



THE STRESS EXPRESS

It's that time of year again when people jump on the bandwagon and go back to school. With the change of routine, and hours of homework assigned, stress levels can start rocketing up to the sky. Stress is the body's response to an overload. Try to avoid the stress express by prioritizing activities in your life, controlling procrastination, and managing your commitments. There are ways to get rid of stress. Yoga, stretching techniques, imagery, and positive thinking all have beneficial effects on the brain. Take an active role in managing your stress levels. Stress can result in a whole smorgasbord of unwanted effects. Tension headaches, depression, high blood pressure, obesity, and sleeping problems are just the beginnings of being too stressed out. So avoid stress as much as possible!

Lunch and Learn: What's Your Calling?

Explore Your Career Calling at the Pathways Lunch and Learn on **Monday, September 21, from noon-1pm**, in the President's Conference Room (2nd floor of the Union). Bring your lunch and learn about the career choices of a Pathways student and faculty member. You'll also start mapping your own career progression. Whether you're a student just starting your career or a staff/faculty member wondering what's next, come explore your vocational calling with us!

I Think I might have H1N1 (Swine Flu) What Should I Do?

DO NOT Go to Health Services. Instead, call Health Services right away (x5306) to receive instructions. After hours contact Safety and Security x5999.

Fever of at least 100° F (38° C) *and* any of the following symptoms: Cough
Sore throat
Runny nose or congestion
Headaches
Chills
Fatigue
Diarrhea
Vomiting

Cover coughs and sneezes with your arm or a tissue. Don't sneeze into your hands! Properly dispose of the tissue.

Wash your hands often with soap and water or alcohol-based cleaners, especially after coughing/sneezing.

Avoid touching your eyes, nose, or mouth. Germs spread this way.

Avoid close contact with sick people.

Do not pick up used tissues, share eating utensils, bedding, or other items with someone who is coughing/sneezing.

H1N1 Is Highly Contagious

The viruses spread person-to-person via uncovered coughs and/or sneezes.

Infection also is possible by touching things containing flu viruses (like door knobs) and then touching your mouth or nose.

Good hygiene is your best defense.