Importance of Sleep

Do you know? A recent study at a local college confirmed that, “16 hours of sleep within 48 hours at the onset of cold symptoms reduces symptoms better and faster than virtually any other treatment.” Sleep is crucial for brain development. However, the average college student only sleeps an average of 6 hours per night, but the recommendation is 8.5-9.25 hours of sleep per night. In order to have a successful college career, it is important to make sure you are receiving the appropriate amount of sleep. Keep a regular sleep schedule and make sure you go to bed at the same time each evening. Always remember to avoid alcohol near bedtime. Alcohol will help you fall asleep, but it will cause you to awaken throughout the night.

Homesickness

Some tips to help with homesickness

😊 Allow yourself to feel homesick—If you feel homesick, give yourself a break and understand that your feelings are normal and not immature.

😊 Keep busy—Throw yourself into college life and you’ll find yourself missing home less.

😊 Make friends—It may take a while for you to meet people you truly bond with, but in the meantime, make an effort to meet as many people as you can.

😊 Get off to a good start with your roommate—You don’t have to be best friends, but you’ll feel a whole lot more at home in your room if you two get along.

 Communicate (in moderation) with your family—Call and email them and talk about how you are feeling.

😊 Talk to your RA—If you feel overwhelmed, stop by for a chat

😊 Decorate—If your room is cozy and comfortable, it will feel more like home.

😊 Give yourself time—It may take a semester or even more before you stop feeling homesick. It takes time to adjust to major life changes. Hang in there!

If you’re feeling overwhelmed and you would like to set up an appointment to speak with a counselor, please dial ext.1467 to set up an appointment with Dr. Kreider.

Nutrition

Don’t let fast food be your only hope! “Fruits and vegetables are a natural source of energy and are one of the best eat-on-the-go food,” CDC (Centers for Disease Control and Prevention). Instead of a cheeseburger, grab a fruit! You need a well-balanced diet in order to keep your energy level up! CDC advises college students to be aware; “cafeterias, buffets, and easy access to food 24 hours a day make it tempting to overeat or make unhealthy food choices.”
Exercise

“A strong body makes the mind strong.”

-Thomas Jefferson

Thomas Jefferson said it best, “a strong body makes the mind strong.” Staying active will not only benefit your physical health, but also your mental health. The CDC recommends at least 2 1/2 hours per week of physical activity. While this may seem like a large amount of time, remember that walking across campus, even to the Upland Center, and taking the stairs to your classes are all activities that counts towards your cardiovascular exercise. Here is a list of different places that you can utilize for your exercise routines. Grab some friends and take a walk on the track, located behind the Physical Education Center (PEC). The PEC also offers wellness classes to students, faculty and staff. Check out the web page for the schedule of classes that are currently being offered. Also located in the PEC building is a cardio workout center and a fitness studio on the ground floor and a weight room outside of the gymnasium. There are some great walking trails in the area. Take a walk through Angelica Park or Nolde Forest. Head over to Gring’s Mill to enjoy a beautiful atmosphere as you walk on the trail. If you keep up with your physical activity, health will be in your control!

Meet & Greet

Ice Cream Social

Come and meet the staff of the Health & Wellness Center on the patio in front of our office in Veronica Hall.

*AUGUST 31st*
*1-3pm*

Learn what services we have to offer and enjoy some FREE ice cream!

Walk It Out Challenge

Mark your calendars for our 3rd annual Walk It Out Challenge! September 15th & 16th from 9:00am-4:00pm. The Walk It Out scavenger hunt will begin at the Health and Wellness Center and will require you to find people, places and objects both on and off campus. You can come to the Health and Wellness Center with your team anytime between 9-4pm. There will be prizes awarded to the team with the fastest time and to the team with the most unique photo for each day. A prize will also be awarded to the RA’s floor that has the most participants.

Come join us for an energizing walk!