

Maintaining Wellness



Managing Stress

- Diet and exercise
 - A clear connection between what you eat and drink, your overall health and well-being, and stress
 - Exercise is an excellent stress-management technique
- Sleep
 - Getting adequate sleep protects you from stress
 - Recommended 8 hours of sleep per night
- Taking control
 - Modifying your lifestyle is another approach to stress management
- What are some other ways to relieve stress?



Your Turn

How do you feel, both physically and mentally, when you are stressed? What specific changes do you notice in your behavior and feelings? How does stress affect your ability to concentrate, your breathing patterns, your patience, and so on?

Your Turn

Review this list of ways to improve your stress level. Which of these ideas do you think makes the most sense for you? On the basis of your experience, which ideas would you suggest to other college students? Explain your choices.

- Reward yourself on a regular basis when you achieve small goals.
- Remember that a college degree is worth some temporary stress. Keep the payoff in mind.
- Laugh. A good laugh will almost always make you feel better.
- Get—or give—a hug.
- Pray or meditate.
- Do yoga.
- Practice a hobby.
- Get a massage.
- Practice deep breathing.

Mental Health

- Depression
 - Not a weakness but an illness that requires medical attention
 - Feelings are often temporary and may be situational
- Suicide
 - Age fifteen to twenty-four are more likely to attempt suicide than any other age group
 - Usually a warning of their intentions
 - Should consult a mental health professional

Your Turn

Why do you think that college students are at especially high risk for depression and suicide? Is there anything that colleges and universities can do to decrease this risk, or is this all up to the students themselves?

Nutrition and Weight Management

- Healthy eating
 - Commit to a new eating regimen
 - Will help you feel better, healthier, and happier
- Obesity
 - “Freshman 15”
 - Caused by increased stress, lifestyle changes, new food choices, changes in physical activity, and alcohol consumption
- Eating disorders
 - Occur when people are obsessed with their bodies and food intake
 - Anorexia vs. bulimia

Your Turn

Which of these is most difficult for you? Which ones do you think are difficult for most college students? Do you think that college students are less likely to eat a healthy diet than the general population? Why or why not?

- Avoid red meat, butter, white rice and bread, and sweets
- Eat plenty of fruits and vegetables
- Avoid fried foods
- Keep your room stocked with healthy snacks
- Eat a sensible amount of nuts and all the legumes you want
- Watch your portion size
- Eat breakfast!
- Always read the government-required nutrition label on all packaged foods

Sexual Health

- Sexually transmitted infections
 - Usually spread through genital contact
 - Not all STIs are curable
- Negotiating for safer sex
 - Important to talk with your partner about STIs and unwanted pregnancy
 - Communication with your partner can make the relationship stronger and more meaningful
- Birth control
 - Planning is key
 - There are many methods of birth control
 - Always discuss birth control with your partner

Substance Abuse

- Making decisions about alcohol
- Tobacco—the other legal drug
- Prescription drug abuse and addiction
- Illegal drugs
 - Marijuana
 - Ecstasy
 - Heroin
 - Cocaine
 - Methamphetamine

Your Turn

In your opinion, given the cost and the dangers of smoking, what are the reasons that some college students continue to smoke?

Tech Tip: Surf For Health

Evaluating fitness and nutrition information online

- Zero in on a few reputable, well-vetted Web sites
 - Will help you find healthy menu plans to yoga training to fitness tips
- Clear some floor space
 - Use the Internet to watch a variety of workout videos
- Exergame
 - Video gaming systems allow you to enjoy real-life workouts in the virtual world