

Depression

...It's more than feeling down in the dumps or blue for a few days. It's feeling down, low and hopeless for weeks at a time.

Signs & Symptoms

- Persistent sad, anxious or empty mood.
- Feelings of hopelessness or pessimism.
- Feelings of guilt, worthlessness or helplessness.
- Loss of interest or pleasure in hobbies or activities that were once enjoyed.

Staying on Track

...There are lifestyle changes you can make to help reduce the stress that can trigger depression:

- Make time every day to prioritize your work, which can give you a sense of control over what you must do.
- Plan your work and sleep schedules and avoid all-nighters.
- Joining an extracurricular activity can help you to meet people interested in the same things you are.

Karaoke!

Thursday, April 1st. 8pm-midnight. Hewitt Union Ballroom.



Toilet Talk

March 26, 2010

Emotional Wellness

Did You Know...

...Counseling services are available to SUNY Oswego students free at the Counseling Services Center, located in the Mary Walker Health Center. Professional services are offered to help deal with the real stressors of college life and the personal transitions you may be experiencing. Students also come to the Counseling Center to learn new emotional, social or decision making skills that can improve academic performance, and provide continued lifelong benefits.

Answer to Last Week's Question:

Thirty four percent of students have felt depressed at some point in the past three months, 13% have been diagnosed with a mental health condition and 9% have seriously considered suicide in the past year.

Easy Tip on Living Laker Green:

Have you ever been ridiculed for your green efforts? Well, the joke, and responsibility, is now on them. All those little actions can make a difference and if more people joined in, the USA could cut it's carbon emissions by 15%!

Question of the Week: According to the Pew Research Center's Internet & American Life Project, what percent of 800 teens polled said they had received explicit images?

Events of the Week:

Monday, March 29th: Mind Reader Robert Channing. 8:00pm. Campus Center Auditorium. Free!

Wednesday, March 31st: Resume Workshop. 12:40pm-1:35pm. Campus Center 136. Free!

Questions? Comments? Suggestions? Get Involved. Give us a call! 312-5648 Or email lifestyle@oswego.edu



Download Toilet Talk online! Visit www.oswego.edu/lifestyles and Click on the Toilet Talk link.

Words to whiz by...

"You can't sweep other people off their feet if you can't be swept off your own."

- Clarence Day

Anxiety

...Unlike the relatively mild, brief anxiety caused by a stressful event, anxiety disorders last at least six months and can get worse if they are not treated.

...Each anxiety disorder has different symptoms, but all of the symptoms cluster around excessive, irrational fear and dread.

Suicide

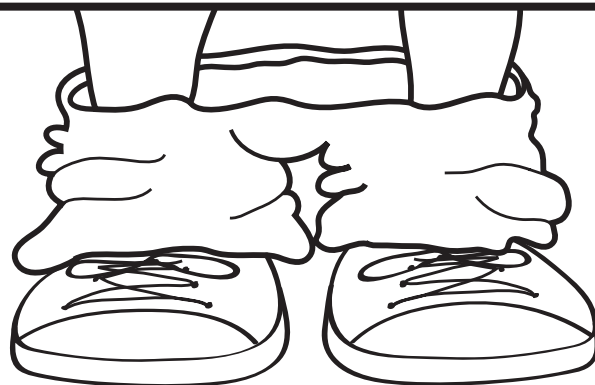
...Risk factors for suicide include:

- Depression or other mental disorders.
- Substance abuse.
- Prior suicide attempt.
- Family history of mental disorder or substance abuse.

Get Help!

- Counseling Center: 312-4416 (FREE for students).

- National Suicide Prevention Hotline: 1-800-273-TALK(8255)



Lifestyles

Walker Health Center
SUNY Oswego
(315) 312-5648
lifestyle@oswego.edu

a center for healthy choices

Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistant Jenna Bernardelli, Intern Chris McPherson and Peer Educators Brianna Daley, Deanna Drexler, Chelsea Giaraffa, Mary Hankin and Jessica Raghunanan.

Sources available upon request.

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