

Health Matters

Health Services
Spring 2008

Guidelines from The Mayo Clinic for Dealing with Stressors

- 1. Identify:** What is the cause of your stress? In concrete terms, what exactly is the problem? Do you have any control over this problem? Are you avoiding any other conflict?
- 2. Clarify:** What do you want to happen? What don't you want to happen?
- 3. Create:** Think of all the possible ways in which you might solve your problem. Don't evaluate these options, rather just brainstorm a list. Ask your friends, family, and people you trust for advice.
- 4. Choose:** Which option would work the best? Consider which path this option will lead you on as well as the possible positive and negative consequences. Is this path realistic?
- 5. Evaluate:** Look at your decision and think it through. Is this the best option? Do you have the resources to carry it out? Also, be prepared to tweak your decision to meet your needs.
- 6. Implement:** Carry through with your plan of action.
- 7. Reflect:** Did your solution solve your problem? Do you feel less stressed? If not, what new idea may work better?



Stress has nothing to do with
how many hours you work

And everything to do with how
you feel during those hours

For more information on stress, its harmful effects, and stress relief and management visit the Mayo Clinic's Stress Center website at:

<http://www.mayoclinic.com/health/stress/SR99999>

Tips For Studying

Try to stay on a reasonably regular schedule of reviewing, eating, sleeping, and relaxing. Start at least a week, or preferably two, before exams begin.

Don't attempt to study 24 hours a day; your efficiency and capacity to retain material will rapidly decrease.

Don't force yourself to study beyond your normal limits of concentration. If you find yourself able to concentrate for only ten or twenty minutes, study for only that period of time and then take a short break. Your concentration should return. In fact, short and regular study periods are more productive than lengthy single sessions.

Eat a well-balanced diet and drink lots of fluids. Excessive amounts of coffee may produce confusion and even disorganization of thought processes.

Courtesy: Dartmouth College





Alcohol Q & A

Courtesy: California Polytechnic State University

Will taking a nap help you to sober up?

NO! Sleeping does not increase the rate at which your body can metabolize alcohol. It will still be processed at .5 ounces per hour, even while you snooze. So it is possible to wake up and still be drunk.

Will devouring a burger after drinking all night will help you sober up?

NO! The liver can break down alcohol at a rate of about .5 ounces per hour. This is only half the amount that is present in a standard drink. Once alcohol is in your bloodstream, nothing can speed this rate of metabolism. Not caffeine. Not food. Not water. You might be full, but you won't be any less drunk.

Will alcohol doesn't affect your body's organs unless you get really drunk?

NO! When you have an empty stomach, alcohol is absorbed into the bloodstream in about five minutes. As soon as alcohol is in your bloodstream, it only takes about 90 seconds for it to be carried to all of the body's organs, including the brain.

Every time you drink alcohol, do you kill 10,000 brain cells?

NO! Not exactly. It is unlikely that a single drink will kill brain cells. However, long-term, chronic drinking can cause permanent memory loss and brain damage.



Celebrate Men's and Women's National Health Weeks!!

National Men and Women's Health Week empowers men and women across the country to get healthy by taking action. The nationwide initiative, encourages men and women to make their health a top priority and take simple steps for a longer, healthier and happier life.

For more information please visit the following websites:

Men's Health Week : <http://www.menshealthmonth.org/week/index.html>

Women's Health Week: <http://www.4woman.gov/whw/>

Web MD's Tips for Fighting Spring Allergies

Keep pollen under control.

Wash bedding every week in hot water. Wash your hair and shower before going to bed, since pollen can accumulate in hair.

Clean every surface.

Wear a mask and gloves when cleaning, vacuuming, or painting to limit dust and chemical exposure. Vacuum twice a week.

Wash rugs.

Limit throw rugs to reduce dust and mold. If you do have rugs, make sure they are washable.

Keep indoor air clean.

Keep windows closed to reduce pollen entering the house. Change filters in air conditioning units and vents frequently this time of year.

Consider allergy medicine.

Talk to your doctor about a seasonal allergy drug that may be appropriate for your symptoms.

