



Stay Well, Manchester College!!

Issue 19



Toilet Talk

The SOS : Season of Stress

It's the season of abundance: food, family, good cheer, and...stress. Before one can actually enjoy the holidays, one must deal with the stress surrounding this time of year: projects, presentations, finals, and travel, to name a few.

Stress is the physical, emotional, or mental response to change and it is an inevitable state, but there are methods to handling stress in a healthy, productive manner.

Begin by trying to relax where you are (considering the place where you are reading this, you already have a very private area). Close your eyes and take a few deep breaths, breathing in through your nose and exhaling through your mouth. Do this several times but stop before you become light headed.

Next, make a list of the things you need to do. Although this may seem overwhelming at first, begin to prioritize the list from the most urgent to the least urgent. This will allow you

to clear your head as well as add or eliminate things from the list.

Another way to relieve stress is to find a good outlet. Stress makes you feel as though every second counts, but take a five minute break to walk around, talk with a friend, or grab a snack. Do something to temporarily remove yourself from the environment that is causing your stress.

Some common habits that occur during stressful times include loss of sleep and over or under eating. Be sure to stay aware of your stress habit. The right amount of sleep (6-9 hours) is especially important. Not only will it keep you from looking like a zombie, but it will increase your academic performance, help reduce illness, and enable you to better cope with stress.

If you feel that your stress has become too overwhelming, call Health and Counseling Services to schedule a time to chat about your problems.

American College Health Association



Up and Coming Events

- Dec. 9- MAC Massage Therapist 12-6 pm.
- Dec. 11-Dec. 14 Final Exams

Remember to add 5 TGIF points for every half hour of aerobic exercise or strength training.



Gary's December Energy Conservation Tip

- Turn off your computer and monitor when not in use.
- Take shorter showers
- Wash only full loads of laundry



Scrub a Dub-Dub to Ward Off The Common Cold

Fighting the common cold has never been easier than picking up a bar of soap. Wash hands frequently, including after bathroom use, before preparing and eating food, and especially when living in close quarters with other people who may be ill. Scrub hands with soap in warm water for approximately 10-15 seconds before drying with a clean dry towel. Hand washing is one of the best ways to avoid transmission of pathogens leading to the common cold.