

# Health and Wellness Newsletter

## EAT, SLEEP, MOVE, BREATH

I know, I know, you've heard it all before. But did you realize that focusing on these fundamental components of health and wellness can improve your body, mind and spirit in proven scientific ways? Let's face it, college can be a demanding and stressful place, and its easy to forget to eat well, get enough sleep, exercise and take a moment to stop and tune in to both the people around you and yourselves. With finals coming up in just a couple weeks, its even more important to make sure you're in a healthy and well place.



### EAT: The Benefits of Good Nutrition

- ⇒ Maintains a healthy weight
- ⇒ Supports your heart, reduces risk of heart disease
- ⇒ Keeps your bones strong and healthy
- ⇒ Maintains your energy level throughout the day
- ⇒ Improves mental focus and concentration
- ⇒ Improves mood and emotional functioning



### SLEEP: The Benefits of a Good Nights Sleep

- ⇒ Improves immune functioning
- ⇒ Stabilizes metabolism
- ⇒ Improves memory, retention and concentration
- ⇒ Positively impacts the learning process
- ⇒ Increases energy
- ⇒ Improves mood
- ⇒ Optimizes performance in all areas



Continued on next page .....

#### TCNJ Health and Wellness

##### 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://religiousandspirituallife.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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## EAT, SLEEP, MOVE, BREATHE cont'd

### MOVE: The Benefits of Exercise

- ⇒ Controls / maintains your weight
- ⇒ Reduces risk of cardiovascular disease
- ⇒ Reduces your risk for type 2 diabetes
- ⇒ Reduces your risk of some cancers
- ⇒ Strengthens your bones and muscles
- ⇒ Improves your mental health and mood
- ⇒ Improves your ability to do daily activities
- ⇒ Increases your chances of living longer



### BREATH: The Benefits of Being Mindful

- ⇒ Bolsters your immune system
- ⇒ Helps manage stress
- ⇒ Improves concentration and attention
- ⇒ Helps regulate and manage emotions
- ⇒ Allows you to be more *present* in your life
- ⇒ Helps strengthen resilience
- ⇒ Reduces unhelpful ruminations and obsessions



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## TIPS FOR EATING HEALTHY IN COLLEGE\*

1. Eating healthy doesn't mean dieting.
2. Focus on adding nutritious foods instead of restricting the bad stuff.
3. Choose healthy foods you love
4. Don't let your class schedule dictate your meals.
5. Stock up on healthy snacks.
6. Always keep a granola bar with you.
7. Sneak protein into every meal to stay full.
8. Beans and rice are cheap and nutritious.
9. Fill half your plate with veggies and salad.
10. Build tasty and nutritious salads you like.
11. Use your fist as a portion size for protein, whole grains, fruits and fats.
12. Don't hang around the dining hall for too long after eating.
13. Carry around fruit in your backpack.
14. When available make a special request for healthier foods at the dining hall.
15. Try not to drink your calories.
16. Bring a water bottle everywhere.
17. Go for healthier packaged foods.
18. Eat natural peanut butter for protein.
19. Choose a cereal with whole grains.
20. Frozen bags of fruits and veggies last.
21. Microwave stir-fries and rice bowls.
22. Add spices, veggies and protein to ramen.
23. Invest in some Tupperware for portions.
24. Pack a lunch when you can.
25. Brew your own coffee or tea to-go.
26. Eat before you go to parties to avoid unhealthy snacks.

\*Taken from [THIS](#) article on Buzzfeed.

## TIPS FOR BETTER SLEEP



### Examine your diet...

Go for:

- Foods rich in vitamin B such as whole grains, peanuts, bananas and sunflower seeds.
- Foods with lots of calcium and magnesium.

### Avoid:

-Foods that are spicy, overly sweet or fatty (especially just before bed).

### Limit alcohol consumption...

- One night of drinking can affect REM sleep, the deep sleep necessary for feeling refreshed.
- Although you may fall asleep faster nighttime awakenings can be frequent and the quality of sleep is much less beneficial.
- It takes the body three days to recover from just one night of heavy drinking.

### Limit caffeine intake...

- It takes about six hours to leave the body.
- It speeds up blood pressure, heart rate and brain waves making it very difficult to sleep. Limiting your caffeine intake and monitoring how much will lead to a much less restless night.

### Come up with a bedtime ritual...

- Should begin at least an hour before going to bed.

### Separate yourself from electronics:

- Turn off your computer
- Turn off your television
- Don't answer your phone

### Relax:

- Listen to calming music
- Take a warm shower
- Meditate



### Create a sleep friendly environment:

- It should be dark, cool, quiet and comfortable.
- Make your bed a place for sleep and other relaxing activities.
- Program your body to recognize your bed as a place for relaxation.

### Nap Responsibly...

- Limit yourself to just 20 to 30 minute naps so as to not enter deep sleep.
- Naps should come no sooner than eight hours after you wake.

### If you still can't sleep:

- Within 15 minutes get out of bed and do something that will relax you.
- If the problem lies in your mind racing with too many thoughts, write them down in a notebook.

### So, why is sleep so important?

- It increases an ability to make rational choices.
- It increases motivation, memory and concentration.
- It prevents injuries and accidents.
- It boosts the immune system.
- It increases sexual health.
- It can even increase your life span!



## TIPS FOR INCREASING PHYSICAL ACTIVITY

### AT HOME:

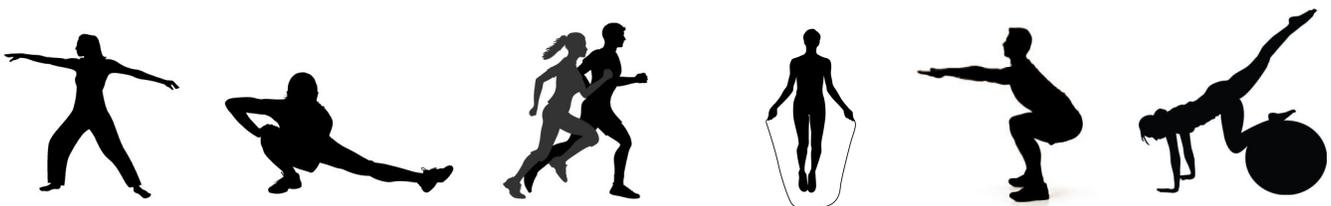
It's usually convenient, comfortable and safe to work out at home. You can combine exercise with other activities, such as watching TV. If you buy exercise equipment, it's a one-time expense and other family members can use it. It's easy to have short bouts of activity several times a day. Try these tips:

- Do housework yourself to stay active instead of letting other family members do it.
- Work in the garden or mow the grass. Using a riding mower doesn't count! Rake leaves, prune, dig and pick up trash.
- Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.
- Walk or bike to the corner store instead of driving.
- When walking, pick up the pace from leisurely to brisk. Choose a hilly route. When watching TV, sit up instead of lying on the sofa. Or stretch. Better yet, spend a few minutes pedaling on your stationary bicycle while watching TV. Throw away your video remote control. Instead of asking someone to bring you a drink, get up off the couch and get it yourself.
- Stand up while talking on the telephone.
- Walk the dog.
- Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.
- Stretch to reach items in high places and squat or bend to look at items at floor level.
- Keep exercise equipment repaired and use it!

### AT SCHOOL:

It's easy to fall into a sedentary lifestyle sitting in classes for a significant part of the day. Why not...

- Brainstorm project ideas with a friend while taking a walk.
- Create an exercise accountability partnership.
- Stand while talking on the telephone.
- Walk down the hall to speak with someone rather than using the telephone.
- Take the stairs instead of the elevator. Or get off a few floors early and take the stairs the rest of the way.
- Jump and do calisthenics in your dorm room. Or apartment
- Download some audio fitness coaching from the internet.
- Participate in a sport club at your school.
- Use the fitness center in Campus Town. Work out before or after classes to avoid crowds, or drop by for a noon workout.
- Schedule exercise time on your calendar and treat it as any other important activity.
- Walk around campus for a break during the school day or during lunch.



### AT PLAY:

Play and recreation are important for good health. Look for opportunities such as these to be active and have fun at the same time:

- Plan outings and vacations that include physical activity (hiking, backpacking, swimming, etc.)
- See the sights in new cities by walking, jogging or bicycling.
- Make a date with a friend to enjoy your favorite physical activities. Do them regularly.
- Play your favorite music while exercising; enjoy something that motivates you.
- Dance with someone or by yourself. Take dancing lessons. Hit the dance floor on fast numbers instead of slow ones.
- Join a recreational club that emphasizes physical activity.
- At the beach, sit and watch the waves instead of lying flat. Better yet, get up and walk, run or fly a kite.
- When golfing, walk instead of using a cart.
- Play singles tennis or racquetball instead of doubles.
- At a picnic, join in on badminton or volleyball instead of croquet.
- At the lake, rent a rowboat instead of a canoe.



## 6 MINDFUL EXERCISES YOU CAN TRY TODAY

### 1. Mindful Breathing

This exercise can be done standing up or sitting down, and pretty much anywhere at any time. Breathe in and out slowly. One breath cycle should last for about 6 seconds.

### 2. Mindful Observation

This is a simple but powerful exercise. Choose a natural object in your immediate environment focus on watching it for a minute or two. Explore all aspects of it.

### 3. Mindful Awareness

Think of something that happens every day more than once (opening a door). Pay attention to where you are, how you feel in the moment and where the door leads.

### 4. Mindful Listening

Select a piece of music you've never heard before. Close your eyes and listen with a neutral standpoint. Hone in on the melody, the lyrics, the tone. Don't think, hear.

### 5. Mindful Emersion

Cultivate contentment in the moment by paying attention to a routine task or chore. Feel the motion and focus on every aspect of the experience without judgment.

### 6. Mindful Appreciation

Notice 5 things in your day that usually go unappreciated. Can be objects or people. Give thanks for these 5 things and appreciate the way they support/add to your life.

From [6 Mindful Exercises You Can Try Today](#) by Alfred James

# Just for laughs



"Part of the company's new fitness program, I presume."

# Anti-Violence Initiatives

## Counseling • Advocacy • Prevention

TCNJ's *Anti-Violence Initiatives (AVI)* leads the campus effort to address issues of sexual assault, domestic/dating violence, and stalking. We work with our community partners to create a campus environment that is intolerant of abuse, responsive to the needs of victims/survivors, and holds perpetrators accountable for their actions. Our objective is to establish a campus culture of safety, free from power-based personal violence, resulting in a safer living and learning environment.

## October was Domestic Violence Awareness Month!

Anti-Violence Initiatives hosted another successful Domestic Violence Awareness Month this past October. The AVI office threw its traditional kickoff Purple Party for DV month to promote #LionsAgainstDomesticViolence. At this tabling event, students or representatives from organizations signed their names on awareness ribbons and created a 3D display, showing support for victims and survivors. During the last week of October, Eickhoff hallway featured our "Many Faces of Domestic Violence" display. This exhibit featured portraits and messages designed to convey the psychological impact of domestic /dating violence. Messages of belief and hope were presented throughout the exhibit, demonstrating ways in which the TCNJ campus can support victims and survivors of domestic/dating violence.

AVI introduced a new program this year to cap off our October programming: the Escalation Workshop



from the One Love Foundation. Here, participants learned about the often unrecognized warning signs of unhealthy relationship behaviors and discussed possible interventions strategies when recognizing those situations in their own lives. This facilitation was led by One Love-trained facilitators from our office and various organizations across campus. The Escalation Workshop will be offered regularly through AVI. If you or your organization is interested in hosting a program, please contact [michelle.lambing@tcnj.edu](mailto:michelle.lambing@tcnj.edu).



### Are you registering for classes and thinking about future opportunities? Get involved with AVI!

AVI will be accepting applications for peer educators, interns and volunteers in Spring 2018. We will be posting about available opportunities on our website and social media, so be sure to follow AVI on all of our platforms.

[Visit this link to find out more about our opportunities](#)

Join our mailing list to receive emails about what we're up to! You can join our mailing list [here](#).

### Follow us on social media!



[/tcnjavi](#)

[@tcnjavi](#)

[@tcnj\\_avi](#)



**If you are struggling with the “Me Too” movements, know that you are not alone and that there are people here to help you. If you would like to talk to someone about your experiences, you can access confidential counseling on-campus at AVI (Forcina 308, 609-771-2272) or CAPS (Eickhoff 107, 609-771-2247), or off-campus at Womanspace (609-394-9000).**

The “Me too” campaign was founded in 2007 by Tarana Burke, a women’s advocate and founder of Just Be Inc, as a way to connect to survivors from underprivileged populations, especially young women of color. Recently, this campaign was reignited in response to a slew of allegations arising against producer Harvey Weinstein, as women in Hollywood began to take a stand against sexual harassment and assault by sharing their own experiences. Many other survivors felt inspired to share their stories, posting “Me Too” as a message of solidarity and a means to demonstrate to others how pervasive this issue really is. Tarana Burke calls this “empowerment through empathy”, as the “Me Too” movement aims to empower survivors and communicate to others that they are not alone in this journey.

Many survivors have felt empowered by the “Me Too” movement, as it gives them a chance to reclaim their experiences by sharing their story while creating a sense of solidarity and closeness among survivors. Others have critiqued the movement for putting the onus on those wronged, emphasizing that “survivors don’t owe you their story.” It is important to remember that not everyone feels comfortable sharing their story and that is 100% okay. In addition, just because someone did not post “Me Too” does not mean they have not experienced sexual

harassment or assault.

Most importantly, the “me too” campaign demonstrates how there is no one way to be a survivor. Survivors are people of all races, genders, ages, sexualities, abilities, religions, and backgrounds with their own unique stories to tell. Some feel empowered by sharing their stories, others don’t. Know that, no matter how you are feeling in response to the Me Too movement, your experiences, feelings, and stories are valid.

We are heartened by the actions from Hollywood in response to these allegations, as more and more perpetrators are being held accountable for their actions than ever before. For example, when news arose that actor Kevin Spacey sexually assaulted a teenage actor, he was dropped from production from multiple projects, including hit Netflix show House of Cards. Coverage from the media also shows a marked change, as victim-blaming language has decreased. More media outlets, though of course still not all, are giving power to survivors and validating their experiences by calling these acts what they are-- “sexual violence”- rather than minimizing them by referring to them as “sex scandals,” as they have been in the past. This change represents the actions we would like to see the community take whenever power-based personal violence occurs: hold perpetrators accountable and validate survivors.

## Supporting Survivors Poster Campaign

This past month, AVI released a poster series about supporting survivors. These posters were created to help community members understand what to say in response to a disclosure, explaining how common responses/phrases might be harmful to survivors, and what to say instead. AVI will release more posters in the coming months, so keep an eye out for new content and phrases!

## January is National Stalking Awareness Month!

January is National Stalking Awareness Month and we'd like to share an idea for getting involved, even though we aren't on campus for much of this month.

Sometimes, words that can be hard for others to hear or even cause harm to victims and survivors become part of our everyday speech. For example, when someone is looking others up on social media, they might say "I was Facebook stalking...". While this may seem harmless enough, a victim-survivor of stalking may interpret the usage of the word to mean the speaker does not take stalking seriously and wouldn't be supportive if the victim-survivor disclosed their experience.

It takes just a small effort to change the way we express certain ideas. Instead of saying "I stalked this person's social media" it might be possible to say, "I was looking up '...' on social media" or "I checked out their social media last night".

As well, by saying "stalking" when not referring to the actual act (defined as: a course of

When someone shares their story with you,  
**INSTEAD OF SAYING...**

“  
Are you sure  
that's what  
happened?  
”

**SAY:**

“  
**I BELIEVE YOU**  
”

WHEN VICTIMS AND SURVIVORS SHARE THEIR STORIES, THEY ARE OFTEN MET WITH SKEPTICISM, WHICH CAN DISCOURAGE THEM FROM GETTING FURTHER SUPPORT. CONVEYING BELIEF AND COMPASSION CAN MAKE ALL THE DIFFERENCE.

### TCNJ Supports Survivors

#### CONFIDENTIAL RESOURCES

Anti-Violence Initiatives  
Forcina 308, (609)-771-2272

Counseling and Psychological Services  
Student Health Services  
Eickhoff 107, (609)-771-2247

Womanspace  
(609)-394-9000

#### NON-CONFIDENTIAL RESOURCES

Title IX Office  
Brower 220, (609)-771-3266

Campus Police  
(609)-771-2345

Ewing Police  
(609)-882-1313

conduct directed at a specific person that would cause a reasonable person to feel emotional distress or fear for themselves, or a third party) we risk normalizing its use and invalidating the experiences of victims-survivors of stalking.

That said, if you suspect a friend or someone you know may be stalking someone on social media or otherwise, it is important to take appropriate action or consult resources such as AVI. On campus, AVI, Title IX, and Campus Police can assist in exploring a possible stalking situation and connecting you as a bystander or any victim-survivor to resources.

We believe it is a community effort to make our campus a safer place. Shifting our language and checking-in with peers are two simple ways to support victim-survivors and work towards ending



MILES (Men for Integrity, Leadership, and Ethics, in Society) is a group for students interested in discussing gender roles and socialization, the challenges faced by men-identifying folks on campus, and how we can come together to promote a healthier, more inclusive definition of masculinity and reduce violence in our community. We meet weekly on Tuesdays at 1 PM in Forcina Hall 308. Please feel free to drop-in and join the conversation. We'll have coffee and tea but feel free to bring lunch or a snack!

## Follow MILES on Social Media!



/milestcnj



@tcnj\_miles



## Below is an adapted list of ten things men can do to reduce violence in our community from noted speaker, Jackson Katz.

1. Understand that men have a place in violence prevention and can act as empowered bystanders.
2. If a brother, friend, classmate, or teammate is abusing his partner -- or is disrespectful or abusive in general -- don't look the other way. If you feel comfortable doing so, try to talk to him about it. Urge him to seek help. Or if you don't know what to do, consult a friend, a professor, or a counselor. **DON'T REMAIN SILENT.**
3. Question your own attitudes. If something you do or say ends up hurting someone else, respond with curiosity and openness rather than defensiveness. Consider how your own attitudes and actions may inadvertently perpetuate sexism and violence, and work toward changing them.
4. If you suspect that someone close to you is being abused or has been sexually assaulted, gently ask if you can help.
5. If you are emotionally, psychologically, physically, or sexually abusive towards anyone, or have been in the past, seek professional help **NOW.**
6. Be an ally to those who are working to end all forms of gender violence. Support the work of AVI and Title IX. Attend Day to End Rape Culture in the spring and other similar events. Raise money for community-based rape crisis centers and battered women's shelters (our local one is called Womanspace and serves people of all genders). If you belong to a student org, host a fundraiser.
7. Recognize and speak out against homophobia and other forms of discrimination. These abuses have direct links to sexism (e.g. the sexual orientation of men who speak out against sexism is often questioned, a conscious or unconscious strategy intended to silence them. This is a key reason few men do speak out.)
8. Attend programs, take courses, watch films, and read articles and books about multicultural masculinities, gender inequality, and the root causes of gender violence. Educate yourself and others about how larger social forces affect the conflicts between individual men and women.
9. Be a critical consumer of media. Do the movies, shows, music, websites, etc. that you consume promote gender inequity or violence? Refusing to engage with that content is a form of resistance.
10. Mentor and teach young boys about how to be men in ways that don't involve degrading or abusing others. Volunteer to work with gender violence prevention programs, including anti-sexist men's programs (like MILES). Lead by example.

*MILES and AVI are here to support you in exploring masculinity and gender norms and in ending violence on our campus. Please reach out if you are interested in this work and/or want to take action on this list.*

# Religious & Spiritual Life (RSL)

RSL invites you to our **Brown Bag Discussion Series**! Every Thursday, R&SL hosts round-table conversations surrounding religious, spiritual, and faith practices.

Each week religious and spiritual student organizations take turns sharing some of their beliefs and the ways they have made meaning of their own religious/spiritual practices. Students of all backgrounds are welcome to come and share their personal religious/spiritual/faith practices; address some of the stereotypes and stigmas they face in observing these practices; share the positive impact these practices have had in their own lives; and allow TCNJ community members (students, faculty, and staff) to ask meaningful questions. After 3 weeks of consecutive meetings, we have found that students and staff alike are learning a tremendous amount about each others belief systems, cultures, and identities; all while having fun and building relationships across differences!

We hope that you will join us for this exciting opportunity to learn more about the religious and spiritual practices of the world, and the personal experiences of our TCNJ community members!

CIRCLE OF COMPASSION ○ CATHOLIC CAMPUS MINISTRIES ○  
○ NJ CHRISTIAN FELLOWSHIP ○  
○ MUSLIM STUDENT ASSOCIATION ○  
○ CHABAD ○  
○ JEWISH STUDENT UNION ○  
○ CANTERBURY HOUSE ○  
○ GOSPEL UNITED MINISTRIES ○

## Religious & Spiritual Life Brown Bag Discussion Series

**Spiritual Center Lounge**  
**1 pm - 2 pm,**  
**Every Thursday**  
Students, Faculty, and Staff welcome!

*A great opportunity to learn more about the religions and spiritual practices of the world, and your fellow TCNJ students!*  
*Please join us for a fun, meaningful lunch and don't forget your food!*

Questions or Concerns?  
Contact: Ahmed Mahmoud -Mahmoua4@tcnj.edu

\*For the fall semester we are meeting on Thursdays in the Spiritual Center from 1-2PM. In the spring semester we will be changing the time of day to better accommodate the TCNJ community. Follow us on Instagram @rsltcnj, or email Stephanie Bond ([bond@tcnj.edu](mailto:bond@tcnj.edu)) for updated information about time and date.

# HOW TO DEAL WITH STRESS AND ANXIETY



**MIND**

## **Accept that you cannot control everything**

Put your stress in perspective: is it really as bad as you think?

### **Do your best**

Instead of aiming for perfection, which isn't possible, be proud of however close you get.

### **Maintain a positive attitude**

Make an effort to replace negative thoughts with positive ones.

### **Learn what triggers your anxiety**

Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

### **Limit alcohol and caffeine**

Alcohol and caffeine can aggravate anxiety and trigger panic attacks. Instead, drink water.

### **Eat well balanced meals**

Do not skip any meals and always keep healthy, energy-boosting snacks on hand.

### **Get enough sleep**

When stressed, your body need additional sleep and rest. It's important to get 8 hours of sleep per night.

### **Exercise daily**

Exercising can help you feel good and maintain your health.

### **Take deep breaths**

Inhale and exhale slowly throughout the day when you are feeling stressed.

### **Slowly count to 10**

Repeat and count to 20 if necessary.

### **Give back to your community**

Volunteer, be active in your community which creates a support network.

### **Take a time out**

Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from problems helps clear your head.

### **Get help online**

If struggling with stress and anxiety, consider taking a screening online, it's free, anonymous and a good way to learn about your mental health.

### **Talk to someone**

Talk to family and friends, let them know how they can help. Get professional help if things don't improve.



**BODY**



**ACTION**

ADAPTED FROM: <https://adaa.org/tips-manage-anxiety-and-stress>



# Move Through Finals



It's no secret that moving more helps us to be fitter and healthier. Research shows that as little as 30 minutes of exercise per day can boost our general health and well-being. During finals and high stress times, it is just as important to be moving to help your overall wellness and success in the classroom. How will scheduling 30 minutes a day of movement help during finals?

- ◆ **Reduce Stress**
- ◆ **Increased Memory and Concentration**
- ◆ **Boost Energy Levels**
- ◆ **Increase Productivity**
- ◆ **Enhances Mood**
- ◆ **Improves Sleep**
- ◆ **Bettens Overall Physical Health**



The Department of Recreation and Wellness will make it easy to get your 30 minutes a day during finals.

Here is how you can do it:



1. Walk for 30 minutes, if it is too cold outside come to the Fitness Center and use a treadmill or another cardio machine.
2. Group fitness classes will be free from December 9 – December 18, and we will be introducing 30 and 45 minute classes during this time. The schedule can be found at <https://recreation.tcnj.edu/fitness/group-fitness/>. Studies are showing that exercising in a group setting increases the stress relief that exercise gives you.
3. Try one of our 30 minute exercise plans that can be done anywhere, no gym required. <https://recreation.tcnj.edu/fitness/work-out-of-the-week/>
4. If you want more team sport or competition come to the Student Recreation Center for [Open Recreation Hours](#). Courts can be set up for basketball, volleyball, indoor soccer, badminton, tennis and we also have a racquetball court as well.

For more information about the benefits of exercise please check out these sources:

<http://tedxmanhattanbeach.com/past-events/october-2012-conference-journey-to-purpose/presenters/john-ratey/>

*Spark: The Revolutionary New Science about Exercise and the Brain* by Dr. John Ratey

<https://www.thriveglobal.com/stories/14435-a-huge-new-study-says-even-a-little-exercise-can-lower-your-risk-of-depression>

<https://adaa.org/understanding-anxiety/related-illnesses/other-related-conditions/stress/physical-activity-reduces-st>



## Easing Computer Eye Strain

### Symptoms:

- Blurred vision
- Burning, stinging, tearing of the eyes
- Dry eyes

### Causes:

- Prolonged use puts strain on the muscles that help your eyes focus.
- Blinking is drastically reduced when we stare at a digital device. Blinking is essential for maintaining a smooth, clear, and hydrated eye surface.
- Your eyes are looking at a pixelated image that is rapidly alternating or flickering multiple times per second. It is much harder for the visual system to maintain a sharp or consistent focus on an electronic image compared to a hard image.
- Blue light emitted from digital devices place more strain on the eye's focusing system than do printed materials.

### Steps for Relief:

- Look away frequently, or use the 20-20-20 rule to your right.
- Blink often to refresh the eyes and use artificial tear solutions if necessary (e.g. Refresh®, TheraTears®).
- Position the top of your screen at arm's length and slightly below eye level.
- Adjust the screen brightness and avoid glare on the screen.
- Consider turning off some of the lights that are very harsh and bright.

### What about Digital Devices and Sleep?

Digital devices such as TV screens, computer monitors, cellphones and tablets emit significant levels of blue light. Blue light is the high-energy light just beyond the potentially harmful ultraviolet light.

As part of the sleep/wake cycle, blue light triggers the suppression of melatonin in the brain, keeping us awake. This tells us when we are tired or should be awake. To get a good night's rest and REM sleep, turn off your devices 1-2 hours before going to bed to trigger the release of melatonin, giving it a chance to increase just before dozing off into deep sleep.

### Relax Your Eyes Before Bedtime



### Be Kind To Your Eyes

To reduce eyestrain:  
Every 20 minutes,  
break for 20 seconds.



Every 20 minutes,  
look away from  
your computer  
and focus on a  
distant object for  
20 seconds.



20  
minutes

20  
seconds

After two hours  
of continued  
computer use,  
rest those  
peepers for  
15 minutes.



2  
hours

15  
minutes

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.

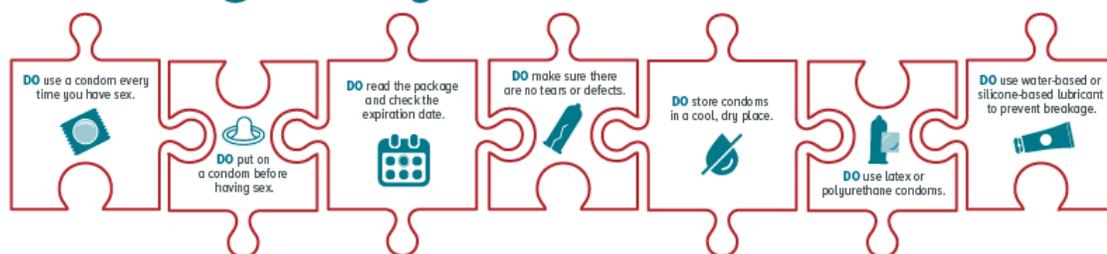
**Get tested for other sexually transmitted diseases (STDs)** and encourage your partner to do the same. If you are sexually active, get tested at least once a year. Having other STDs increases your risk for getting or transmitting HIV. STDs can also have long-term health consequences such as infertility & many have no symptoms in women. Testing is available 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, 2017

Less Drinking, More Thinking

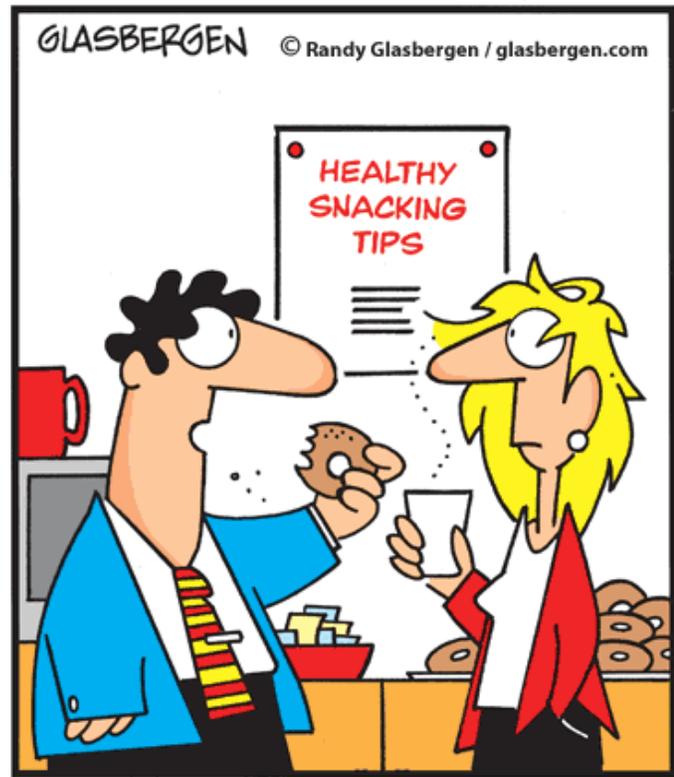
The Fresh Quotes

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.

Just for laughs



“Less flying...more walking.”



“The healthiest part of a donut is the hole. Unfortunately, you have to eat through the rest of the donut to get there!”

# Student Health 101



***Student Health 101: the online magazine written for students by students. Each month includes a variety of healthy & successful living topics. Highlights from the current issue:***

## **Eating:**

“UCookbook: The busy student’s soup”: <http://tcnj.readsh101.com/the-busy-students-soup/>

“UCookbook: Cranked-up apple pie crepes”: <http://tcnj.readsh101.com/cranked-up-apple-pie-crepes/>

## **Sleeping:**

“Sleep debt might be the reason you’re always tired—here’s how to avoid it”:  
<http://tcnj.readsh101.com/sleep-debt/>

“Take a nap or push on through?”: <http://tcnj.readsh101.com/take-a-nap/>

## **Moving:**

“A no-sweat guide to the most popular workouts” :  
<http://tcnj.readsh101.com/a-no-sweat-guide-to-popular-workouts/>

“FitnessU: The deck of cards workout”: <http://tcnj.readsh101.com/deck-of-cards-workout/>

## **Breathing:**

“Test stress much? Try this 30-second, in-the-moment mindfulness trick”:  
<http://tcnj.readsh101.com/try-this-30-second-mindfulness-trick/>

“Feeling the pressure to be perfect? 4 ways to push back”:  
<http://tcnj.readsh101.com/perfection-pressure-push-back/>

# Student Health 101 Wellness Challenge

In collaboration with Student Health 101, TCNJ is proud to announce our first Health Challenge! The December challenge is the Veggie Challenge! The Veggie Challenge runs from 12/1 to 12/31 and the guidelines are as follows:

1. Every time you eat a veggie, track it as 1 point
2. The goal is to hit 100 points in the 31 days which would translate to about three servings of veggies a day which meets the U.S. Department of Agriculture's daily suggestion!
3. Each person who hits 100 points is entered for a chance to win \$500 cash!

Sign up in the latest version of Student Health 101 at:  
<http://tcnj.readsh101.com!>

## TCNJ Project Medicine Drop

The Alcohol and other Drug Program (ADEP) partnered with the New Jersey Division of Consumer Affairs and The College of New Jersey's Campus Police to bring Project Medicine Drop box to TCNJ's campus, as a proactive stand against national opioid addiction and provide a resource to the TCNJ Community. Project Medicine Drop lets you dispose of your unused and expired household medications, safely and securely, at any time. The drop box on campus which accepts pills, capsules, patches, and pet medications is open 24 hours a day, 365 days a year.

**Located inside the Administrative Building (ABS) lobby on campus.**

Check out Project Medicine Drop video for more information:  
<https://www.youtube.com/watch?v=Va8J-7csDZE>

For more information and to find another drop box location please visit the New Jersey Division of Consumer Affairs Website:  
<http://www.njconsumeraffairs.gov/meddrop/pages/locations.aspx>

# Strategies for Health Drinking Over the Holidays

The holidays are an exciting time for many. We enjoy seeing family and friends, football and gifts, traditions and parties, and of course more food than we can possibly fit into our stomachs. Very often these celebrations involve alcohol. Many of us want to live a healthy lifestyle and moderating alcohol consumptions is an important part of this goal. Of course, it can be easy to get caught up in the celebration and drink too much.

According to the NIAAA booklet, "Rethinking Drinking," low risk drinking limits are defined as no more than 4 drinks in a day for men and no more than 3 drinks in a day for women. Healthy limits includes not exceeding more than 14 drinks in a week for men or more than 7 drinks in a week for women. In order to help you achieve these limits, "Rethinking Drinking," suggest these strategies:

**Keep track.** Keep track of how much you drink. Find a way that works for you: Carry a drinking tracker card in your wallet, make check marks on a kitchen calendar, or enter notes in a mobile phone notepad or personal digital assistant. Making note of each drink before you drink it may help you slow down when needed.

**Count and measure.** Know the standard drink sizes so you can count your drinks accurately. Measure drinks at home. Away from home, it can be hard to keep track, especially with mixed drinks, and at times, you may be getting more alcohol than you think. With wine, you may need to ask the host or server not to "top off" a partially filled glass.

**Set goals.** Decide how many days a week you want to drink and how many drinks you'll have on those days. It's a good idea to have some days when you don't drink. People who always stay within the low-risk limits when they drink have the lowest rates of alcohol-related problems.

**Pace and space.** When you do drink, pace yourself. Sip slowly. Have no more than one standard drink with alcohol per hour. Have "drink spacers"—make every other drink a non-alcoholic one, such as water, soda, or juice.

continued on next page...



A community of  
*Students In Recovery*  
and  
*Allies of Recovery*  
supporting anyone that has  
been impacted by addiction.

**Support  
Advocacy  
Community**

For more information or to get involved  
email: [crc@tcnj.edu](mailto:crc@tcnj.edu)



# Strategies for Healthy Drinking continued..

**Include food.** Don't drink on an empty stomach. Eat some food so the alcohol will be absorbed into your system more slowly.

**Find alternatives.** If drinking has occupied a lot of your time, then fill free time by developing new, healthy activities, hobbies, and relationships, or renewing ones you've missed. If you have counted on alcohol to be more comfortable in social situations, manage moods, or cope with problems, then seek other, healthy ways to deal with those areas of your life.

**Avoid "triggers."** What triggers your urge to drink? If certain people or places make you drink even when you don't want to, try to avoid them. If certain activities, times of day, or feelings trigger the urge, plan something else to do instead of drinking. If drinking at home is a problem, keep little or no alcohol there.

**Plan to handle urges.** When you cannot avoid a trigger and an urge hits, consider these options: Remind yourself of your reasons for changing (it can help to carry them in writing or store them in an electronic message you can access easily). Or talk things through with someone you trust. Or get involved with a healthy, distracting activity, such as physical exercise or a hobby that doesn't involve drinking. Or, instead of fighting the feeling, accept it and ride it out without giving in, knowing that it will soon crest like a wave and pass.

**Know your "no."** You're likely to be offered a drink at times when you don't want one. Have a polite, convincing "no, thanks" ready. The faster you can say no to these offers, the less likely you are to give in. If you hesitate, it allows you time to think of excuses to go along.

ADAPTED FROM: <https://www.rethinkingdrinking.niaaa.nih.gov/>

Sometimes despite our best efforts, we find ourselves having difficulty sticking to healthier limits. If you find yourself drinking too much or too often, drinking in a way that causes problems with friends and family, or experiencing other alcohol related problems, you might find meeting with a counselor can help. The Collegiate Recovery Program has counselors that can help. For more information please call (609) 771-2134 or email [freemanc@tcnj.edu](mailto:freemanc@tcnj.edu).



# THRIVE

## HEALTH AND WELLNESS

This year Health & Wellness started a new initiative in creating its very own peer educator program called Thrive Peer Educators. The purpose of the program is to raise awareness and provide knowledge to students by empowering them to make informed decisions regarding their health and wellbeing. As a new program, our mission is to shift the college culture by promoting healthy behaviors and creating positive changes for students to make healthier choices. We will focus on variety of health topics such as Sleep Hygiene, Resiliency, Alcohol and Other Drug Education, Sexual Health, Financial Wellness, Healthy Eating, and other aspects of wellness based on the Wellness Wheel. Thrive peer educator's main mission is to help everyone thrive and flourish during their 4-years at TCNJ and beyond. Throughout the year we will host tabling events around campus, promote health campaigns through social media marketing, and other creative outlets to spread health awareness. To stay up to date with what the Thrive peer educators are planning, follow us on Twitter, Instagram at TCNJThrive and on Facebook at TCNJ Health and Wellness. Remember to keep on Thriving!

## Till next time...



Student Health Services



Counseling and Psychological Services



Counseling and Psychological Services

