

What is Stress?

-Stress is the feeling created when we react to a particular event. It is the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina and heightened alertness.

-Distress: A negative stress that causes feelings of discomfort and unfamiliarity. There are two types of distress. Acute stress is intense and comes and goes quickly. Chronic stress is prolonged.

-Eustress: Stress that is healthy or gives the feeling of fulfillment.

Top 5 Reasons College Students are Stressed

1. Relationships
2. Roommate Conflicts
3. Time Management
4. Academics
5. Finances

Ways to Decrease Stress

-Say "om:" People who practice Buddhist meditations significantly decrease stress and blood pressure.

-Go to sleep early or take a nap. A recommended eight hours of sleep helps the body recover from the day's stressors.

-Drink black tea.

-Hang out with friends that you know will make you laugh.

-Schedule a massage.

-Chew a piece of gum.

-Make an iPod mix. Music can have a calming effect on the brain.

-Take a walk.

-Reduce your caffeine intake.

-Practice better time management.

-Eat a balanced diet.

-Enjoy aromatherapy.

Toilet Talk

April 1, 2011

Don't Worry. Be Happy.

Did You Know...

...Laughing has positive effects on both emotional and physical stress?

...Connecting with others on a regular basis is important to emotional well-being?

...It is important to have some time by yourself each day to quietly reflect on the day's events and to plan for the future?

...Wellness is ultimately about finding the answers in you?

...Exercise lifts moods and generally enhances quality of life?

...If a person is engaged in the process of emotional wellness they will take on challenges, take risks and recognize conflicts as being potentially healthy?

...Emotional wellness helps people to express feelings freely and manage feelings effectively?

...Research has shown that dark chocolate reduces stress hormones such as cortisol and other fight/flight hormones?

...The top 3 most stressful cities in the U.S. are Chicago, Illinois, Los Angeles, California and New York.

Easy tip on Living Laker Green:

If you make a mistake on a piece of paper, don't throw it out. Use it as scrap paper for brainstorming or for solving math problems.

Answer to Last Week's Question:

Blueberries, almonds, spinach, tuna, oranges, milk, bananas, sweet potatoes, brown rice and avocados are all good stress soothers.

Question of the Week:

How long should you brush your teeth for each time you brush?

Events of the Week:

-Saturday, April 9th: Prevent Child Abuse 5K held by the Jewish Student Union. Registration is in Hart Hall, from 1:30-2pm, \$5.00.

-Wednesday, April 6th: Big Tree: The Veggie Oil Tour. Put on by Students for Global Change and the Civic Engagement Coalition. Held in the Hewitt Union Ballroom at 6 pm. FREE!

-Young Invincibles, a national organization representing the interests of young Americans between the ages of 18 and 34, developed the Getting Covered Campaign to inform young adults and their families about dependent coverage, the provision in the new health care law that allows young adults to stay on their parent's plan until age 26. Download the Toolkit at www.YoungInvincibles.org/Toolkit.

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

Toilet Talk Back

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

Words to whiz by...

"In times of great stress or adversity, it's always best to keep busy, to plow your anger and your energy into something positive."

-Lee Lacocca

Generalized Anxiety Disorder

-Symptoms include anxiety and worry that is excessive and unrelenting.

-While normal worrying is completely healthy, the symptoms of G.A.D. can be detrimental and can cause many lifelong problems.

-Some signs that a person has G.A.D. include worrying that disrupts your job or social life, worrying that is uncontrollable and tending to expect the worst.

-Physical symptoms include muscle tension, aches, trouble falling asleep, stomach problems, nausea, jumpiness, edginess, restlessness and tiring easily.

Seasonal Affect Disorder

-Having episodes of depression and feeling moody during the fall or winter months.

-Symptoms decrease during the spring and summer.

-Causes may be very cold temperatures and lack of sunlight because it changes one's sleeping cycle.

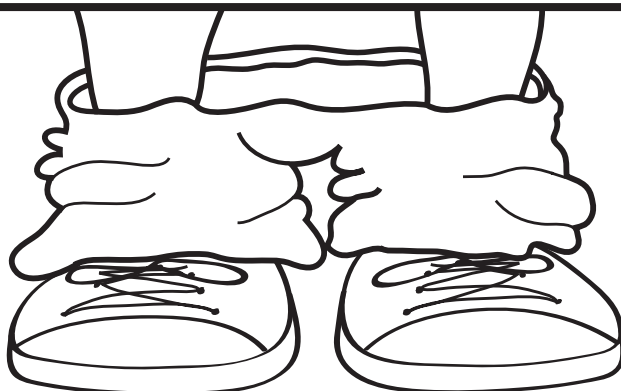
-Symptoms include fatigue, social withdrawal, lack of energy, weight gain, loss of sex drive, tiredness, increased sleep and loss of interest.

Resources

-SUNY Oswego
Counseling Center:
M-F 8:30 a.m.-4:30 p.m.
(315)312-4416

Lifestyles
AFTER DARK

Free coffee every
Thursday 7 p.m. in
the Lake Effect
Cafe.



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

Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistant Sara D'Addesio, Intern Mary Hankin and Peer Educators Veronica Kelly, Audrey Hinnant, Erin Marulli, Willmary Rose and Tamara Tingman.

Sources available upon request.
Watch for our ads on WTOP and digital signage!