"Try This"  
Tip of the Month

Do you find yourself constantly scrolling through social media—and the news just seems to get worse and bum you out more the deeper you dive? If you find yourself “doomscrolling,” TRY THIS:

1) **Marie Kondo your tabs and apps.** Cut down on your digital clutter (which can cause high levels of stress and anxiety). Delete social apps (it’s way less convenient to scroll through Facebook via the mobile site) and remove bookmarks to time sucks like Reddit.

2) **Turn off push notifications.** Turn off your alerts and set aside time to scroll (maybe five minutes for each hour of studying) instead of picking up your phone each time an app demands your attention.

3) **Do the good stuff on social media.** Send a friend a quick message, compliment someone on their latest photo, write a positive review for a business you just tried. Do the good stuff and you’ll feel the good stuff!

4) **Check your facts—and your gut.** Before you click on an article with a salacious headline, engage in a Facebook comment fight or share something sketchy, stop and check your facts. Also always remember, if in your gut it doesn’t seem “right,” it’s probably not.

How are you taking care of you?

Welcome back to Mercer Healthy Living at the Lake! This publication, written specifically for WSU-LC students, focuses on resources for physical, mental and emotional wellness.

As this semester kicks into high gear and the world around us still feels pretty upside down, we want to make sure that you’re taking good care of your own well-being. This edition of Mercer Healthy Living at the Lake focuses on recognizing how you’re feeling—physically and mentally—and taking action when needed.

As you take care of your growing to-do list—classes, homework, projects, work, family responsibilities—we want to make sure you are taking care of you, too.

Are you avoiding your health?

Sometimes we tend to avoid addressing health issues—have you ever made an excuse like you “don’t have time to be sick,” or it’s “just a sniffle” or you “can’t miss class or take off work?”

**Getting sick is never convenient, but taking care of yourself is worth the time.** If it is just a sniffle, a day or two of rest, plenty of fluids and treating your symptoms at home might save you time in the long run. Not to mention you will be keeping your germs to yourself!

If it’s not just a sniffle, you might be prolonging the inevitable—needing to go see a doctor for treatment. If you have a bacterial infection, like strep throat, you’ll be feeling on your way back to normal (and no longer contagious!) after 24 hours of antibiotics. The longer you wait to get checked out, the longer it’s going to take you to feel better.

**Now, more than ever, we need to normalize staying home from school/work when we’re not feeling well.** Even if you don’t have COVID, a sniffle for you could become serious for someone who is immunocompromised. Try not to take advantage of sick days—avoid using them when you just really want to hit snooze or when you maybe stayed out a bit too late—so that you don’t need to stress about missing class or work when you’re actually under the weather.

If you find yourself feeling ill, we have several convenient locations throughout Mercer and Auglaize Counties for primary care and urgent care services. You can find them online at www.mercer-health.com/locations. If you need help finding a primary care provider, contact us at 419-586-1655 or myhealth@mercer-health.com and we’ll point you in the right direction!

Wear your masks, wash your hands, keep your distance and stay healthy!
How stressed is too stressed?

Whether it’s classes, homework, projects, your job, your family—you are likely experiencing some type of stress. Some stress is normal—we all have stressful days. But when it begins to affect our daily lives, our relationships, our performance at work or at school, it’s time to think about finding positive ways to handle it.

This quiz, called the Perceived Stress Scale (PSS), helps you access your stress levels. Answer the questions below about your thoughts and feelings during the last month. The best way to take this quiz is to answer each question quickly—go with your gut. For each question, answer with a number 0-4:

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<tr>
<td>0: Never</td>
<td>1: Almost Never</td>
<td>2: Sometimes</td>
<td>3: Fairly Often</td>
<td>4: Very Often</td>
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1. In the last month, how often have you been upset because of something that happened unexpectedly?
2. In the last month, how often have you felt that you were unable to control the important things in your life?
3. In the last month, how often have you felt nervous and stressed?
4. In the last month, how often have you felt confident about your ability to handle your personal problems?
5. In the last month, how often have you felt that things were going your way?
6. In the last month, how often have you found that you couldn’t cope with all of the things that you had to do?
7. In the last month, how often have you been able to control irritations in your life?
8. In the last month, how often have you felt that you were on top of things?
9. In the last month, how often have you been angered because of things happened outside of you control?
10. In the last month, how often have you felt difficulties piling up so high that you couldn’t overcome them?

To determine your score, first reverse your scores for questions 4, 5, 7 and 8 (0=4, 1=3, 2=2, 3=1, 4=0). Then add up your total. My score: _______.

- 0-13 is considered low stress
- 14-26 is considered moderate stress
- 27-40 is considered high perceived stress

Mercer Health now offers the Creating Opportunities for Personal Empowerment (COPE) program for patients up to age 21. COPE teaches coping skills to help handle stress. If you would like to learn more, contact Mercer Health at 419-678-8446.

Local crisis hotline: 1-800-567-HOPE (4673) • Ohio text crisis line: Text 4hope to 741-741
National Suicide Prevention Hotline: 1-800-273-8255 • Local law enforcement: 419-586-7724
Local 24/7 Sexual Violence Helpline: 419-586-1133 • National Sexual Assault Hotline: 1-800-656-HOPE (4673)
National Domestic Violence Hotline: 1-800-799-SAFE (7233)
All calls are confidential.

Nutrition Hot Take

This nutrition tip is provided by our experienced and educated dietitians at the Mercer Health Center for Healthy Weight & Wellness!

Don’t worry—we’re not going to tell you to give up coffee. We can’t either! But calories can creep up quickly with your caffeine fix! Black coffee and unsweetened tea are great choices if you need a pick-me-up, but be mindful about what you add to them. With added sugars and flavored creamers or syrups, you could be drinking your next meal in calories (16oz flavored Frappuccino can be 400 calories or more).

Instead, try adding milk or a milk alternative to replace the cream and add extracts (like vanilla, cinnamon or caramel) to replace the syrup or sugar. When ordering a drink, identify which drinks add high calorie choices, like whipped cream, syrup or cream.

Sometimes laughter is the best medicine