

# Health and Wellness Newsletter



A great way to start focusing on your health and well-being is to emphasize the four basics: EAT, SLEEP, MOVE and BREATHE!

Here at TCNJ, we've been talking about these 4 fundamentals for the past year or so. Let's look at why these simple steps can get you on the road to better health.

**EAT:** To be fit and healthy, you need to eat good food. You've heard the expression "You are what you eat"? Well, it's true. You're diet can help you reach and maintain a healthy weight, reduce your risk of chronic diseases, and stay mentally sharp. Food provides our bodies with the energy, protein, essential fats, vitamins and minerals to live, grow and function properly. How do you maintain good nutrition? Here are some suggestions:

## Ten Ways to Improve Your Diet

1. Eat three fruits every day. Keep a bowl of fruit on hand to satisfy those sugar cravings.
2. Add beans to your diet. Black bean soup, bean burritos, red beans and rice, and bean dip are examples.
3. Increase your vegetable intake. Double up veggies at your evening meal. Add sliced tomatoes to your lunch. Snack on raw vegetables.
4. Stop eating when you are satisfied. Be aware of portion sizes—most restaurant meals could feed two people. Take leftovers home for another meal.
5. Eat whole grains such as brown rice, whole wheat bread, and whole grain cereals.
6. Enjoy two sources of low-fat dairy products every day: milk, yogurt, cheese.
7. Use olive oil or canola oil.
8. Limit saturated fat. Read the labels. And remember that fatty meats or cheeses, butter, and whole milk products have large amounts of saturated fat.
9. Eat three meals every day. People who skip meals tend to make up the calories anyway.
10. Drink more water. Plain water. It's caffeine and calorie free.

Taken from: <https://bit.ly/2Ola5JK>

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## TCNJ Health and Wellness Offices

### Alcohol and Other Drug Education

<http://adep.tcnj.edu/>  
(609) 771-2571  
Forcina Hall 308

### Anti-Violence Initiatives

<http://oavi.tcnj.edu/>  
(609) 771-2272  
Forcina Hall 308

### Counseling and Psychological Services

<http://caps.tcnj.edu/>  
(609) 771-2247  
Eickhoff Hall, Suite 107

### Collegiate Recovery Program

[www.recovery.pages.tcnj.edu](http://www.recovery.pages.tcnj.edu)  
(609) 771-2134  
Forcina Hall 308

### Recreation and Wellness

<http://recreation.tcnj.edu/>  
(609) 771-2223  
Rec Center

### Religious and Spiritual Life

<http://religiousandspiritualife.tcnj.edu/>  
(609) 771-2571  
Forcina Hall 308; Spiritual Center

### Student Health Services

<http://health.tcnj.edu/>  
(609) 771-2889  
Eickhoff Hall, Suite 107

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**SLEEP:** Sleep plays a critical role in your overall health and well-being. Sleep reduces stress, improves memory, reduces your risk of depression, makes you more alert and allows you to focus on your studies more effectively, protects your heart, helps you lose weight, reduces inflammation, and helps the body repair itself. As a college student, there are many factors that may make maintaining a regular sleep schedule difficult, such as living in the residence hall, studying for exams, late classes, and socializing. Below are some suggestions for ways you can modify your daily routine to promote better sleep:

1. **Stop using all technology 30 min before bed- no cell phone- no laptop- no tablet.** The light blocks melatonin which can help you fall asleep. A 30 min wind down with relaxation and reading (a paper book) can make it easier to fall asleep. Apps to reduce blue light on your devices are helpful when you need to work late, but still harmful if you're trying to sleep.
2. **No caffeine after 3 PM.** If you are up late studying or just need a little more energy, try a small energy-boosting snack instead of a caffeinated beverage. If you feel that you have to have caffeinated coffee when you are up late studying, try to limit the amount of caffeine by filling half your cup with decaffeinated coffee.
3. **Sleep only an hour longer during the weekend than your latest weekday wake-up time.** Keeping your sleep/wake schedules consistent will help your body sleep better.
4. **Incorporate a small amount of time each day to be outside in daylight.** Time spent outside during the day helps to preserve your body's sleep and wake cycles. There are many options on campus for this:
5. Walk to class; Study outside; Play a regular outdoor club sport; Relax in the sun with your friends; Organize a weekly walk outside with your friends; Work a job that allows you to be outside
6. **Be physically active most days.** Exercise can promote more regular sleep and wake patterns as well as reduce stress. Avoid exercise and other vigorous activities three-to-four hours before going to bed to avoid awakening the body even more.
7. **Eat a regular meal schedule.** By eating smaller meals near bedtime, you will be more likely to have a good night's sleep.
8. **Avoid alcohol close to bedtime.** Alcohol is disruptive to sleep, particularly if you have a mental illness. Keep these facts in mind:
  - Sleep experts recommend avoiding alcohol at least four to six hours prior to bed.
  - Alcohol may help people fall asleep faster, but research has shown that alcohol disrupts sleep throughout the night.
  - Alcohol aggravates snoring and sleep apnea. Sleep apnea has been linked to chronic medical conditions including hypertension and other cardiovascular diseases.
  - Drinking alcohol while on medications, including psychiatric medications, can further worsen sleeping problems and side effects.
9. **Practice time management with your school work.** Try to stay on top of your school work to decrease your overall stress and worry, and to reduce last minute cramming. In addition, mentally plan for the next day before getting into bed. Journaling before bed is a technique that some students find to be helpful in addressing concerns before bed.
10. **Avoid all-nighters.** It is better to sleep the night before an exam, even if it means studying for fewer hours. Research has shown that a good night of sleep is more beneficial for learning than staying up late cramming.
11. **Don't rely on weekend catch up.** You may be tempted to rely on the weekend to "catch up" on sleep that you missed during the week. Generally, this only worsens your sleep pattern. The best solution is to get a regular amount of sleep as many nights as possible, and when necessary sleep only an hour longer during the weekend than your latest weekday wake-up time.
12. **Minimize Sleep Disruptions.** Living in places like residence halls, apartments, houses or fraternities/sororities with a large number of people can make it very difficult to control your sleep environment. Below are some suggestions to help you minimize any sleep disruptions:

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## SLEEP continued:

- Talk to your roommates about setting a regular sleep time so they can be respectful of your need for a quiet environment.
  - Purchase a white noise machine to block out unwanted sounds from within your own room or even outside. Instead of or in addition to the white noise machine, ear plugs or a small fan may be helpful.
  - Use a sleep mask to block out any unwanted light. This could be a great compromise with your residence hall roommate who may prefer to stay up later to study.
  - Purchase a desk lamp for you and each roommate to avoid using the overhead lights when one of you is sleeping.
  - Create a comfortable sleeping area to improve your ability to fall asleep and stay asleep. If you have the option, choose the pillows, mattress, and bedding that are most comfortable for you.
  - Keep the bedroom at a comfortable temperature (ideally, slightly cool), and well-ventilated.
13. **Use the bed only for sex and sleeping.** Avoid doing other activities such as studying or watching TV. This ensures that your body will not associate the bed with these activating tasks, which can make it harder to fall asleep. If there are few options other than your bed for these activities, reduce the level of intensity of the reading material or TV programs you select.
  14. **Go to bed only when you are sleepy.** If you can't fall asleep after 20 minutes, get out of bed and do a relaxing activity somewhere else until you feel sleepy again. Try deep breathing or relaxation techniques if you're having trouble falling asleep due to stress or anxiety.
  15. **Study your sleep patterns.** The more you know about your own sleep patterns and your own sleep needs, the more you can use sleep as a tool to increase your productivity and help you manage the symptoms of your mental illness. It may be helpful to track your sleep over the course of a week or two using a sleep diary. You may not realize how some of your habits may be making it more difficult for you to fall asleep or stay asleep.

Adapted From: <https://bit.ly/2yvnrEx>

**MOVE:** The benefits of moving our bodies and getting exercise are numerous. Physical activity strengthens the heart, keeps our arteries and veins clear, strengthens our lungs/muscles/bones, controls weight, reduces blood sugar levels, and regulates blood pressure. It also is a great countermeasure for anxiety and stress! Exercise helps us look and feel our best. The path to success can sometimes be a difficult one. College students have packed schedules. Classes, employment, and family or social obligations tend to take over calendars quickly; however, just as it's important to set aside time for rest, it's also important to exercise. Scientific studies show that regular exercise provides students with important cognitive benefits that could have positive effects on their scholarly efforts. Here are 4 reasons college students should make time for moving their bodies/exercise:

1. **Heightened Focus** New "challenges," such as physical activity, social opportunities, and increased learning can stimulate the production of new cells in the brain. A combination of all of those things can improve concentration, help keep the mind focused, and ultimately, boost work productivity and academic success in students. Research out of Michigan State University (MSU) found a link between exercise and higher GPAs in college students. Researchers also found that students who had gym memberships were less likely to drop out of school.

2. **Elevated Mood /Lower Stress** Being a student isn't easy. Planning and studying require prioritization and can feel overwhelming. Data by the Harvard School of Public Health Study of College Health Behaviors concluded that frequent physical activity had significant effects on students' mood, stress levels, and social interactions. Students who were social and exercised three or more times per week reported somewhat better moods and decreased amounts of stress than those who did not.<sup>3</sup> Regular exercise has been shown to help improve mood and attitude, and relieve tension and stress in students.<sup>1</sup> Prolonged periods of stress have negative effects on the body and mind—exercise combats those by assisting with sleep/wake cycles, which ultimately eases anxiety, and may alleviate larger health problems down the road.

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3. **Increased Energy** In other studies, scientists examined the effect exercise had on the brains of mice, and learned that daily workouts replenished their brain energy stores and also gave them extra energy, particularly in the areas of the brain that have to do with cognitive thinking.<sup>4</sup> It may seem counterproductive, but expending energy in exercise can actually give students the boost they need to be more proficient in their studies.
4. **Sharper Memory** Exercise can increase the number of brain cells in the hippocampus, which controls the formation, retention and recall of memories – essential for students in learning. In most adults, the hippocampus starts to shrink in the late twenties, leading to memory loss over time. A study at University of Illinois, as mentioned in an article by the New York Times, showed that exercise prevents this shrinkage, and in turn, promotes regrowth.

Adapted From: <https://bit.ly/2pPeLcm>

**BREATHE:** Let's face it, we live in a fast-paced, often stressful world that continuously bombards us with information, not to mention both implicit and explicit demands for our time. Our attention is pulled in many directions and it often takes considerable energy and attention to stay focused and centered. This is where the concept of mindfulness comes in. Incorporating mindful practices into your daily life can greatly enhance your sense of peace, calm and well-being. If greater well-being isn't enough of an incentive, scientists have discovered that mindfulness techniques help improve physical health in a number of ways. Mindfulness can: help relieve **stress**, treat heart disease, lower blood pressure, reduce chronic pain, improve sleep, and alleviate gastrointestinal difficulties. The Dictionary describes **mindfulness** in a couple of ways, with the first **being**, "The state or quality of **being mindful** or aware of something" and "a technique in which one focuses one's full attention only on the present, experiencing thoughts, feelings, and sensations but not judging them."

### **How to Incorporate Mindfulness into College Life**

Practicing mindfulness may seem like a daunting task—especially for students who are already juggling many responsibilities every day. But the fact is, mindfulness can easily be incorporated into any students' lifestyle. The following are some techniques students can use to become more mindful.

- **Maintain a gratitude journal:** When students are stressed out about school, they may focus on these negative feelings, which can eventually lead to depression and anxiety. Keeping a gratitude journal can cut through the negativity and remind students of the good things that are going on in their lives, despite the stress. By just taking a few minutes each day to write down what they're grateful for, students can break through the negative chatter in their mind and pull themselves back into the present moment.

- **Pay attention to nature:** Nature is everywhere, but often people ignore it as they rush through their busy days. When students walk to class, they're likely thinking about their work and not appreciating things like the trees, grass and sun on campus. By paying attention to these things and appreciating them, students can enjoy the moment they're in, rather than worrying about what they need to do next.

- **Do one thing at a time:** It's not uncommon for students to multitask in order to get things done. However, that practice can overload the mind and increase stress. This ultimately leads students to be less efficient and effective in their work. Instead, students can be mindful of their work by prioritizing tasks and putting their full attention on one thing at a time.

- **Visualize:** Athletes, actors and executives use visualization to see themselves being successful, which helps them overcome feelings of self-doubt and fear. Students can also incorporate this mindfulness exercise into their day by seeing themselves acing a test, getting a good grade on a paper or raising their GPA. This will help them increase their confidence.

Taken From: <https://bit.ly/2yvsrx3>

## Highlights from the ACHA-NCHA Survey - Spring 2018



- **84.7%** of TCNJ students described their health as **GOOD, VERY GOOD** or **EXCELLENT**.
- **15.3%** described their health as **FAIR, POOR** or **DON'T KNOW**.
- **Top impediments to academic success** included:
 

Stress	30.6%	Family/Friend Concern	11.4%
Anxiety	24.9%	Extracurricular activities	10.9%
Sleep Difficulties	18.2%	Work	10.8%
Cold, Flu, Sore Throat	16.3%	Internet/computer games	10.3%
Depression	15.1%	Relationship difficulties	8.3%
- **Substance use - actual vs perceived use:**

SUBSTANCE <u>NEVER USED</u>	PERCEIVED NEVER USED	ACTUAL NEVER USED
Cigarettes	12.7%	83.7%
E-Cigarettes	7.8%	81.8%
Hookah	17.7%	85.1%
Alcohol	1.9%	19.2%
Marijuana	4.0%	61.5%

- Only **55.8%** of students reported using a method of **contraception** the last time they had vaginal intercourse.
- Students who met **recommended guidelines for exercise:**

MALE	FEMALE	TOTAL
47.4	43.1	44.3

- **Mental Health Issues** in past 12 months:
 

Hopelessness	54.1%	Sad	74.0%	Overwhelming anxiety	65.1%
Overwhelmed	91.3%	Depressed	38.5%	Overwhelming anger	42.5%
Lonely	67.3%	Suicide attempt	1.9%	Considered Suicide	9.3%
- For more information on NCHA Survey: <https://bit.ly/2R8RX2K>

# Just for laughs

## THE LAST THANKSGIVING



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Religious and Spiritual Life

# Winter Social

**NOVEMBER 27 | 4:30-6:30 PM  
SPIRITUAL CENTER**

Religious and Spiritual Life will be hosting our first annual Winter Social to celebrate the successes and achievements of our students! This event is open to any faculty, staff, and students who are involved with Religious and Spiritual Life in some capacity. Join us for an evening full of food, fun, and festivities!

To learn more about this event please contact:  
RSLINTERN@TCNJ.EDU



## 5 Mindful Tips for Navigating Holiday Stress

It is officially the holiday season! During this time of year there can be so much pressure that unfortunately the joy, magic, and meaning of the season is lost, often replaced by stress. Especially now that Thanksgiving has come and gone, it is hard to ignore the almost instantaneous rush of frenetic energy that ensues as we near the close of the calendar year.

It is more than possible though to not only survive the holiday season, but to even thrive and connect to your particular observance in a deeper and more profound way. Here are some common stressors that pop up this time this year, and mindful antidotes to help you through the discomfort.

### 1) Demands on Time

In December, our schedules often fill up quickly with work and personal holiday parties. These back-to-back parties start to feel overwhelming as we try to juggle them with all of our other commitments.

Also, creating the holiday experience we desire for our loved ones and ourselves takes planning. It often starts to feel like we are chickens running around with no heads collecting recipes, buying and wrapping gifts, inviting guests, hosting, traveling, cooking, cleaning, buying trees (or menorahs!), and decorating.

**Antidote: Treat yourself!** You do not need to say *yes* to everything. Giving and giving without stopping is not an altruistic notion. It is important to be mindful of when we might need refueling and to allow that to happen. Self-care can mean many things, but it can be as simple as a night to ourselves that includes a bath and a good meal—cooked by someone else!

### 2) Loneliness During the Holidays

There is an immense amount of [pressure to please the people](#) we love with the gifts that we think they will love. Instead of a joyful endeavor, gift giving becomes a chore, and we often become resentful and unloved if we do not receive something equally meaningful in return.

Pressure can also manifest by way of the longing to spend the holidays with those we love, and those we desire to love. For many, this may create feelings of loneliness.

**Antidote: Donate your time to help those less fortunate.** The holidays are a particularly poignant time to practice [the art of compassion](#), to think of others needs before our own. There is great opportunity to give to, and establish meaningful connections with, those who don't have as many resources as we do. Giving doesn't have to be monetary or a physical gift. [Giving comes in many forms](#), including smiles, time, and emotional support.



### 3) Expectations of Perfection

This time of year is ripe with the expectations we put upon ourselves to get it just “right.” Things have to look, taste, feel, and *be* a certain way. We start to get into this mind space where things have to be perfect, which of course, is not possible. [It’s how we deal with this realization that determines our well-being.](#)

While it is nice to take the time to create a mindful, aesthetically, and gustatorily pleasing experience, [we often get caught up in the trap of perfection.](#) Not only does this make the holiday journey feel less joyful, but we also set ourselves up to experience a *lot* of disappointment.

**Antidote: Reflect on the meaning of the holidays.** It is hard to stop and smell the roses at any time of year, and it is especially easy to get caught up in the commercial version of what the holiday season means today. But taking the time to mindfully reflect on what matters, whether it be our religion or tradition, or even the healing power of love, helps us to keep our perspective as the year draws to a close.

### 4) The Indulge/Guilt Cycle

We often seem to let all notions of wellness and health fall by the wayside during this time of year. The problem is not only are we not staying healthy, but we are also setting ourselves up for feelings of guilt and self-deprecation.

A thriving life depends on moderation, and this concept particularly applies when we are inundated with mass amounts of food and drink. By [eating mindfully](#), we can keep our minds, bodies, and brains healthy without the self-defeating thoughts of “we are so bad” “we are so fat,” etc.

**Antidote: Take time to enjoy all the flavors of the holiday season.** There are five (A,B,C,D,E) basic ways to begin a mindful eating practice:

1. Ask: *Why am I eating now?, What am I eating now? What else am I doing now that may be distracting?*
2. Be grateful
3. Chew, and then chew again
4. Dine (don’t just eat)
5. Engage your attention


### 5) Stress and Family Anxiety

Family stress shows up in many ways. This has taken on a new tone this year, given that many families made different political choices.

While there might actually be very real difficulties surrounding the interpersonal dynamics of our family, we sometimes get caught up in fuelling the fire, rather than abating it.

However, most of the stress and anxiety around family is often anticipatory. Based on not-so-pleasant past experiences, combined with the upcoming impending mix of different personalities, we start to worry about family dysfunction rearing its ugly head. While there might actually be very real difficulties surrounding the interpersonal dynamics of our family, we sometimes get caught up in fueling the fire, rather than abating it.

**Antidote: Engage in gratitude.** Take the time to step back and bear witness to all that you have, to count your blessings, as they say. Gratitude goes a long way when it comes to overall wellness. During this time of year, a sense of gratitude can easily fall by the wayside as indulgence and the idea of “more” and “merrier” are front and center.



• AVI | CAPS | THRIVE ✨

# Meet The Peer Educators!

FEBRUARY 6TH

12 - 2 PM

STEM 102

Use this link to apply:

[https://tcnj.col.qualtrics.com/jfe/form/SV\\_6YCYHhjBf8yTdAx](https://tcnj.col.qualtrics.com/jfe/form/SV_6YCYHhjBf8yTdAx)

STOP IN AND LEARN ABOUT THE  
DIFFERENT PEER EDUCATOR TEAMS  
ON CAMPUS AND HOW YOU CAN GET  
INVOLVED!



THE COLLEGE OF NEW JERSEY  
ALCOHOL AND DRUG  
EDUCATION PROGRAM

STUDENT  
**health101**<sup>®</sup>  
MAGAZINE

# TCNJ STUDENT HEALTH 101

Find out how you can stay healthy,  
happy, and active on campus!

Accessible to all students,  
staff, and faculty

VISIT HERE:



[TCNJ.READSH101.COM](http://TCNJ.READSH101.COM)





# *coping strategies*

FROM ANTI-VIOLENCE INITIATIVES

## **FIND YOUR TRIBE**

Surround yourself with people who lift you up and empower you. It's okay to lean on each other in tough times. Create supportive communities!

## **TAKE SOME TIME OFF**

Don't be afraid to take some time for yourself. You can't pour from an empty cup - make sure you're taking care of yourself, whatever that looks like for you.

## **CONSUME POSITIVE MEDIA**

Listen to music and watch TV or movies that make you happy! Alternatively, consume cathartic media: angry songs and sad movies give us a healthy release.

## **FIND A STRESS RELIEVER**

Whether it's physical activity, sharing a pot of tea with friends, taking a hot shower, doing a face mask, or any other activity, find a method to release some of the stress you may be feeling.

## **DON'T ENGAGE ON SOCIAL MEDIA**

There's no need to get into arguments, read comments, or seek out articles that will upset you. If you need to, take a social media hiatus, or filter out terms that may be upsetting.

## Staff Spotlight



### Meet Courtney Van Leuven

Courtney joined the Division of Student Affairs in 2018 as the Late Night Activities Coordinator for the Recreation and Wellness Department. In her role, Courtney oversees the RECreate Your Night program, which provides alternative late night events for students to enjoy throughout the year. Graduating from Rowan University in 2016 with her Master's in Higher Education Administration, she strives to support students through their college career and create a welcoming environment for students to be as successful as possible. Courtney currently resides in Mercer County with her beagle/blood hound dog, Flynnstone.



CHRISTMAS



HANUKKAH



KWANZAA



January is..

# National Stalking Awareness Month



Due to the extended winter break, AVI will be promoting Stalking Awareness Month from January 28th - February 28th. Keep an eye on our social media for information and for all the events we have planned. Want to show your support? Please stop by Forcina 308 to pick up your free Stalking Awareness Month ribbon and AVI stickers or pins.





# STALKING

## AWARENESS MONTH

Without realizing it, we have normalized stalking in our society. We often use language that minimizes stalking behavior and its impact on others. Because of this, how we speak about stalking in our daily lives may have implications beyond what we intend.

To be proactive in preventing stalking, it's important to keep in mind how our behaviors, attitudes, and word choice may come across to victims/survivors of stalking. We can all play a roll in creating a safe environment for everyone at TCNJ.

### USE THE 3 D'S TO PREVENT STALKING

If a friend is receiving unwanted text messages, gifts, social media comments, etc., and they seem uncomfortable by them, check in – ask them how they feel and if everything is OK.

## DIRECT

If a perpetrator keeps showing up outside your friend's place of work, you can offer to take your friend home, help them leave through the back door, or create another distraction.

## DISTRACT

Delegate to others that can help you if you are witnessing or if you suspect a stalking situation. You may choose to report to a boss, call the police, or utilize available campus resources like AVI.

## DELEGATE

# Supporting Survivors

## Do

- Validate their experiences and feelings
- Thank them for sharing with you
- Use the same language as the survivor
- Allow them to make their own choices
- Listen
- Make open ended statements such as "Im here to support you"
- Keep the information private

## Don't

- Minimize their experiences or feelings
- Make assumptions
- Identify or label experiences for that person
- Tell them what to do next
- Try to fix everything
- Compare their experience with others
- Blame them or judge their reactions
- Confront stalker without permission of victim

Remember that stalking behaviors are never flattering, benign, or romantic. Being a victim of stalking can be very scary; it is not a matter of just blocking the stalker's phone number or "just hearing them out."

## Stalking Awareness Month





## Resiliency Activities Fair

The Department of **Health and Wellness** and **Student Government** partnered to host its first Resiliency Activities Fair for students on November 7, 2018. The event focused on providing students' information on self-care, tips on stress relief and stress management, and any helpful tools to remain resilient as we approach the Thanksgiving break and Finals week. Some of the tabling themes included resiliency information wheel, masculinity table, stress reduction and coping mechanisms, time-management, pin the tail on the stressor, Life Game (growth mindset), Breathing Buddies craft as a helpful meditation tool, bubble wrap activity and ways to relieve stress, mantra making, making balloon stress balls, motivation notes around campus, Mad Pride, coloring, along with massage therapy and therapy dogs. The event had over 20 vendors from various student organizations and on-campus departments, which included Active Minds, AVI, CAPS, Center for Student Success, To Write Love on Her Arms TCNJ, Thrive PEs, Circle of Compassion, ADEP, DOS Cares, Psychology Club, Dispute Resolution Services, Humanitarian Yoga Club, Freshman Council Club, Alpha Phi Omega, Disability Pride, Student Nurses Association, Student Health Services, Student Conduct, Title IX, Recreation Wellness, Body Zen Massage, and Attitudes in Reverse.





## **BENEFITS OF STRETCHING FOR THE BODY:**

- ◇ Flexibility: Stretching improves flexibility
- ◇ Posture: Stretching improves your posture
  - ◇ Injury Prevention
- ◇ Increased Nutrients and Reduced Soreness



- ◇ Calmed Mind
- ◇ Releases Tension
- ◇ Increased Energy



- ◇ NOT just a warm-up activity

### **At desk stretches:**

<https://www.bupa.co.uk/newsroom/ourviews/desk-stretches>

### **Stretches to do in bed before getting up:**

<https://www.prevention.com/fitness/g20490060/do-these-stretches-before-getting-out-of-bed/>

### **Stretches to help sleep better:**

<https://www.fitnessmagazine.com/workout/stretch/stretch-to-help-you-sleep/>



# what's happening

[TCNJ Event Calendar](#)

[Forrest Theatre](#)

[TCNJ Center for the Arts](#)

[RUTGERS EVENT CALENDAR](#)

[McCarter Theatre Center](#)

[George Street Playhouse](#)

[Mercer County Arts Organizations](#)

[The State Theatre](#)

[Trenton Culture, Art, History & Entertainment](#)

[Yardley Players](#)

[The Delaware River Towns](#)

[Walnut Street Theatre](#)

[Bucks County Playhouse](#)

[Philadelphia Theater Guide](#)

[Sellersville Theater](#)

[The Langhorne Players](#)

[Tin Angel](#)



DECEMBER 1



# World AIDS Day

Observed worldwide on December 1 since 1998, World AIDS Day is the moment of the year where millions of people come together across the globe to commemorate people who lost their lives to HIV, acknowledge progress made in responding to the epidemic and recommend to ending the AIDS epidemic.

## Preventing HIV:

**Abstinence** is the only 100% effective way to prevent HIV, other sexually transmitted diseases (STDs), and pregnancy. The longer you wait to start having oral, vaginal, or anal sex, the fewer sexual partners you are likely to have in your lifetime. Having fewer partners lowers your chances of having sex with someone who has HIV or another STD.

### Anal or Vaginal Sex

**Use condoms the right way EVERY TIME YOU HAVE SEX.**

**Choose less risky sexual behaviors.** HIV is mainly spread by having anal or vaginal sex without a condom or without taking medicines to prevent or treat HIV. **Receptive anal sex** is the riskiest type of sex for getting HIV because the lining of the rectum is thin and may allow HIV to enter the body during anal sex.

**Get tested for other sexually transmitted diseases (STDs)** and encourage your partner to do the same. If you are sexually active, get tested at least once a year. Having other STDs increases your risk for getting or transmitting HIV. STDs can also have long-term health consequences such as infertility & many have no symptoms in women.

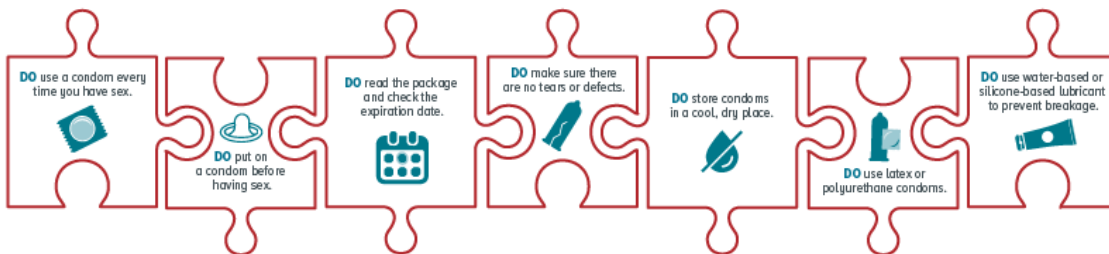
Free HIV testing is available to TCNJ students in Student Health Services.

**Limit your number of sexual partners and KNOW WHO THEY ARE.**

**Don't binge drink.** You can't be aware if your brain is not working.

The more of these actions you take, the safer you can be.

## The Right Way To Use A Male Condom



Sexual activities that **don't involve contact with body fluids** (semen, vaginal fluid, or blood) carry no risk of HIV transmission but may pose a risk for other STDs.

Learn more about how to protect yourself at <https://www.cdc.gov/hiv/basics/prevention.html>

## Fast Facts:

1.1 million people in the US are living with HIV, and 1 in 7 of them don't know it.

The estimated number of annual new HIV infections declined 10% from 2010 to 2014.

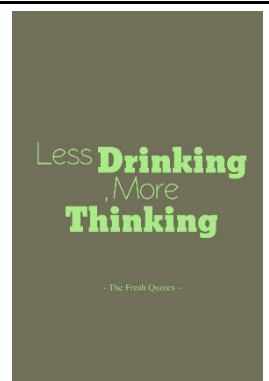
Gay and bisexual men, particularly young African American gay and bisexual men, are most affected.

Source: CDC.gov 2017

## Fast Fact tcnj:

STDs are on the rise including Chlamydia, Gonorrhea & Syphilis at TCNJ. Causes: inconsistent condom use, multiple sexual partners, sex with strangers, binge drinking.

Source: TCNJ Student Health Services, 2018



Binge drinking can have a big impact on your ability to make decisions about your sexual health. Many of the risks that come from alcohol increase your chances of getting sexually transmitted infections (STIs), including HIV. It is also a risk factor for sexual assault, especially among young women in college settings.

# Travel Health News

## Health Risks and Outbreaks



**The holidays are a popular time for international travel. Watch out for these travel health risks this holiday season:**

**Zika.** It may not be in the news, but **Zika** is still around – many countries in the Caribbean, Central and South America, Africa, and Asia have risk of Zika. If you are traveling, [check your destination](#) and learn about [CDC's recommendations](#). Read about Zika at <https://wwwnc.cdc.gov/travel/diseases/zika>.

**Measles.** There are **outbreaks** of measles in popular destinations in Europe ([England](#), [Italy](#), [Greece](#), [France](#), [Romania](#), [Serbia](#), & [Ukraine](#)). Read about Measles at <https://wwwnc.cdc.gov/travel/diseases/measles>.

**Flu:** Some countries have reported widespread **outbreaks** of influenza (flu) this season. Be sure to get your yearly flu shot. Stay clear of people who are coughing or otherwise appear to be ill, and wash your hands often with



**Speaking of holiday travel, looking for more tips to stay healthy during holiday travel?**

**CDC Holiday Travel Tips Feature** has recommendations and resources to help you stay healthy this travel season. Read more at <https://wwwnc.cdc.gov/travel/page/traveling-holidays>.

**Students** can schedule a travel health consultation in Student Health Services before they travel. Log onto <https://tcnj.medicatconnect.com/>.



**National Family Health History Day is celebrated on November 22, 2018.**

Every year, the U.S. Surgeon General declares Thanksgiving Day to be National Family Health History Day. A family health history is a record of medical and health information about a person and his or her blood relatives. It can give clues to conditions that may run in a family and can help identify individuals who are at an increased risk of developing those conditions.

The easiest way to get information about family health history is to talk with relatives about their past and current health issues. Many families gather together for the Thanksgiving holiday. During this time, multiple generations of family, who might not often talk with one another, can discuss health issues and answer questions. Family gatherings are a valuable opportunity to collect an accurate family health history.

Here's a resource to collect and record health information about family members. It is important to keep this information up-to-date and share it with a health care professional regularly.

## My Family Health Portrait

A tool from the Surgeon General

<https://phgkb.cdc.gov/FHH/html/index.html>

National  
**DNA**  
DAY APRIL  
25

15<sup>th</sup> Anniversary

## Celebrating Genomics Through Awareness



**National DNA Day** is celebrating the 15th anniversary of the completion of the Human Genome Project in 2003! On April 25th, the public can learn more about how advances in genetics and genomics have changed people's lives and what the future holds.

Whether you realize it or not, many parts of our daily lives are influenced by genomic information and genomic technologies. [Genomics](#) now provides a powerful lens for use in various areas - from medical decisions, to food safety, to ancestry.

*Fifteen ways genomics is  
now influencing our world!*



To commemorate this milestone and the genomic advances that have been made since 2003, the National Human Genome Research Institute (NHGRI) will launch the ['15 for 15' Celebration](#) - unveiling 15 ways that genomics has and will continue to transform our world.



# 10 Ways to Sneak Fitness Into Your Day



Regular exercise can reduce the risk of developing chronic diseases, elevate your mood and improve mental focus. The [Centers for Disease Control & Prevention](#) recommend that healthy adults ages 18-65 do 30 minutes of moderate-intensity aerobic exercise (such as brisk walking) for 2 hours and 30 minutes every week, plus muscle strengthening activities that work all major muscle groups 2 or more days a week. But somehow time slips away, and you never seem to have the time. Here are some tips for being active all day long in sprinkled increments.

## 1. WHILE WATCHING TV

This lower-body workout can be done when your favorite show is on. Lie on your side and do 3 sets of 15 leg lifts, then 3 sets of 15 leg circles raising your leg and rotating it in circular motions. Switch sides.

## 2. WHILE STANDING AROUND

Pass the time by squeezing your behind 10 times. Tighten your abdominal muscles 10 times. Stretch your arms behind you and squeeze your [triceps](#) 10 times. Rise up on your toes and squeeze your [calves](#) 10 times.



## 3. WHILE BRUSHING YOUR TEETH

Stand on one foot for 60 seconds and then switch. If that's too easy, try balancing while lifting your leg to the side.

## 4. WHILE YOUR BEVERAGES BREW

It's important to keep your calves and [Achilles tendons](#) from getting tight. Loosen up while waiting for tea to steep or coffee to brew: Stand at arm's length from the wall and place one foot behind the other, keeping heels down and knees straight. Lean toward the wall, bracing with your arms. Bend your forward leg to stretch the calf of your back leg. Hold for 30 seconds. Switch feet.



## 5. WHILE SITTING AROUND

Improve your grip strength by keeping a tennis ball at your desk, and another by your favorite chair. At least twice a day, grab the ball and squeeze tightly. Hold for 5 seconds, then release slowly. Repeat 10 to 15 times with each hand.

***No matter how much you exercise, sitting in the same position with little or no movement for 60-90 minutes or more at a time can cause serious damage to your body. Take a movement break every 30 minutes—stand up and move/walk for five minutes at brisk pace.***

## 6. WHEN WORKING AT A DESK

If your day includes a lot of chair time, swap a stability ball for your chair for 20-30 minute periods throughout the day. A stability ball builds core strength and may reduce back pain.

## 7. WHILE MAKING DINNER

Keeping your shoulders strong and flexible can relieve joint pain and stiffness. So the next time you're waiting for water to boil, do some arm circles. Hold your arms straight out from your side and rotate 15 times in circles in a clockwise direction; then rotate 15 times counterclockwise.

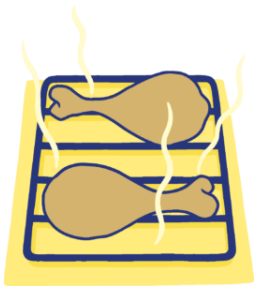
Adapted from the AARP Bulletin: March 2017 and the Centers for Disease Control and Prevention webpage on Physical Activity, April 2018



- In the United States, approximately 30 million persons are living with diabetes and 84 million with prediabetes.
- Diabetes is the seventh leading cause of death in the U.S., and it is estimated that 7 million people in the U.S. are unaware they have it.
- Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease.
- Type 2 diabetes is caused by genetics and lifestyle factors.
- For the diagnosed, diabetes can affect every decision – what to eat, wear, do and other decisions about how they'll take care of themselves. Yet the 24/7 burden of diabetes management is often misunderstood.
- Persons with prediabetes are at high risk for developing type 2 diabetes, heart disease, and stroke.
- Likewise, women who have had gestational diabetes (diabetes during pregnancy) are at increased risk for developing type 2 diabetes later in life.

## TAKE THE RISK TEST

- **Prediabetes** means a person's blood glucose (sugar) level is higher than normal, but not high enough yet for a diagnosis of type 2 diabetes.
- If left untreated, prediabetes can progress into type 2 diabetes.
- It's time to take the American Diabetes Association Risk Test at <https://doihaveprediabetes.org/take-the-risk-test/#/> to know where you stand.
- Get the facts about diabetes from <http://diabetes.org/>.



Roast, broil, grill, steam, or bake. Avoid frying. Low-fat doesn't mean low-flavor. Spice it up with herbs and spices. Avoid drinking sugar-sweetened beverages.



Get at least 2.5 hours of moderately intense activity every week. Taking 30-minute walks 5 days per week is a good goal. Close parking spots are not the best parking spots. Small steps lead to big changes. Ditch the elevator. Take the stairs.



Losing just 5–7 percent of your body weight can make the difference in reducing your risk of type 2 diabetes.



Make a list of all the reasons to quit smoking. (There are a lot!) Consult with a doctor or nurse about treatments or programs that can help.



# GUEST COLUMN



By Puneet Sethi  
TCNJ Registered Dietitian



## Steps for Mindful Eating During the Holiday Season

As the holiday season approaches, and thanksgiving is upon us, the focus of many of our days will be centered around eating and celebrating. During this season of reconnecting with family and friends, I also encourage you to make and increase connections with your food. Forming a connection to our food and acknowledging the path it has traveled to our table can increase gratitude. Studies show that increasing gratitude can improve our relationship with food: a healthier outlook towards food can lead to nourishing eating patterns and improved health. This holiday season consider being *thankful*, as the first step to mindful eating for the holidays.

**Step 1: Give Thanks.** Taking a pause before eating, allows the nervous system to shift and our bodies to relax and prepare for digestion. Giving thanks can be in the form of saying grace, increasing mindfulness of the steps that have taken place for us to have access to food, or simply saying thank you for the opportunity to nourish our bodies. Giving thanks will lead to better digestion and metabolism of foods, but also to wiser food choices and increased positive thoughts associated with eating!

**Step 2: Don't Skip Meals.** Planning to save your calories or appetite for all your holiday favorites- don't! Going to the table hungry not only leads to poor food choices, but it increases the likelihood of over-eating. Make sure to eat balanced meals and snacks leading up to holiday meals so that you are well nourished and can enjoy holiday food without a foggy mind.

**Step 3: Eat in Moderation.** Just because you've been waiting for your favorite holiday all year long, it does not mean you literally have to eat it all. Be aware of how hungry and full you are, acknowledge that when you are starting to feel full it may be time to stop eating and take a break. You can enjoy tastes of your favorite foods and remind yourself that you can save some for later!

**Step 4: Be in the Moment.** It can be easy during family meals to get caught up in conversation, or to be distracted with all the commotion that we must remind ourselves that we are also eating! If you are eating, take a moment to acknowledge that you are eating. Notice how you are feeling before the meal, notice the foods you have selected, and savor the flavor of the foods. You've probably waited all year for your holiday favorites, don't miss out on enjoying them!

**Step 5: Choose Both Nutritious and Fun Foods.** It is okay to enjoy fun holiday foods. If our holiday plate only has carbohydrate and fat rich foods, it may lead to feeling not only physically uncomfortable but feeling guilty as well. Choose fiber filled colorful produce and protein alongside of the fun foods!

# Women's Club Soccer qualify for the National Championship!



**One of only 24 teams to qualify nationally**

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**Tournament is Nov 29th - Dec 1st  
in Foley, Alabama**

For more info visit

<http://play.nirsa.net/soccer/national-championship/>



**Anti-Violence Initiatives:**

- **Street Team Applications: January 28 - February 11, 2019.**
  - The application for the AVI Street Team will go live on Monday, Jan 28 and will close on Monday Feb 11, 2019. The training session for new volunteers will be on Friday, Feb 15, 2019. Those who apply must schedule a quick, informal interview to be eligible for the position. The Street Team will have meetings every Monday at 1pm and Friday at 1pm every week and volunteers are required to go to one meeting per week. Application located on the AVI website.
- **National Stalking Awareness Month: Jan 28 - Feb 28, 2019.**
  - Due to extended winter break, AVI will be promoting National Stalking Awareness Month for Jan 28 - Feb 28. Keep an eye out on our social media for information and for all of the events we have planned. Want to show your support? Stop by Forcina 308 to pick up your free National Stalking Awareness Month ribbon and pin. These items will be available for pick up starting Dec. 2018.
- **Peer Educator Open House & Applications: Wednesday, Feb 6, 12 - 2pm, STEM 102.**
  - Join AVI, CAPS and THRIVE Peer Educators for our annual Open House. Learn all about the different opportunities that peer educators have and what it means to be a part of either AVI, CAPS or THRIVE. Check out our graphic in the Nov 2018 Health and Wellness Newsletter to view the application link.

**Collegiate Recovery Program:**

- NA Meetings: Fridays 6:30pm—8:00pm; Trenton Hall Room 106

**Counseling and Psychological Services:**

- Don't forget to check out our many group offerings for the spring semester: <https://caps.tcnj.edu/counseling-services/caps-groups/groups-schedule/>

**Religious and Spiritual Life:**

- Winter Social: Tuesday, November 27, 4:30 - 6:30pm. Spiritual Center
  - Religious and Spiritual Life will be hosting a Winter social to celebrate the successes and achievements of our students. This event is open to any faculty, staff, and students who are involved with religious and spiritual life in some capacity.



- ◇ **Holly Heller**, Nurse Practitioner in Student Health Services, for passing the **International Society of Travel Medicine, Certificate of Knowledge Examination**, held in September in Atlanta . This certificate recognizes professional excellence in the field of international travel medicine. The pass rate for this international examination averages only 35%. Way to go Holly!

