

Health and Wellness Newsletter



Time Management Tips for Finals

Time is often one of the most precious commodities a college student has during their years in school. While funds and sleep may be in short supply, many -- if not most -- [college students](#) are also nearly always short on time. During [college finals](#), having good time management skills becomes even more important. But just what steps can you take to make sure you're managing your time well during the chaos of finals week?

Step One: Get some sleep. When things get rough, sleep often gets cut out of your schedule. That paper and lab report have to be done by tomorrow morning, so ... no sleep tonight, right? Wrong. Not getting enough sleep in college can actually cost you *more* time in the long run. Your brain will run slower, you'll be more likely to get sick, you'll be less able to handle stress, and -- oh yeah -- you'll be super tired all the time. So even if it seems counter-intuitive, invest some time in getting some quality zzzz's. There's always a few [ways to get a little more sleep in school](#), no matter how hectic your schedule might seem.

Step Two: Prioritize often. Keep a running list -- in your head, on your laptop, on your phone, in the cloud -- of the major projects and tasks that you're managing during finals week. Adjust it as often as necessary and refer to it when you're feeling stressed about all the things you have to do.

If you feel overwhelmed, just focus on the top 1 or 2 items. You can only do so many things at once, so focusing on the most important can help you feel like you're accomplishing something instead of worrying about everything else you should be doing. Additionally, one of the best ways to manage your time is to [avoid procrastinating](#).

If you have a final paper due Tuesday, schedule time into work on it over the weekend instead of planning to be up all night Monday night cramming to get it done. Planning to procrastinate isn't time management; it's just plain silly and, ironically, a big waste of time.

Step Three: Leave extra time, just in case. As hard and as much as you might try to plan every detail of your college life, sometimes things just happen. You get sick; your laptop crashes; your roommate loses your keys; your car breaks down. Leave as much time as you can each day during finals week for flex time.

Continued.....

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
(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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Time Management Tips cont'd

That way, you won't have to stress when the inevitable happens, since you'll know you already have a little time to deal with the unexpected. And if nothing happens and you find yourself with some free time, you can reprioritize and refocus as needed.

Step Four: Schedule time to relax. Finals can be incredibly, surprisingly stressful, and you may not realize just how much it's taking a toll on you until it's over. The mental stress, workload, lack of sleep, and importance of everything you have to do can sometimes feel overwhelming. Fortunately, one of the best things you can do to clear your mind is to just let it relax.

Scheduling some down time can actually save you time since you'll be mentally recharged and more efficient afterward. Take 20 minutes to read a gossip magazine in the campus coffee shop; get some exercise while listening to music instead of trying to read; go play a pick-up game with some friends. Let your brain take a break so it can go back to being a workhorse instead of just an exhausted lump of mush.

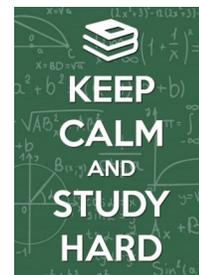
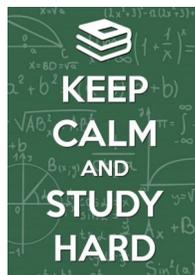
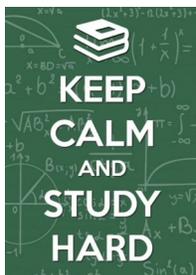
Step Five: Don't depend on quick fixes. Caffeine, energy drinks and other stimulants can be tempting to use when you can feel that you're burned out. Unfortunately, short-term fixes can end up costing you more time than they save you, which can be especially dangerous during finals week. Instead of slamming an energy shot, take the few extra minutes it takes to eat some protein and veggies.

It'll taste better, you'll feel better, and you won't find yourself in a jam in a little while. And while coffee can be a great pick-me-up in the morning or afternoon, it shouldn't be your main food group during finals week.

Step Six: Ask for help when you need it. Asking for help is pretty much par for the course during a college student's life. It's a rare student who can make it through four (or more) years of college-level work without needing a little help now and then. Consequently, don't be afraid to ask for some assistance when you need it -- especially if it's during a time as critical as finals week. There are lots of [places to ask for help](#) and many of them have extra resources to deal with the increased need for assistance during the end of a semester.

Step Seven: Avoid unproductive time wasters. Can spending a few minutes on YouTube be a good break? Definitely. But spending two hours there can be a major problem when you're in the middle of finals. Your brain may need a break, but just remember to be smart about how you're using your time. If you really want to do something mindless, use your time wisely and try to multitask when and if you can. If YouTube is calling your name, for example, do your laundry at the same time so you can feel (and actually be!) productive when you get back to your more important task

Taken From: <https://www.thoughtco.com/time-management-for-finals-week-793181>



Deep Breathing

Have you ever noticed how you breathe when you feel relaxed? The next time you are relaxed, take a moment to notice how your body feels. Or think about how you breathe when you first wake up in the morning or just before you fall asleep. Breathing exercises can help you relax, because they make your body feel like it does when you are already relaxed.

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax.

- The way you breathe affects your whole body. Breathing exercises are a good way to relax, reduce tension, and relieve stress.
- Breathing exercises are easy to learn. You can do them whenever you want, and you don't need any special tools or equipment to do them.
- You can do different exercises to see which work best for you.

Adapted from: <https://www.webmd.com/balance/stress-management/stress-management-breathing-exercises-for-relaxation>

How to Use the Deep Breathing Method Properly

1



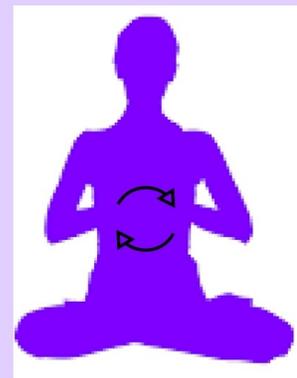
Inhale deeply, making sure that your breath moves all the way down into your stomach

2



Make sure you keep your breathing at a slow pace by counting to four as you hold the breath

3



Exhale completely and start the cycle over again

Graphic By Eliza Kuperschmid

10 Ways To Build RESILIENCE

Make connections. Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

Avoid seeing crises as insurmountable problems. You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Move toward your goals. Develop some realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

Take decisive actions. Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

Look for opportunities for self-discovery. People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

Nurture a positive view of yourself. Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

Keep things in perspective. Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Additional ways of strengthening resilience may be helpful. For example, some people write about their deepest thoughts and feelings related to trauma or other stressful events in their life. Meditation and spiritual practices help some people build connections and restore hope.

The key is to identify ways that are likely to work well for you as part of your own personal strategy for fostering resilience.

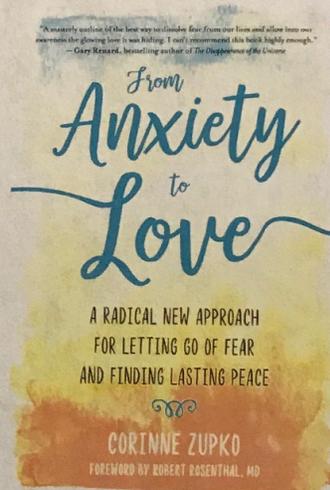
Taken From: <http://www.apa.org/helpcenter/road-resilience.aspx>

And...speaking of RESILIENCE...

Events

Faculty Author Event

Tuesday, April 24, 5:00PM



DISCUSSION / Q&A / SIGNING

As a licensed counselor and keynote speaker, Corinne Zupko has helped thousands of individuals. Visit her online at <http://www.FromAnxietytoLove.com>.

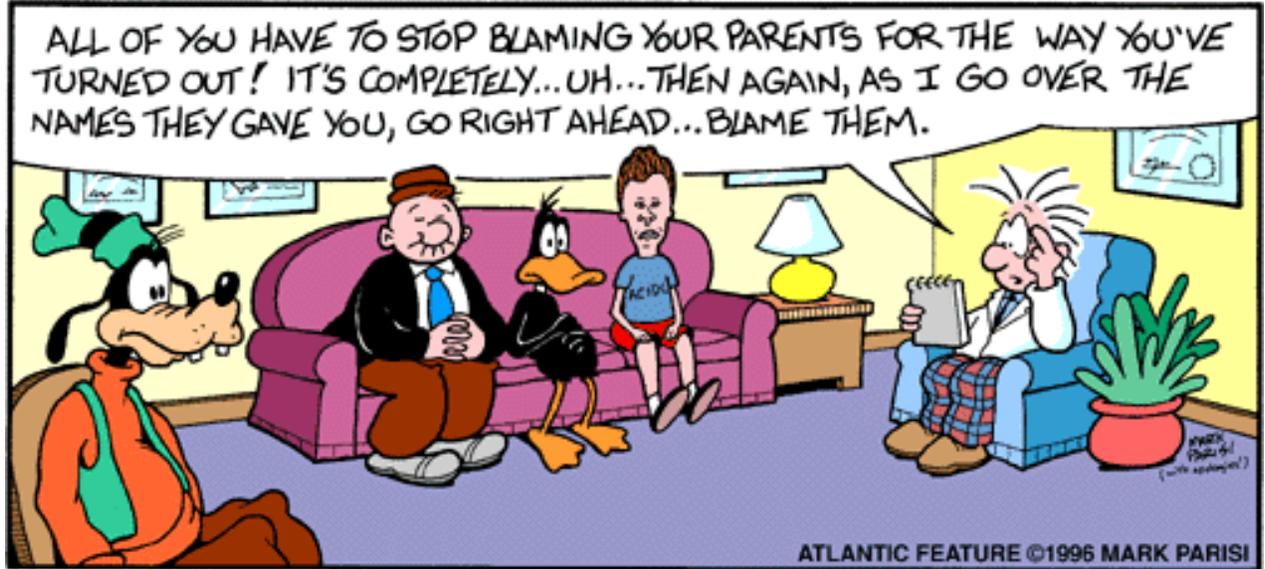
Barnes & Noble @ Campus Town
The College of New Jersey
500 Campus Town Dr
Ewing, NJ 08618

Just for laughs

off the mark

by Mark Parisi

www.offthemark.com



© Mark Parisi, Permission required for use.



"The last thing I remember is being thrown into the dryer."



Sport Psychology Services

In August 2016, the Department of Health & Wellness approved a proposal to initiate a program specializing in the delivery of mental health and performance-based services to student-athletes at The College of New Jersey. With this, Counseling & Sport Psychology Services (CSPS) which is housed within Counseling & Psychological Services (CAPS) became the first and only program in the state of New Jersey offering a distinct sport psychology program for Division III athletes. The reasoning behind this program's development was rather straightforward – due to the unique stressors student-athletes face, they represent an at-risk population for the development of mental health concerns. Research indicates that student-athletes experience mental health concerns at the same rate as non-athletes, and others including eating disorders, depressive symptoms, and substance use at a potentially higher rate. However, this population remains far less likely than non-athletes to seek out services partially due to an athletic culture that for years has stigmatized mental health. This was perhaps best stated in an inspirational TedTalk by USC student-athlete Victoria Garrick on her experience dealing with depression and an eating disorder, “Why? Why did it take me so long to acknowledge and accept my illness? And I realized the culture that we live in as athletes does not make it easy for us to honor this. If you think about it... the culture of athletics preaches – “Where there is a will there is a way”, “The best don’t rest”, “Unless you puke, faint or die keep going.” Mental illness is associated with weakness. To appear weak is the last thing an athlete wants.”

Garrick's comments represent a longstanding culture in which young athletes are often socialized to conform to a sporting environment that can be emotionally inhibitive and geared towards “sucking it up.” However, here at TCNJ something extraordinary has happened. From the very onset of CSPS, the coaches and athletic administration have been overwhelmingly supportive and dedicated to ensuring student-athletes take advantage of the services offered to them. In addition, TCNJ student-athletes have demonstrated courage and strength as a remarkable amount have reached out to receive services at CSPS. Further, several coaches have requested sport psychology presentations and educational workshops for their teams.

Since it started, the primary goal of CSPS was to promote a culture in which help seeking for mental health issues would become as normative as it is for physical injuries. With the tremendous help of the student-athletes, coaches, and athletics administration, CSPS is well on its way to meeting this goal. Moving forward, CSPS will remain steadfast in its mission to normalize help-seeking for student-athletes and promote an environment that supports the growth of student-athletes both on and off the field.

For more information on CSPS please visit <https://caps.tcnj.edu/sport-psychology-services/> or contact Dr. Mike Gross at grossm@tcnj.edu.

MINDFUL PAUSE

Try the Mindful Pause, which works as a “spot remedy” for moments of anxiety by helping you turn toward and accept unpleasant feelings rather than fighting them. It’s a 30-second practice with four steps:

1

Take a long, slow breath in and out.

2

Bring attention to the sensations in your body for a few moments, without evaluating those sensations as good or bad.

3

Ground your attention for a few moments in the sensations of breath at the nostrils.

4

Go on to whatever’s next in your day, but in an unhurried way.



STUDENT
health101

DOWNLOAD OUR **MOBILE APP** TODAY
STUDENT HEALTH 101



 Find us: **TCNJ Student Health 101**

 **@SH101atTCNJ #spreadthehealth**

ACHA-NCHA Survey 2018

The American College Health Association National College Health Assessment is a nationally recognized research survey (considered the gold standard) that assists institutions in collecting precise data on students' health habits, behaviors, and perceptions.

The survey covers the following health issues:

Substance Use · Sexual Health · Weight, Nutrition, and Exercise · Mental Health · Personal Safety and Violence



On Monday, February 12th, a "golden ticket" email was sent out to almost half of the undergraduate student body, inviting them to participate in the survey.

Health and Wellness is proud to announce our highest response rate of **32%** with a total of **1,018** responses!

Of the responders, the following students were randomly selected in our ACHA-NCHA prize giveaway:



Gabriela Lopez: Free Reserved Parking Spot in Lot 5

Marissa Sozio: Kindle Fire



Katherine Crowley: \$100 Barnes & Noble Gift Card

Amanda Terreri: \$50 Panera Gift Card

Delaney Slater: \$50 Panera Gift Card



Angelo Stefani: \$75 GetIt Card



Laura Brennan: \$75 GetIt Card



Faith Alban: \$75 GetIt Card

Joseph Jacquinto: \$75 GetIt Card



I want to do
something.

AVI

Events to keep an eye out for!

4/2- Teal Party

Stop by BSC to get some swag and kick off Sexual Assault Awareness Month!

4/4- THRIVE

Expo event with presentations on topics of health and wellness

4/10- Day to End Rape Culture

Expo event in ED212 with student presentations on topics surrounding rape culture and tools to address it

4/14 Sexual Assault Awareness 3k with Womanspace in Trenton

Register now to show solidarity with those affected by PBPV [bit.ly/SAAMwalk]

4/25- Denim Day

Wear denim and stop by our table in Alumni Grove to take a stand against victim blaming

5/5 NJCASA 5k in Asbury Park

Register now to show solidarity with those affected by PBPV [bit.ly/NJCASA5K]

Drop by and get involved!

Tuesdays at 11- MILES

(Men for Integrity Leadership and Ethics in Society)

Weekly meetings with men-identified students discussing trending topics, issues of power-based personal violence, and social change.

Tuesdays at 2- Greeks for Change

Weekly meetings for students involved in greek life to address issues of power-based personal violence

It's on Us

Submit photos and statements to show support for the TCNJ community to be displayed on Facebook [bit.ly/itsontcnj]

Street team

Want to volunteer with AVI? Email oavi@tcnj.edu

Anti-Violence Initiatives Presents



DAY TO END RAPE CULTURE

2018

DERC is an expo-style event that joins students, faculty and staff through interactive presentations about elements of rape culture and prevention.

Rape culture is the normalization of sexual assault and promotion of violence through our society and day-to-day life.

Our goal is to educate and empower our community to be able to recognize the signs of rape culture and possess the tools to address them.

EMPOWER

Thanks to our Co-Sponsors!

All College Theatre • Alcohol and Drug Education Program • Alpha Kappa Alpha • Alpha Phi Omega • Alpha Xi Delta • TCNJ Athletics • Beta Theta Pi • Black Student Union • Bonner Institute for Civic and Community Engagement • Campus Police • CAPS • Center for Community Engaged Learning • Circle K • Collegiate Recovery Community • Office of Dean of Students • Office of Recreation and Wellness • Office of Diversity and Inclusion • English Department • Educational Opportunity Fund • Office of Human Resources • Inter Fraternity Council • Iota Iota Iota • Kappa Delta • Office of Development and Alumni Affairs • Panhellenic Council • Residential Education and Housing • School of Business • School of Engineering • Sigma Kappa • Sigma Sigma Sigma • Sociology and Anthropology Department • TCNJ Division of Student Affairs • TCNJ SAFE • Theta Phi Alpha • Title IX Office • TCNJ Musical Theatre • Unified Greek Council • Department of Women's, Gender, and Sexuality Studies

**TUESDAY
APRIL 10TH
ED 212
11AM-3PM**

National
DNA
DAY
APRIL
25

15th 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



Staff Spotlight



Meet Zac Gall

Zach joined Anti-Violence Initiatives as the OVW Project Manager and Prevention Education Specialist in September 2016. Zach manages a grant from the federal Office on Violence Against Women and supports AVI's prevention programming and Intern and Peer Education Teams. Within AVI's programming, Zach's focus is on engaging men and he coordinates the MILES (Men for Integrity, Leadership, and Ethics, in Society) program. MILES contains a drop-in student group, peer education programming, social media and print wellness messaging, and tabling and engagement activities for the campus community. Zach also provides counseling and advocacy services for victims/survivors of power-based personal violence, specializing in male victims and those identifying within the LGBTQ community. Zach holds two degrees from TCNJ, having graduated with his BA in Psychology and English in 2013 and his MA in Counseling in 2017. He currently resides in Robbinsville, NJ.



BIOFEEDBACK/RELAXATION APPS FOR iPhone and ANDROID

MindShift

A great tool for anxiety available on iPhone and Android, developed by Anxiety BC. It teaches relaxation skills, develops new thinking, and suggests healthy activities. Designed for youth but useful to anyone.

PTSD Coach

Helpful for symptoms of combat-related post-traumatic stress, this trusted military app has been downloaded over 100,000 times for iPhone and Android. Featuring versions in French-Canadian and more.

BellyBio Interactive Breathing

Wonderful biofeedback device that monitors your breathing and plays sounds reminiscent of ocean waves when you relax. Great for anxiety and stress. iPhone only.

Positive Activity Jackpot

A unique augmented reality tool that uses the functionality of a smartphone in an innovative way. Combines a professional behavioral health therapy for depression called pleasant event scheduling (PES) with activities available in the user's location, mapped with GPS. For Android only.

Take a Break! Guided Meditations for Stress Relief

From the excellent developers of relaxation apps at Meditation Oasis comes this free app to quickly recharge. Listen to a seven-minute Work Break or 13-minute Stress Relief recording with or without music or nature sounds. iPhone or Android.



BIOFEEDBACK/RELAXATION APPS FOR iPhone and ANDROID (cont'd)

Relax with Andrew Johnson Lite

Great guided meditation session for relaxation, helpful with anxiety and stress as well as a sleep aid. Available in Android and iPhone versions.

T2 Mood Tracker

Tracks symptoms of depression, anxiety, PTSD, traumatic brain injury, stress and general well-being. Useful to share with clinicians and chart recovery. Another excellent app developed by the Department of Defense National Center for Telehealth and Technology (see their complete list), for Android and iPhone.

Relax and Sleep Well with Glenn Harold

Twenty-minute guided meditation with music to help you fall asleep. Relaxing and gentle. For iPhone and Android.

Virtual Hope Box

The VHB provides help with emotional regulation and coping with stress via personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools.

Breathe2Relax

Breathe2Relax is a portable stress management tool. Breathe2Relax is a hands-on diaphragmatic breathing exercise. Capitalizing on touch-screen technology, a user can record their stress level on a 'visual analogue scale' by simply swiping a small bar to the left or to the right. Breathe2Relax uses state-of-the-art graphics, animation, narration, and videos to deliver a sophisticated, immersive experience for the user.

Tactical Breather

The Tactical Breather application can be used to gain control over physiological and psychological responses to stress. Although these techniques were developed primarily for the warfighter during intense combat situations, anyone can benefit from the ideas taught in this application to help with nearly any stressful situation in life.

Mindfulness Coach

Mindfulness Coach was designed to help Veterans, service members, and others learn how to practice mindfulness. Mindfulness means paying attention, on purpose, to whatever is going on in the present moment without passing judgment on it.

CBT-I Coach

Although this mobile app was originally developed for veterans working with a therapist in treating insomnia, the application also offers a variety of helpful advice on sleep hygiene as well as providing multiple relaxation techniques including guided imagery.

PRESCRIPTION DRUG TAKE-BACK DAY

OPIOID CRISIS PANEL DISCUSSION

2-3PM ON FRIDAY APRIL 27TH

EDUCATION BUILDING, ROOM 115

Featuring: -- A TCNJ student in recovery -- A Registered Nurse with 10 years of experience in Medication Assisted Treatment -- Founder of student recovery program "Life of Purpose Treatment"

Prescription Drug Collection

Same Place, 1:30-3:30pm

Drop off any unused prescriptions at our table during the event!

Come out for a chance to win prizes!

Take Action.

Take-back.



"A BETTER DRIVE"

SPECIAL GUEST: Matt Bellace, Ph.D. - famous Psychologist, professional speaker, comedian, and TCNJ Orientation Speaker since 2010!



Topics addressed during this fun and interactive presentation will include:

- "A Better High"
- Healthy ways to manage stress
- At-risk drinking
- The consequences of driving under the influence
- Distracted & Drunk/Buzzed Driving
- Marijuana Use



PRIZES AND REFRESHMENTS WILL BE AVAILABLE.

This event is co-sponsored by Sophomore Class Council, RHA, and ADEP. This event is also sponsored by the NJ Division of Highway Traffic Safety and TCNJ Campus Police.

EVENT DETAILS:

April 18, 2018
7 p.m.
Education Building 212
Questions?
Contact (lewbelj1@tcnj.edu
AND hadgej@tcnj.edu)



Carol A. Evangelisto has been a therapist on the staff of the Counseling and Psychological Services since 1990 where she has also served as Coordinator of the Clinical Training Program for the past 10 years. Carol is a NJ Licensed Professional Counselor (LPC), as well as a National Certified Counselor (NCC). She has obtained Certification in Thanatology (CT) through the Association for Death Education and Counseling (ADEC), and has completed Levels I and II training in EMDR – Eye Movement Desensitization and Reprocessing.

Carol obtained her bachelor's degree in Education (1976) and her master's degree in Counseling (1988) from Trenton State College (The College of New Jersey). Carol has a strong interest and background in cognitive therapy, group counseling, and grief/loss counseling and education. In addition to providing individual therapy for students, each semester, Carol facilitates a support group for students who have experienced a death of a parent or step-parent, as well as a group called "Chill Out" for students struggling with anxiety.

Carol is a member of the The American College Counseling (ACCA), The New Jersey Association of College Counselors (NJACC), the Association for Death Education and Counseling (ADEC), and the American Counseling Association (ACA).

Carol will be retiring from TCNJ at the end of this academic year to spend more time with family, work in a local group private practice, and to continue her lifelong passion for travel. Please join us in thanking Carol for her dedication to the students, faculty and staff at TCNJ (and Trenton State College), and the 27 years of helping students 'find their way'. All the best on the next leg of your journey. You will be missed.



GUEST COLUMN



By Puneet Sethi
TCNJ Registered Dietitian



Food.....for your thoughts?

Food has been long known for its ability to affect how we feel. Even Hippocrates once said, “Let food be thy medicine, and medicine be thy food.” In addition to its nutritive and psychodynamic properties, we also have complex relationships with food. In short: food affects our mood.

There are several ways food can affect mood. Increasing our awareness as to how food affects our mood is the first step in using it as a tool to help balance mood and reduce the physical vulnerability that nutrition has on mood (i.e. Snickers® commercials: when we’re hungry we can be ‘*hangry*.’) We can also consume food in a way that maintains our blood sugar at a steady level, consume foods that have psychoactive mood boosting compounds, and consume foods that help replenish neurotransmitter stores all as ways to help regulate positive mood.

By increasing our mindfulness of our physical hunger and fullness we can follow our intuition as a guide of when, and how much to eat. If we eat in regular patterns, we are more likely to eat foods we enjoy while meeting our nutritional needs without over eating. It is human nature to overeat after a long, stressful hectic day. Food not only can be a comforting ritual, but carbohydrate heavy foods can lead to serotonin production so they truly may be making us “feel good.” This good feeling is usually short lived, especially if we are overstuffed and feeling guilty after over eating. By eating regular balanced meals and snacks, we will be less likely to emotionally eat and more likely to choose healthful foods that will lead to feeling well and energized.

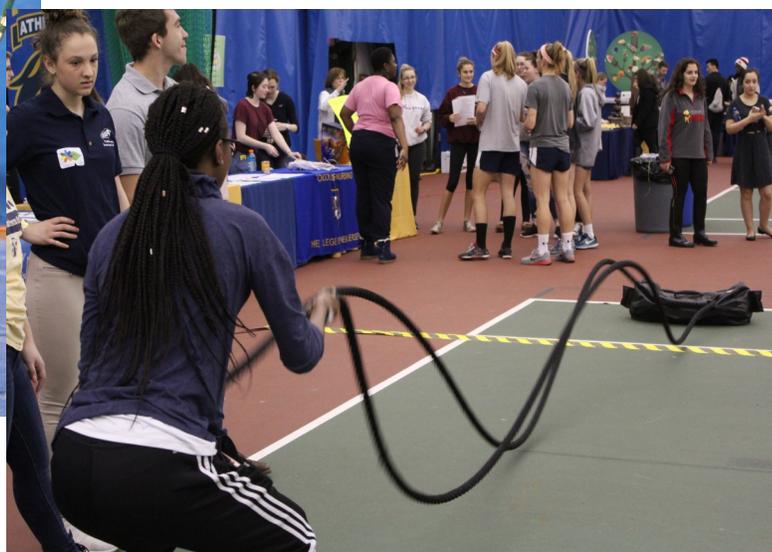
Eating in a regular pattern also helps maintain our body’s blood sugar. The human brain cannot store glucose like other parts of the body, and it is necessary to supply glucose to the brain at regular intervals. It is necessary to consume a balanced snack or meal every 2-4 hours in order to maintain steady glucose levels. Combining complex carbohydrate choices (whole grains, fiber rich starchy vegetables, legumes, whole fruits) with lean proteins and healthy fats (omega-3 FA, unsaturated fats) will provide the body, and the brain, with energy for extended periods of time and also enable blood glucose levels to rise and fall steadily.

The foods we choose can affect our mood. Choosing a variety of types of protein rich foods (i.e. meat, fish, dairy, beans, eggs, nuts/seeds) increases the likelihood of having a variety of amino acids in the diet. Amino acids are not only the building blocks of protein, but also the building blocks of the feel-good messengers of the brain called neurotransmitters. Neurotransmitters such as dopamine, norepinephrine and serotonin are associated with a positive mood and can both stimulate and relax the brain in different ways. We can also choose “mood boosters,” such as dark chocolate, foods rich in omega-3 fatty acids (walnuts, chia seed, flax seed, salmon), green leafy vegetables, nuts, and berries to increase our bodies stores of vital vitamins, minerals, and nutrients that contribute to mood.

Food can affect how we feel, but it also empowers our bodies and our minds. By devoting time to meal preparation, meal planning, and mindfulness while eating we can include nutrient rich foods into our diet and eat to feel satisfied and strong.

Thrive: Wellness Expo 2018

This year's Thrive: Wellness Expo took place on Wednesday, April 4 from 11 AM—3 PM at the Recreation Center. We had over 700 students, faculty, and staff attend the event and benefitted from some of the activities and information we had to offer. Some of our vendors included Hope's Promise—Mini Horses, Body Zen Massage, Attitudes in Reverse—Therapy Dogs, Penn Medicine, TCNJ Dining Services, and many more. See you next year!



Student Leadership Opportunity in Health and Wellness

Are you passionate about health and wellness? Do you want to make a difference in your community and impact the wellbeing of your peers? The Office of Health and Wellness is offering an exciting opportunity to students that are interested in becoming a Health & Wellness Peer Educator.

Please consider this important role on campus by filling out this form:
https://docs.google.com/forms/d/e/1FAIpQLScDu_JNZdWO44ltq3INytrbJH9M5If4xjtAUUB9MUjCyFlw3g/viewform?usp=sf_link

This is a great opportunity if you are interested in promoting healthy behaviors and creating positive changes on campus. The purpose of this program is to raise awareness and provide knowledge to students by empowering them to make informed decisions regarding their health and wellbeing. Through this program, peer educators will receive valuable training, conduct outreach on campus, gain experience in social marketing campaigns, plan programs on specific health topics, and find creative ways to spread health awareness. The program will focus on individual wellness on campus based on our Wellness Wheel and Resiliency program initiatives.

The Health and Wellness Peer Educator program will be a great learning opportunity, leadership experience, and a great way to gain experience in providing health promotion to the TCNJ campus. Being a peer educator is a coveted position that signifies innovation, communication abilities, and strong leadership abilities. We are looking for passionate students that are interested in creating positive changes on campus, promoting and educating the community on healthy behaviors and an interest in health education.



WORDS MATTER!

RECOVERY LANGUAGE

Words have an impact. They frame the way we think about an issue and can shape reality. Unfortunately, we often forget this truth when selecting language to talk about people with addiction. We often use “identity-first” rather than “person-first” language when discussing people with addiction. This means that we often identify people with addiction by their disease rather than who they are as a person. One aspect of a person’s experience could never define them. For all other illnesses we know this to be true. Terms such as “autistic” or “schizophrenic” are inappropriate because people are much more than their diagnosis. We tend to forget this when talking about people with substance use disorders. Let’s be more mindful of how we talk about people with the disease of addiction. Here are some examples of ways we can use person-first language:

SAY THIS	NOT THAT
Person with a substance use disorder	Addict, junkie, druggie
Person living in recovery	Ex-addict
Person living with an addiction	Battling/suffering from an addiction
Person arrested for drug violation	Drug offender
Chooses not to at this point	Non-compliant/bombed out
Medication is a treatment tool	Medication is a crutch
Had a setback	Relapsed
Maintained recovery	Stayed clean
Positive drug screen	Dirty drug screen

If you or your organization/department is interested in receiving training on how to reduce stigma towards people with substance use disorders through the language we use please reach out the Collegiate Recovery Community at crc@tcnj.edu to schedule a presentation.



Anti-Violence Initiatives:

- Day to End Rape Culture on Tuesday, April 10th from 11AM-3PM in Ed 212
- Denim Day is April 25th

Community Recovery Program:

- Opioid Crisis Panel Discussion. 2-3pm Friday, April 27th. Education Building, Room 115
- Prescription Drug Collection. 1:30—3:30pm. Friday, April 27th. Education Building, Room 115
- NA Meetings: Fridays 6:30pm—8:00pm; Trenton Hall Basement Room 004 (take elevator)

Student Health Services:

- Free HIV risk counseling and testing for students: May 3. Provided by certified HIV counselors from Henry J. Austin Health Center, Trenton. Location: Student Health Services, Suite 107, Eickhoff Hall. Schedule your appointment on OWL at <https://medicatconnect.com/> or 609-771-2889.

Counseling and Psychological Services:

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

Alcohol and Other Drug Education Program:

- Prescription Drug Take-Back Day: Friday, April 27 (see above)
- Dr. Matt Bellace—Natural Highs, Driving Impaired. April 18th. 7pm. Education Building, Room 212

