

## A Safe and Healthy Beginning to a New School Year!

The 2017-2018 academic year is here, and the Student Health Center personnel are ready to help you with your health care needs. We encourage students to come to the health center to become familiar with the location and the services we offer.

College is full of exciting new experiences, from meeting new people to being responsible for your own decisions, actions and care. Taking responsibilities for your own health care may be one of those totally new experiences for many of you.

You must now make decisions to protect your health and decide what you should do if you become ill.

Following are some tips to keep you healthy while away at school:

- **Be familiar with the services offered at the health center.** If you're ill, call the Health Center in the morning, as soon as possible, to schedule an appointment to be evaluated by the nurses or if you have any medical question, call one of the nurses [735-8889/5644].
- **Safety in the classroom.** Stay focus with work at hand; avoid distractions; follow class safety rules at all times. [In case of injury, inform your instructor as soon as possible]
- **Get enough rest.** Lack of sleep is associated with a number of chronic conditions. Students who work and/or study for long hours may experience episodes of sleep deprivation manifesting itself by: daytime sleepiness and sluggishness, difficulty concentrating and making decisions, poor school performance, depressed moods, problems with relationships and the tendency toward "catching" many of the various viral illnesses.
  1. Avoid stimulants like caffeine, nicotine, chocolate, sodas — the caffeine in these substances often take eight hours to wear off fully.
  2. Have a good sleeping environment — get rid of anything that might distract you from sleep, such as noises, bright lights and bed partners!
  3. Develop and stick to a sleep schedule. Go to bed and wake up at the same time each day — and even on weekends.
  4. If you have trouble sleeping, see one of the nurses.
  5. Don't pull all-nighters!
- **Get physically active.** Be active for at least 2 ½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles. Find something you enjoy, such as jogging, running, dancing, and/or sports.
- **Eat a balanced diet.** Fruits and veggies are a natural source of energy and are one of the best "eat on the go" foods. Be sure to eat regular healthy meals to help you maintain your energy level; drink lots of water. If you have concerns about weight gain or loss of appetite, make an appointment to speak with the Health Center counselor.
- **Take care of your mental health.** Everybody has the blues, feels anxious. Loses interest in things or gets stressed sometimes, but when it continues for a long time or interferes with daily activities, it may be more serious. If you have a concern, come to the Health Center or contact us at 735-8889/5644.
- **AVOID SUBSTANCE ABUSE!** Some college students experience significant pressure to use alcohol, drugs and cigarettes, especially when trying to make friends and become part of a group. Most students are aware of the problems associated with or caused by these substances. If you have concerns about how to avoid these substances or how to discontinue use of these substances, contact the Health Center for help.
- **Healthy relationships increase our self-esteem, improve mental and emotional health, and help us have fuller lives.** You should feel loved, respected and free to be yourself. Friends are an important source of support and advice. They play a powerful role in shaping attitudes, beliefs and behaviors. Feeling scared, humiliated, pressured, or controlled are all signs of an unhealthy relationship. Sexual violence is a serious problem that affects millions of people every year. Men and women can be victims of sexual violence. If you have any concerns, questions or fears, contact any number of people on campus to help you: the Counseling Center, the Health Center, Student Support Office and Accommodative Services! The important thing is to get help!
- **Last but not least,** wash those hands frequently! This is the number one measure to decrease the number of germs that come into contact with your mouth and subsequently your body. If you can't wash those hands, use a hand sanitizer to keep your hands clean.

These are a few tips to keep in mind in order to remain healthy. You will still get colds and various viral bugs; they're unavoidable when spending so much time in large groups of people. But, if your body is healthy and strong, you'll be able to fight off the germs without developing serious secondary problems or infections.

From GCC Health Services Center, our very best wishes for a healthy, safe, and academically successful school year!

Emma Roque Bataclan, BSN, RN

Eva Marie Mui, LPN

Genevieve Mesa, Administrative Assistant

[www.bloomu.edu/health/tips](http://www.bloomu.edu/health/tips)