

## ONLINE HEALTH NEWSLETTER

THE HEALTH-**E**

**REASONABLE  
RESPECTFUL.  
RESPONSIBLE**
*Georgia College Office of Health Promotion***Vaping Dangers**

Ansley Lamb &amp; Maggie Thomas

We have all heard that vaping is less harmful than smoking, but that does not mean that it is safe. The CDCD reported that there has been an outbreak of lung injuries associated with vaping, and that as of January 21, 2020 there was 60 deaths associated with e-cigarettes or vaping. 25% of Georgia College students reported using an e-cigarette or vape within the last 30 days. Here are some facts you need to know about how vaping affects you. The first is that vaping is still harmful to your body. Vaping devices heat nicotine, flavorings, and other chemicals to create aerosol that you inhale, which can be extremely harmful to your lungs. Second, research suggests that vaping is also bad for your heart. Nicotine is a toxic substance that raises your blood pressure and spikes your adrenaline, which increases your heart rate and the chances of having a heart attack. Third, they are very addictive, and are just as addictive as regular cigarettes. Fourth, vaping is causing a new generation to get hooked on nicotine. In 2015, the U.S. surgeon general reported that vaping/ e-cigarette use has increased 900% among high school students. Fifth, it not only costs you your health, but also your pockets. Buying vaping devices and pods/juice for the devices is pricey, and we all know that as college students don't need another thing to add to our costs. Listed below are some websites on how to quit vaping.

[teen.smokefree.gov](https://teen.smokefree.gov)
[communityincrisis.org](https://communityincrisis.org)
[therealcost.betobaccofree.hhs.gov](https://therealcost.betobaccofree.hhs.gov)

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Promotion


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Smoking and inhaling drugs can do so much damage to your body and can leave you with a lifetime of side effects.

Breathing in any kind of drug can cause lung damage, and as you do it more, there will be lasting effects and can damage to your body exponentially. People looking for a quick high might just inhale anything they can get their hands on, like paint or gasoline. These types of inhalants can give you permanent brain damage or even kill you. You may think getting high is the only way you can enjoy yourself when it is really the inhalants that are making you depressed in the first place. Inhalants can cause you to fall behind in school and mess up your whole life, they are not worth your future.

Smoking and vaping are just as bad. Smoking cigarettes can cause so many problems from cancer, to heart disease, stroke and death. You may think that vaping is safe or that it is not as bad as smoking cigarettes when in reality, you just are exposing yourself to a different set of chemicals that can cost you your health and life. Vaping can cause lung damage as well as harming brain development.

Trust me, your 'sick vape cloud' is not worth the damage you are doing to your body. There is no reason to risk your life for a little high, your life is much more important. Say no to vaping, smoking, and inhalants.

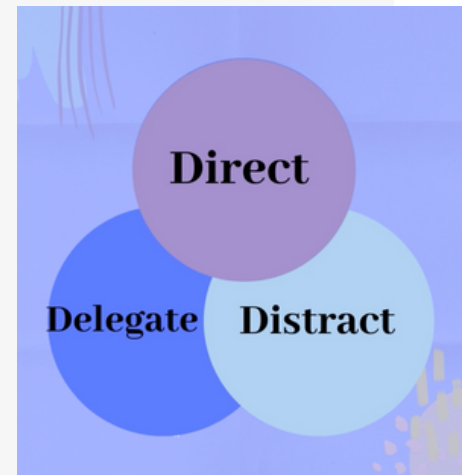


**VAPES THAT CONTAIN NICOTINE  
CAN EXPOSE A USER TO  
SIMILAR AMOUNTS OF NICOTINE  
AS CONVENTIONAL CIGARETTES**

Grace McDonald

Bystander intervention is important no matter where you are. It is important to be aware of your surroundings and be able to recognize a potentially harmful situation or interaction. Along with this, it is important to choose to respond in a positive way and take personal responsibility to help. If you are comfortable, involve yourself and take the person aside to address the person about the current situation. This may be easier if it is someone you know but if you do not, it is okay to find someone who does or also delegate with someone else to address the concerns. Interrupt and distract to redirect attention to something else. Remember to direct, distract, and delegate! Lookout for students during your time at GC and be mindful of your role as a bystander in other environments too!

## Do You Know How to be an Influential Bystander?



## Skin Care Anna Bedell

Your skin is your largest organ and it is actually extremely important to take care of it. Everyone should invest in a good skincare routine in an effort to protect the health of their skin.

Some of the key skincare products you need are:

A cleanser: this is what you'll use to wash your face and its important to use a product intended specifically for your face

Toner: to smooth, soften, and calm skin

Serum: to deliver essential ingredients like antioxidants directly onto the skin

Eye cream: to keep eyelids hydrated and elastic

Moisturizer: to hydrate your skin

Sunscreen: to block UV rays from the sun

Not all skincare products have to be expensive, you can shop around and find what you like all while researching and keeping an eye out for bad ingredients. Good skincare products are not hard to find just remember that you might have to go through a few products to find one that you love.



Elias Torres

## Weather & Fitness

As the weather begins to change over it is good to think of ways to bundle up while keeping up with your physical fitness. As many gyms still require face masks to workout in some altout at home or go outside. One big factor as we go into this November is that it is going to get progressively colder and sometimes that will deviate some of us to not want to go and workout so here are some reasons why you should stick with your workout routine in these coming winter months. First and foremost physical fitness is important and during this season the flu and cold are out and about and a little stimulation will help your immune system get a boost in protecting you from pathogens. Second Winter is a season where the sun isn't allowed as frequently as it may be in spring and summer so going out to workout helps gain vitamin D and a breath of fresh air. Third, cold weather allows for more time outside as you aren't as likely to pass out of heat stroke or burn out as much. Though these are the pros to why you should keep with it, you must also remember to stay hydrated and add an extra layer. Stay safe and stay fit.



We all have been impacted by financial stress in our lives, especially in college. 70% of college students stress about their finances (osu.edu). Financial health is important to overall well-being of students in college. It may be overwhelming, but ignoring financial responsibilities can increase stress, fear and anxiety (UCDavis). If you are financially stressed, your physical health, mental health, and GPA are likely to be negatively impacted. It is important to be financially aware but not to the point where it becomes a burden.

Information sourced from: <https://www.mhanational.org/balancing-work-and-school#1> <https://shcs.ucdavis.edu/wellness/financial>

### Tips to Maintain Financial Health

Create a financial plan. Track your spending for a week and figure out what costs you can cut down on. Divide your spending on necessary and unnecessary costs. If the cost is unnecessary, identify how important it is to you and slowly cut back on costs that are not essential. You can even set aside money in your budget for future savings and leisure activities. When you go shopping, have a spending limit set in place and stick to the items on your list. Start meal prepping. If you have a plan on what to eat throughout the week, it will keep you from spending money going out to eat. Come up with inexpensive fun ways to hang out with your friends. If you like to go out to eat with your friends, maybe consider cooking together and having a picnic at sunset fields. There are many free activities on campus you can take part in that give you things to do, you can find a list on the Corq app.

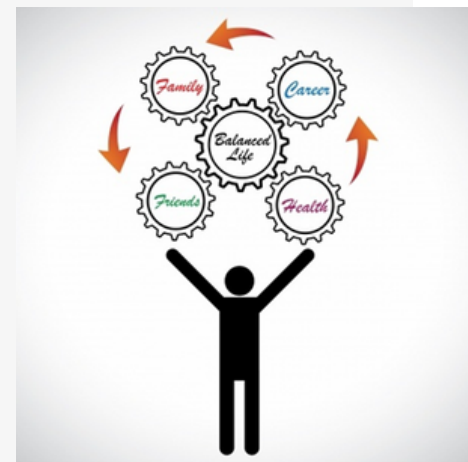
### Maintaining Balance



It can be extremely difficult to balance work, school, and your social life. Make sure to put your mental health first before all of these. According to Mental Health America, school administrators advise students work 10-15 hours a week. This allows students to have time to balance their academic and social lives. Make sure you make time for yourself and your basic needs. It's okay to say no to picking up that extra shift so you can have time to relax, do homework, or hang out with friends. Make sure to put your mental health first. Your free time is up to you to decide. Take a break when you need one. If you need help figuring out how to balance your personal life with work and school, ask for help from a friend or seek counseling guidance. You can even ask your employer how they can help you balance work and school. Maintaining balance with your work, school, and social life is crucial to your mental health and can improve your performance in all these areas of life.

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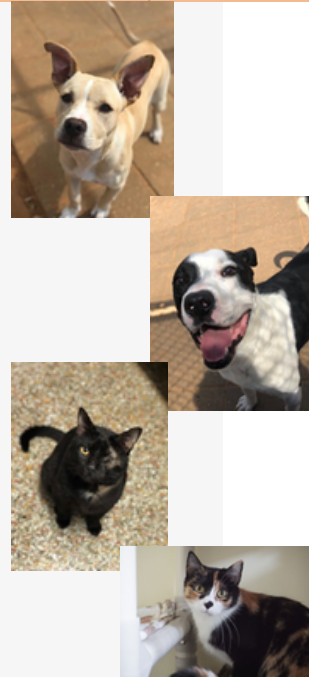
#### THE 50/30/20 SPENDING PLAN





Due to Covid, a majority of people are spending much more time inside their home/apartment. For college students specifically, it's easy to feel bored, lonely, or like you're missing out on life. It's almost like we are caged in and don't have a way out. This feeling is very similar to how the pets at the Baldwin County Animal Shelter feel every day. Nothing feels better than having a furry friend to be able to have at home. In fact, it is actually proven that dogs and cats can help with loneliness, depression, and anxiety.

There are several perks to having your own dog/cat. Dogs and cats are both proven to help with loneliness, depression, stress, and anxiety. They also encourage exercise and help to improve cardiovascular health. For a low price of \$150 for dogs and \$75 for cats, you could bring one of these furry friends home with you today! Here are a few photos of the dogs and cats available at the Baldwin County Animal Shelter.



## The Art Of Discipline & Mindset

Alex McCollom



I think that it is safe to say that life can get really tough sometimes, especially now more than ever. This year has been one that has left all of us very uncertain about what will happen next. First it was COVID-19, then it was police brutality and systemic racism that affected the lives of millions of people here on this earth. Being a college student can be extremely stressful especially at this very moment. Being students here at Georgia College, most of us are not used to having to do everything virtually but instead we are accustomed to working together face-to-face, in groups and having the ability to socialize with one another and collaborate while getting things done. Now more than ever, it is important for us to learn what discipline is and how to achieve it.

Throughout this newsletter, I will talk more about what discipline is and what it means to me. Hoping that the readers will understand and implement some things mentioned below into their own personal lives. The word discipline to me means in simple terms to do what you know is right, and to do it even when you do not always feel like doing so. The most important part in the last sentence I just wrote is "doing the things even when you do not feel like it".

See, most people confuse the words discipline with motivation and these two words are not the same at all. The word "motivation" is conditional, it has the ability to change depending on how a person feels at that very moment. One second a person can be motivated to go for a walk, or to study for their test however, as soon as adversity gets in the way they are no longer in that same mindset and the motivation is gone. Discipline on the other hand never goes away, it never leaves that person. Once they have fully figured out how to have discipline in their life they use that skill and apply it to all aspects in their life. The first step a person has to take if they want to develop discipline is to accept being uncomfortable in life. They have to be willing to step out of their comfort zone and to really prioritize themselves and the things they want to achieve no matter what, even if they are all alone while doing it. One thing that helped me develop mental toughness and consistency in my life is listening to others that had already been where I was trying to go. YouTube influencers including: Cameron Haynes, Joe Rogan, David Goggins and Nick Bare are all a great place for a person who is looking to improve the quality of their life. These influencers will not only teach others about healthy living, but will also "callus" their mind and allow them to develop the mental toughness that they need in order to get up every day and accomplish whatever it is they have in mind. It is important for us to know that the greatest success comes to a person when they hold themselves and those around them accountable. We need to train our brains not to stop when we are tired, but to stop when we are done. #STAYHARD

Masturbation and watching pornography has become a normalized custom in our today's society. However, is it doing more harm to us than the perceived benefits? In order to understand the gravity of the effects, we must understand how masturbation and pornography affects our body. First, we must explore the neurotransmitter dopamine.

Dopamine is responsible for seeking rewards and more importantly, provides the motivation and drive to pursue potential rewards for long-term goals. If you ever pulled out your phone in the middle of doing something mundane and boring, like homework or a zoom meeting, just for social media, that was dopamine. Thus, without dopamine, all motivation is lost.

Scientists actually have conducted experiments to intentionally reduce the amount of dopamine in rats, which some died from starvation, because of the lack of motivation. We all know drugs such as cocaine, adderall, and heroine spike our dopamine to extremely high levels. This works against our bodies as our bodies are programmed to maintain homeostasis. As a result, our body reacts by decreasing the overall number of dopamine receptors. Studies have shown that people with low dopamine receptors attribute the following: fatigue, insomnia, low libido, mood swings, lack of motivation, memory loss, social anxiety, sugar cravings, inability to connect with others, and a direct cause to depression.

Now, as sexual stimuli has become a cultural norm, accepted as natural by many, we developed a false sense of security that masturbation is harmless. However, that is the furthest from the truth as masturbation raises the dopamine levels to about 200% which is about the same as morphine and a bit lower than cocaine. Unlike drugs that have a short duration, individuals partaking in regular pornographic stimulation can remain in the high levels of dopamine for as long as they want thanks to the coolidge effect. When studying rats, the males would lose interest in the same female and would take longer to reach orgasm. However, when introduced to new female rats, the male's dopamine levels would respike. Similarly, it's the same effect when we click on a new video, with new people and categories. Over the course of years, it can have major adverse effects to your overall mental health and drive. So, instead of this season of not shaving, try no fapping.

