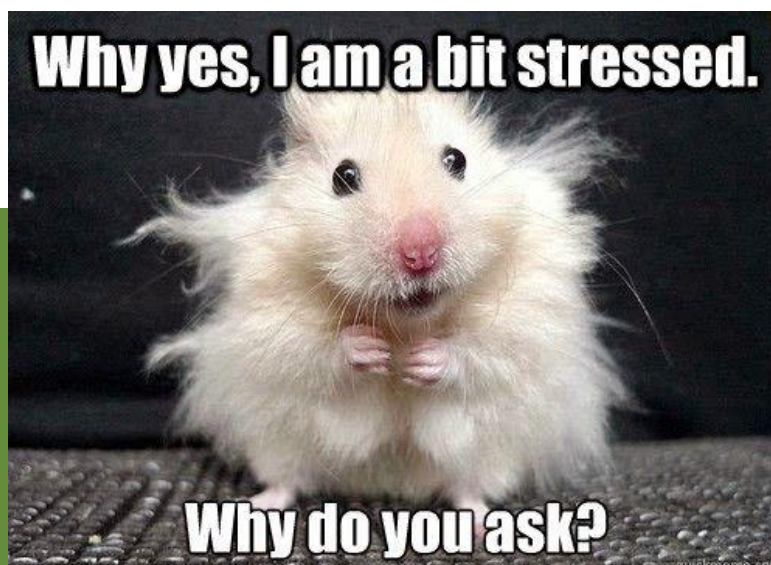
- Self-disclose their disability by contacting the learning specialist.
- Request accommodations.
- Submit appropriate documentation to verify eligibility. Eligibility is determined on an individualized basis and is based upon documentation of a disability that currently substantially limits some major life activity.

All services are completely voluntary, and it is the student's responsibility to request them. Students are encouraged to identify themselves early to ensure timely accommodations.

7. Health Services

Health Services is not your best option for academic support, but we are available to help out with any physical stress you're dealing with.

You can't focus on your academic wellbeing when your physical wellbeing is suffering. If you've been under the weather, dealing with allergies, stressed about your status; or anything else that is impairing your ability to function do not hesitate to stop into Health Services. We will do our best to help you, and redirect you to any other support services that you may need.



SLEEP IS KEY

HOW TO GET GOOD SLEEP WHEN YOU'RE STRESSED OUT

It can be hard to sleep when your mind might be racing constantly; or you might be overloaded with work and feel like you don't have the time. Using the strategies from the section 'Ways to Beat Stress' in conjunction with these sleep strategies you should be able to get a good night sleep while you're stressed.

More sleep not only improves memory, it also increases the likelihood of an improved mood and better grades. If you are feeling tired and irritable during the day and are sleeping more than 2 extra hours on the weekends then you are probably not getting enough sleep.

Lack of sleep can seriously affect your academic performance, physical health and mental health.

A lot of Student's decide to forego sleep, and instead choose stay up to cram for a test or finish a paper. This can be counterproductive. Sleep allows the brain time to organize, sort and store information; if you do not sleep enough hours your brain will not have a chance to for that process to occur.

To improve your sleep during finals, try these tips:

- Sleep a consistent amount of hours each night
- Avoid caffeine (soda, coffee, energy drinks, and chocolate) 3 - 4 hours before bedtime
- Finish eating 2 - 3 hours before bedtime
- Cease screen time shortly before bed, and do not bring a phone or laptop into bed with you
- Sleep in a dark, quiet and comfortable environment

DID YOU KNOW WE DO PHYSICALS?

TRIPS, SPORTS, JOBS...OH MY!

Have a job or trip coming up over the summer that you need a physical for? We can help! Our visiting physicians can complete a physical for you as long as it does not require additional testing we cannot complete in office. Read over your paperwork, and if you have questions about whether or not it can be completed in Health Services, call the organization you're getting the physical for; or stop in so we can take a look at it.

If you are going to be a Student Athlete in the fall, you can receive your sports physical from our office. Feel free to let us know if you'd like to be scheduled before the end of this semester to have yourself squared away in the fall. Or look out for an email from our office closer to the beginning of the fall semester to find out when the first physician day will be on campus.

For more information on reducing stress, remaining on top of schoolwork, and staying sane during finals visit any of our article sources!

Paul Smith's College: Accommodative Services, Academic Success Center, Counseling Center; **Images:** pinterest.com; **American Academy of Sleep Medicine:** <https://aasm.org/college-students-getting-enough-sleep-is-vital-to-academic-success/>; **University Health Center at the University of Georgia:** <https://www.uhs.uga.edu/sleep/>

Contact us:

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Visit our [website](#).

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