



Welcome Newsletter

Students' Health Services Center
St. Thomas Campus
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Transition to College -Taking Care of Yourself

Leaving for college marks a major transition in most students' life; leaving home, leaving high school, leaving old friends can become very stressful. Arriving to college signifies momentous changes; exploring a new place, making new friends, learning new things, and making your own decision. The more you are prepared is the more ready you are to confront new pressures. College can be hard; the courses are at a higher level than high school and materials are presented at a faster rate. Give yourself an opportunity to adjust gradually to the new academic demands. Look for courses that will be harder and others that will be less intense. In other words, you want to balance your classes and not choose all difficult classes together.

You are responsible for managing your money and taking care of your health. Getting enough sleep, eating well, and generally taking care of yourself, will give you enough energy to enjoy what college has to offer without having to be stressed and burned out. Let us look at some points to better help you take care of your health.

Find Time for Sleep

- Sleep is often overlooked, but it is very important.
- Try to get at least 6-8 hours of sleep nightly.
- The mind/body rejuvenates at rest and enough sleep will help you feel refreshed and relaxed in the morning.



Eat at Least 3 Meals a Day

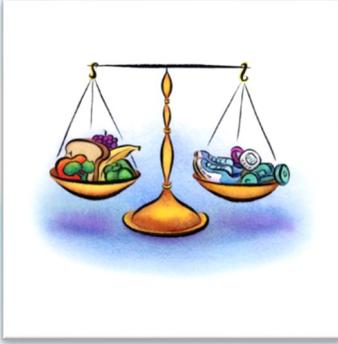
- Work in healthful snacks such as fruits and vegetables between meals. This will keep your blood sugar stable.
- You can eat foods such as peanuts, raisins, carrots etc. These foods will give your body the vitamins it needs to function.
- Don't forget to eat breakfast. Most important meal of the day. It gives you energy you need for morning



Exercise is Important

- Exercise keeps the body relaxed and stress free.
- Exercise releases the toxins that build up during stress.





Transition to college...

Fun/Relaxation

- Find time to relax.
- Do something that you enjoy at least once a week to help keep your mind relax and reduce stress.

Connect with loved ones

- Take some time each week to connect to the people who matter the most to you.
- Call a friend you could talk to.
- Talk to counselors with whom you can discuss personal concerns.
- Visit the Health Services to see the nurses or the physician if you have or suspect a medical problem.

Avoiding the FLU

Getting sick is not fun; it only makes you miserable. Getting the flu can make you feel even more miserable. It can lead to pneumonia and other infections. The flu can make you miss work and school. Although it might not be possible to avoid all illnesses, there are steps you can take to lower the risks of getting them especially the flu.

1. **WASH YOUR HANDS:** Our hands pick up germs from all places. You get sick when you touch an infected surface and then touch your mouth, eyes or nose.

Hand washing remove germs on your hands that can make you sick. Washing your hands take away germs that cause colds and flu, Hepatitis A, Meningitis, infectious diarrhea, pink eye and other infections.

2. WASH YOUR HANDS OFTEN

- a. Wash your hands before, during and after cooking or preparing food
- b. Wash your hands after you cough, sneeze or blow your nose
- c. Wash your hands before eating
- d. Wash your hands after using the bathroom or changing a baby's diaper
- e. Wash your hands when you are in close contact with someone who is sick.
- f. Wash your hands after touching animals or handling their waste.
- g. Wash your hands when they feel or look dirty.
- h. Wash your hands.....



If you get sick, please stay home and rest. Drink plenty fluids. Taking cold medication may help reduce fever and body aches. Vitamin C will help boost the immune system to help your body fight against the flu. Everyone should consider taking the influenza vaccine. Please consult your health care provider before taking the vaccine for any contraindications you might have to taking this vaccine.

References

Calhoun, N (2006). Avoiding the flu to avoid colds, flu and other infections. Journey Works Publishing: CA

