

# Mercer Healthy Living at the Lake



A monthly publication of Mercer Health for WSU Lake Campus

September 25, 2020



## “Try This”

### Tip of the Month

Do you ever feel overwhelmed by negative thoughts, fears and “what ifs?” If so, TRY THIS:

- 1) Change your inner monologue. When you start to recognize repetitive negative thoughts, flip the script. Instead of thinking “what if this goes wrong?” say out loud “what if this goes right?”
- 2) Just breathe. When you start to recognize negativity taking the forefront, stop and just breathe to break the cycle.
- 3) Begin each day with positivity. Write down a positive self-statement (“I am strong,” “I can do hard things”) when you wake up in the morning in the space below for 10 days.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

*You did it!*

## Welcome back to the *Lake Campus*

Welcome back to school — and to the first edition of Mercer Healthy Living at the Lake! This publication, written specifically for WSU-LC students, will focus on resources for physical, mental and emotional wellness.

Whether this is your first year at the Lake Campus or you're a seasoned pro at college life, there's no doubt that this year looks different than what you expected. It can be easy to fall into a cycle of negativity, feeling like you're missing out on the experience you envisioned. While it's normal and healthy to feel those feelings, we want to make sure that you're not stuck in that negative space. A common theme throughout this publication will be caring for yourself in many different ways — nourishing your body with healthy food and exercise, making safe choices, managing anxiety and stress, coping with the struggles you're facing and finding and focusing on the positive.

In busy times, like the start of a new semester of college, wellness is often one of the first things to be pushed down the priority list — and these are the times when we need to focus on it most! Each month, you will find simple, practical tips for improving your physical, mental and emotional wellbeing that you can easily incorporate into your busy every day lives at the Lake!

## Stay active

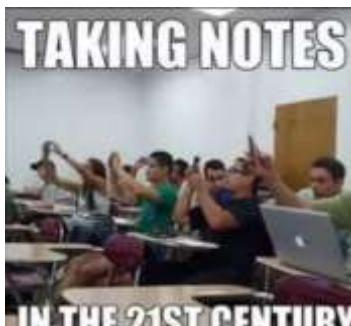
It can be hard to find time for exercise while juggling classes, homework, a job and other responsibilities. Incorporating physical activity into your day doesn't have to be complicated or take tons of time. If you don't have an hour to set aside to go to the gym or hit a workout class, try these tips to incorporate more movement into your daily routine:

1. Get those steps in. It's as simple as it sounds — and you don't need an activity tracker. Just get up and walk! Take a break every 30 minutes or so from studying or homework (your eyeballs will thank you for the break from your screen, too!) or get 5-10 minutes of walking in between classes.
2. Try an online workout. There are so many great resources online — most of them free — for guiding you through a quick workout. No equipment? No problem. Find a body weight only workout or a yoga class.
3. Stand while you work (or listen to a lecture or study). Instead of lounging in bed or on the couch, find a workspace that lets you stand.
4. Make chores part of your workout. Need to mow the yard? There's your work out! Need to dust and mop?
5. Dance party! Sometimes you just need 10 minute break — blast the music and bust a move. Get your heart rate up and bring on the endorphins!

## Sometimes *laughter* is the best *medicine*

Option A: 567.89  
Option B: 455.78  
Option C: 0.3467  
Option D: 0.7743

My calculator: **Abraham Lincoln**  
Me:



## Safety Tips from Mercer Health's Emergency Department

When it comes to personal safety, in today's world college students must be vigilant and aware of their surroundings. College drinking comprises of 1,825 deaths from alcohol-related unintentional injuries, including motor-vehicle crashes. Assaults while drinking encompasses of 696,000 students and 97,000 students report sexual assaults.

### What is "binge drinking?"

Many college alcohol problems are related to binge drinking. Binge drinking is a pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08 g/dL. This typically occurs after 4 drinks for women and 5 drinks for men—in approximately 2 hours. Drinking can pose serious health and safety risks, including car crashes, drunk-driving arrests, sexual assaults, and injuries. Over the long term, frequent binge drinking can damage the liver and other organs.

### The most ideal plan is to not partake in alcohol.

However, if you are going to, have a plan before you start go out for the night. This includes making a plan for how you are going to get there and back safely, deciding on a designated driver, and setting a limit for how much you plan to drink.

Again, not drinking is the safest bet. But if you are going to drink — follow these tips to try to keep yourself and your friends as safe as possible:

- Choose safe and familiar settings in which to drink
- Drink with people you know and trust
- Always use a designated driver
- Learn how to say "no thanks" and "no more"
- Avoid ALL drinking games
- Eat something before and while you drink
- Avoid drinking while taking medications

## Grab & Go Healthy Snacks

Whether you've had a busy day and missed a meal, or you find yourself snacking to deal with stress, remember that snacks are okay! Try to pair together a carbohydrate and a source of protein at the same time. This will help you avoid a quick spike and drop in your blood sugar and help you stay full longer. Some good examples of pairings that are quick and easy to grab & go include:

- 1 oz low fat swiss cheese & 1 cup of strawberries
- 2 Tbsp hummus & 6 Triscuits
- 12 cheerios & 6 almonds
- 1/2 Tbsp peanut butter & 1 cup apple slices
- 1/2 banana & 10 pistachios
- 3/4 cup cherry tomatoes & 1 oz feta cheese

## Find the Good

*"We find whatever we're looking for. Look for the good."*  
— Al Fox Carraway Life has changed a lot of the last six months, and right now it can be hard to find the good. But it's there! If you look for it, you'll find it.

When something good happens to you (acing a test, landing a new job, making a new friend) or when you see something good happening around you, make a **mental note (or even better, write it down)**. When you're starting to feel negative—like maybe nothing is going right and everything in the world seems like it's spinning out of control, come back to that list of good things to remind yourself that there is good in the world—and to keep looking for it always.

## How to COPE

When we think of a person being "healthy," we often really only consider their physical health. Mental health is just as important—in fact, they're very connected. If you are struggling, make it a priority to take care of yourself just like you would if you were physically sick. Reach out to a friend; talk to someone about how you're feeling. Mercer Health now offers the Creating Opportunities for Personal Empowerment (COPE) program for patients up to age 21. COPE teaches coping skills, including positive self-talk, mental imagery, exercise, relaxation breathing and effective communication. If you would like to learn more, contact Mercer Health at 419-678-8446. **If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the National Suicide Prevention Lifeline is available 24/7 across the United States: 1-800-273-8255.**