



Stay Well, Manchester College!!



Toilet Talk

“Rule Number 1 is, don’t sweat the small stuff. Rule Number 2 is, it’s all small stuff. And if you can’t fight and you can’t flee, flow.” –Dr. Robert Eliot, Professor of Cardiology, U of Nebraska

“The process of living is the process of reacting to stress.” This quote, by Dr. Stanley J Sarnoff, a physiologist with the National Institute of Health, embodies an important concept that we all must keep in mind in the upcoming weeks. As finals approach, stress levels peak. More papers are due, homework seems to pile up, and the anticipation of exams weighs down on our shoulders. Listed below are some common symptoms of anxiety and personality types most often associated with anxiety.

Common symptoms of anxiety

- Nervousness
- Rapid heart beat
- Dizziness
- Panicky feelings, panic attacks
- Increased boredom and fatigue
- Problems eating or sleeping

Personality types linked to anxiety

- Extremely analytical
- Emotionally sensitive
- Over reacts
- Sensitive to criticism
- Low self-esteem
- Sensitive to negative stimuli

Controlling

- Obsessive thinking
- Inner nervousness
- High expectations
- Easily irritated
- Worrier
- Hypochondriac

Short-Term ways to handle stress

- (1) *Relax where you are.* Make yourself comfortable, and take a few deep breaths.
- (2) *Take a break.* Get some exercise or fresh air, or go somewhere private and yell or cry.
- (3) *Ask yourself whether it’s worth being upset over the situation.* YOUR reaction to a situation is up to YOU!
- (4) *List all the things you think you need to do right away.* Organization is the key; procrastination only makes things worse.

Long-Term ways to handle stress

- (1) *Seek your own stress level.*
- (2) *Choose your own goals.* Don’t live out choices others have made.
- (3) *Become part of a support system.* Let friends help you, and help your friends.
- (4) *Think positive.*
- (5) *Make decisions.*
- (6) *Keep your expectations realistic.* Don’t expect perfection from yourself or others.
- (7) *Accept what you cannot change.*
- (8) *Anticipate potentially stressful situations and prepare for them.*
- (9) *Live in the present.* Learn from the past and move on.
- (10) *Manage your time.*
- (11) *Take care of your health.*
- (12) *Take time for yourself.* Find time to relax, if only for a few minutes, every day. **Remember**, MC has great counseling services!

Call us at ext. 5306, or stop by the office on the first floor of Calvin Ulrey.

Quick Alcohol Fact: Only time can sober up a person. Alcohol leaves the body of virtually everyone at a constant rate of about 0.015 BAC per hour. Thus, a person with a BAC of 0.015 would be sober in an hour. A person with a BAC of 0.15 would take ten hrs. This is true regardless of age, sex, weight, and similar factors. Source: www2.potsdam.edu

Brought to you by Health and Counseling Services.

Sponsorship provided by Mental Health Association and AACTION (Against Alcohol, Controlled substances, and Tobacco In Our Neighborhoods).