

ONLINE HEALTH NEWSLETTER

# THE HEALTH-E

*Georgia College Office of Health Promotion*

## Dealing with Negative Thoughts

Ansley Lamb

We all deal with negative thoughts that come across our mind from time to time. Regardless of whether this happens on an hourly, daily, weekly, or monthly basis, there are a few things that can help you with dealing with those negative thoughts. The first tip is to be conscious of your thoughts. As you find yourself thinking a negative thought, stop yourself from thinking it. The second tip is to keep busy. Keeping your mind and hands occupied by doing tasks helps keep your mind off of negative thoughts. The third tip is to avoid triggers. Minimizing the contact with negative people and avoiding negative triggers can help keep you sane and positive. The fourth tip is to get rest. A lack of sleep greatly affects your mood, causing you to feel anxious, irritable, and angry. These helpful tips can help you handle your negative thoughts and keep them under control.

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All GC cited statistics are from the 2019 National Collegiate Health Assessment. 17% campus surveyed

**BE** REASONABLE.  
RESPECTFUL.  
RESPONSIBLE.

HEALTH  
MOVEMENT  
CHOOSE TO BE WELL



BE CONSCIOUS  
OF YOUR  
THOUGHTS.

KEEP BUSY.

4 WAYS TO HANDLE  
NEGATIVE THOUGHTS

AVOID  
TRIGGERS.

GET REST.

Haley Garcia

## Depression Among College Students

Various mental disorders can be found prevalent among college students. Depression is one of the top two that most commonly affects students. In 2019, 22% of men and women at Georgia College (GC) surveyed had experienced depression or feelings of depression in the last 12 months (2019 GC NCHA; 17% campus surveyed). In this same survey, 19% of GC students had experienced both depression and anxiety. These disorders can cause trauma and issues in many aspects of life, including but not limited to personal health, family and friend relationships, academics, and sleep difficulties.

Dealing with depression can feel like a big load to carry. One thing that is recommended is reaching out to friends or family members and staying in touch with them. Try to find ways to relax and keep your physical health up by getting a full night of sleep, eat nutritious meals each day, and showering and keeping personal hygiene up. Overall, depression may be a tough thing to live with, but with the right resources and people surrounding you, it can be made much better to live.



**\* DID YOU KNOW?**

**ABOUT 30%**

**OF COLLEGE STUDENTS SUFFER FROM DEPRESSION.**

"Stress can contribute to your risk for depression, and college is a stressful time for many young adults," says **Jason Hunziker, M.D.**, division chief of adult psychiatry at University of Utah Health Care.

**SIGNS MAY INCLUDE:**

- » Slipping grades
- » Increase in risky behaviors, like binge drinking
- » Isolation and lack of interest in social activities

If you think you or a loved one may be dealing with depression, talk to a doctor.

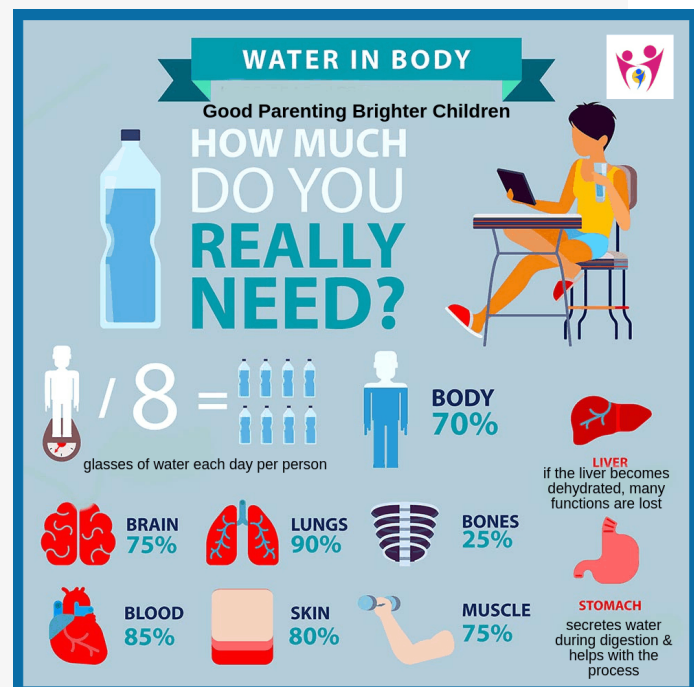
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UNIVERSITY OF UTAH HEALTH CARE

# IMPORTANCE OF DRINKING WATER

Alex McCollum

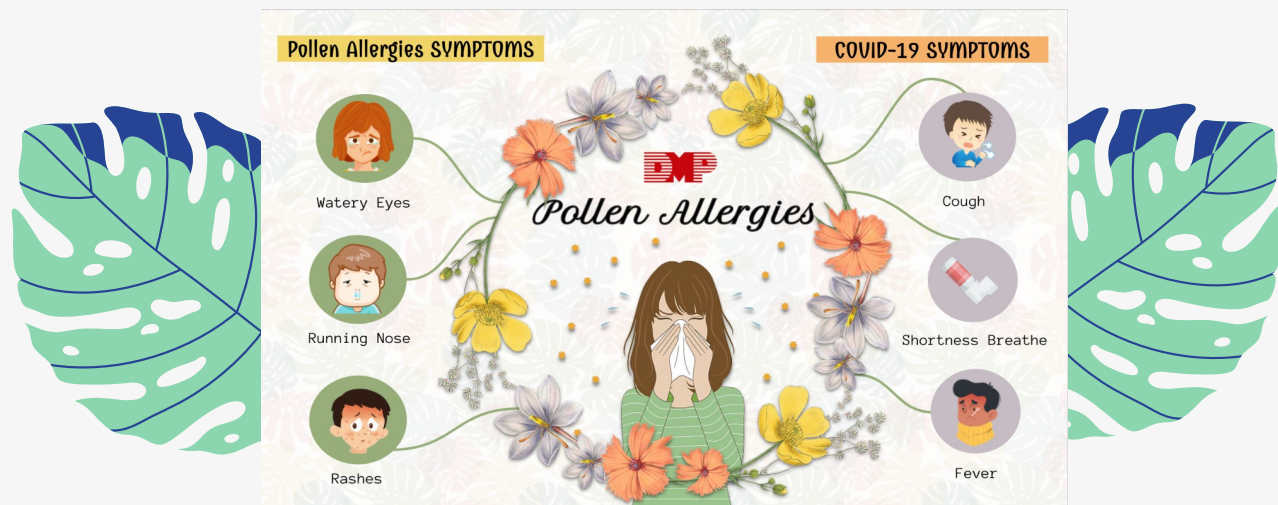
The human body is made up of about 70% of water, and that water needs to be replenished constantly to support not only our health, but also our life and organs. Humans can go several weeks without food if necessary, but if anyone tries to go without water for even a few days, they will die. Water serves several purposes in the body: it acts as a lubricant for joints, absorbs shock for the brain and spine, supports the digestion of food, helps flush out waste products, makes up neurotransmitters and hormones, and plays an important role when it comes to building new cells and repairing old ones. If you do not replace the water in your bodies when it is lost through sweat, excretion, and breathing, then those essential functions cannot be carried out. If a person does not get enough water, they will start to suffer from a condition known as dehydration. Early signs of dehydration aren't too bad however, it is still someone a person should worry a little about and address as early as possible. You might experience a dry mouth, feeling a bit tired, and experience a headache or muscle cramps. As it gets worse you will become confused, stop sweating, develop a rapid heartbeat, and become very unwell. Severe dehydration can be fatal. Most people are not likely to experience severe dehydration if they live in the developed world. Drinking water is readily available, and there is water in most foods that you eat as well. This means that while some people may not get an optimum amount of water, most people will be getting enough to support their day-to-day life. Even mild dehydration can cause problems. It can severely impact skin health, impair moods and reduce a person's productivity. The challenge that healthcare professionals face is that there are not really accurate measures for what a health water intake looks like. Even the U.S government recommendations are just averages that are based on weak metrics. They are useful but not exact, and they don't take into account gender, age, diet, or activity level. Some people find that they feel hungry when their stomach is empty. Drinking water helps them stop that hungry feeling so that they do not feel tempted to snack between meals. The water fills their stomach temporarily and can have a cooling effect on the body. Because water is essential for tissue repair, drinking plenty of it can help to improve the health of your skin, as well as your hair. One sign of dehydration is sunken, dry, shriveled skin. Mild dehydration may not cause this, but it could cause your skin to look dry and dull. Drinking an extra class or two of water each day could give you the complexion that you have been wishing for. Bonus points if you swap out a sugary or alcoholic beverage for water since that will have even more health benefits.



# Spring Allergies

Maggie Thomas

As the weather gets warmer and we get into spring time, pollen allergies can be a huge problem for a lot of people. The pollen is especially bad this year and it can really affect your work and motivation if you do not feel your best. There are a few ways to combat the pollen besides taking allergy medications. Everyone knows about spring cleaning but it is important to clean regularly all throughout the season to make sure that there is not a buildup of pollen in your living and working spaces. Pollen can accumulate anywhere but the places that are more likely to have a lot of buildup are unused spaces like bookshelves and air vents where there is a lot of air flow. Air purifiers are a great way to filter out the allergens in the air and can really help reduce the amount of pollen you inhale while indoors. It is also key to change or clean your air filters often during the spring months to ensure the air inside is free of allergens throughout the season. Staying inside is a great way to avoid the pollen but we all need to get out and see the sun sometimes. If you know you are going to be outside and walking around, wearing a face mask is a great way to filter out the pollen in the air outside. If you do choose to take over the counter medications for your allergies make sure to read the directions and side effects thoroughly and follow them exactly.

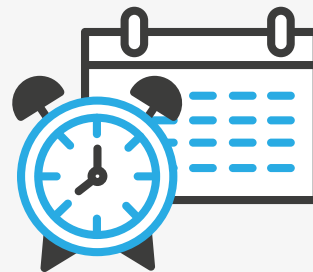


# End of Semester Stress

Anna Bedell

As the semester is coming to an end, class assignments and tests seem to be building up for students. This is very overwhelming and stressful for students so it is important to take steps to combat this stress before it becomes too much. Some ways to help are:

- Do one assignment at a time, don't overwhelm yourself
- Don't study for tests the night before
- Go to bed early
- Don't put too much pressure on yourself
- Take time out of your day to go outside
- Take breaks! studying 24/7 is not effective



Most importantly, remind yourself that you have gotten this far and you are almost done. It's the home stretch. We know it's hard, but you've got this.



Grace McDonald

# Contraception in College

According to the National College Health Assessment GC students completed in 2019, only 53.2% of sexually active students used a method of contraception. The remainder of the data showed that they did not use a method or did not know. In order to practice safe sex, it is important to make sure to always use contraceptives. A common contraception to use are condoms, but other forms of contraceptives are beneficial to prevent pregnancies or even the likelihood of STIs or STDs. See the image below to test your knowledge of the myths and facts about condoms!

**MYTH OR FACT:**  
CONDOM SIZE DOESN'T MATTER.

**MYTH OR FACT:**  
CONDOMS PROTECT AGAINST HIV.

**MYTH:**  
IF A CONDOM IS TOO LARGE IT MAY SLIP OFF OR IF IT IS TOO SMALL, IT MAY BREAK.

**MYTH OR FACT:**  
CONDOMS HAVE AN EXPIRATION DATE.

**MYTH OR FACT?**  
*Condoms*  
CONDOMS ARE A COMMON FORM OF CONTRACEPTION. FIND OUT WHAT YOU KNOW.

**MYTH:**  
IF USED CORRECTLY, CONDOMS DO OFFER PROTECTION AGAINST HIV BUT CONDOMS ARE ONLY 86% EFFECTIVE IN PREVENTING HIV.

**MYTH OR FACT:**  
CONDOMS ARE THE ONLY TYPE OF CONTRACEPTION I NEED TO THINK ABOUT.

**FACT:**  
MAKE SURE TO CHECK THE EXPIRATION IF YOU ARE UNSURE WHEN YOU BOUGHT THEM.

**MYTH:**  
CONDOMS PROVIDE PROTECTION BUT ITS BETTER TO USE A CONDOM ALONG WITH ANOTHER TYPE OF CONTRACEPTION TO PREVENT UNPLANNED PREGNANCY

Sources:  
<https://phctheproject.org/condom-myths-and-facts/>  
<https://www.nhs.uk/live-well/sexual-health/condoms-know-the-facts/>

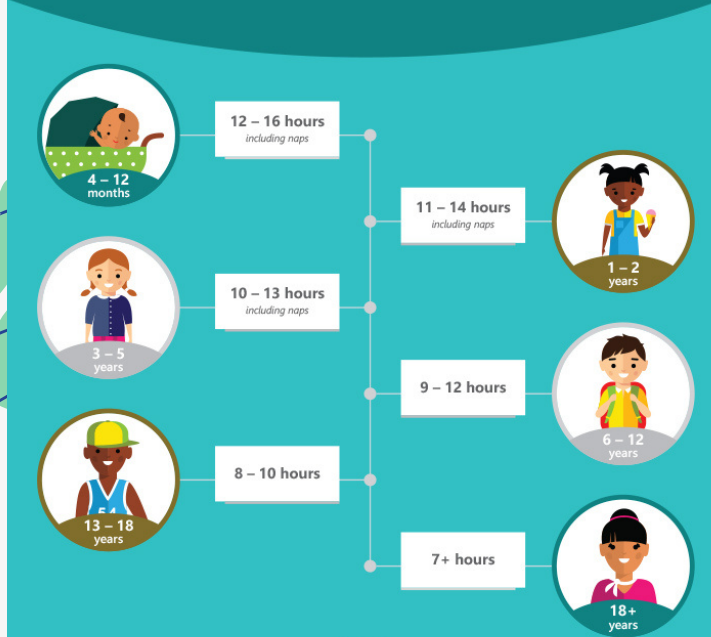
# Sleeping and Anxiety

Elias Torres

Having trouble getting some rest? Falling asleep in class? You are actually not alone. A study from sleep education found out that approximately 35% of college students are not getting the recommended amount of sleep. Failing to get the recommended 8 hours every night not only will cause drowsiness during your day and falling grades, but it also plays a factor in your mental wellness. An increase of anxiety was experienced by students who did not get enough rest. Remember to take care of yourself and set aside a designated time to sleep and remove distractions such as the tv or your phone.

# Healthy Sleep Duration

Make it a priority to get the following hours of sleep on a regular basis for optimal health at each stage of life.



Ashley Barfield

# Social Anxiety in College

Social anxiety is the fear of social situations that involve interaction with other people (Richards, 2019). People with this disorder often fear the negative judgment of others. Anxiety is very common among college students. 70% of Georgia College students reported feeling overwhelming anxiety in the last 12 months (2019 GC NCHA; 17% campus surveyed). Social anxiety is less common, but college students aged 18-22 tend to become more aware and critical of themselves (Imm, 2020). Social anxiety is ongoing but can be treated. It may come out even more in a college environment.

People perceive those with social anxiety as socially awkward, shy, quiet, unfriendly, disinterested, or withdrawn. People with social anxiety want to be involved in social interactions, their anxiety may get in the way of that (Richards, 2019). Feelings of anxiety may be brought on by being introduced to other people, public speaking, being the center of attention, making eye contact, being embarrassed easily, and many other situations. There may not always a reason to be anxious. It can be hard for them to stop these anxious thoughts, especially when there is no apparent cause to them.

Avoiding social situations is only going to do more harm than good. It may prevent you from living the life you want to live. People with social anxiety want to be involved. To do this, they may need the tools to be able to live without fear. Social anxiety is treatable. You can seek help through the counseling center or therapy. Anxiety may feel like it will never go away, but it can be permanently treated. It takes time, effort, and seeking help, but it can get better with the right help and tools.

We have to get these individuals to believe in themselves, take initiative, and demonstrate accountability especially when no one else is around to hold them accountable. I believe that the most effective way to do this is through educating the public about the importance of taking care of themselves and engaging in a healthy lifestyle. Education is the study of the process of learning. Without public health professionals implementing education into their work millions of people would lack the proper knowledge and skills to live their best lives.