

Physical & Mental Health Checklist

- I have a hard time sleeping.** Stress, anxiety, depression—all can influence sleep patterns. Talking with a counselor can help. Contact Student Affairs at 614-823-1250 to find out more about counseling.
- I have flu-like symptoms.** Flu symptoms include high fever, headache, muscle aches, runny nose, sore throat, chills, dry cough and just feeling sick. They usually last three-five days. Sore throat, cough and exhaustion may last up to two weeks. Call the Student Health Center at 614-823-1345 or go to OhioHealth Urgent Care at www.ohiohealth.com/urgentcarecenters
- The end of an important relationship has me down.** Relationship break-ups may be common, but they are painful and can make it hard for you to function normally. Talking it out with a friend can help. Seeing a counselor on campus can also make a big difference. Contact Student Affairs at 614-823-1250.
- I have a cold that I cannot shake.** It may not be a cold. You may have a sinus infection or something else. Call the Student Health Center at 614-823-1345 or go to OhioHealth Urgent Care at www.ohiohealth.com/urgentcarecenters
- I feel stressed and anxious about classes and responsibilities.** Stress and anxiety are two of the more common reasons why students seek counseling. Counseling can help students identify strategies for coping. Contact Student Affairs at 614-823-1250.
- Winter weather gives me the blues.** If taking time to indulge in some of your favorite activities doesn't help, consider seeing a counselor. Contact Student Affairs at 614-823-1250. Physical activity can also help improve your mood. Call Campus Fitness and Recreation at 614-823-1718.
- Drinking alcohol or smoking weed helps me cope.** Using alcohol or drugs to cope may cause additional problems—such as legal action and dependency. Talking with a Wellness staff member can provide a reality check about the consequences of self-medication. Addressing your problems by talking with a friend, parent or counselor can also help. Contact Student Affairs at 614-823-1250.
- I don't have energy.** Exercise gives you energy by reducing stress levels and improving mood. Call Campus Fitness and Recreation at 614-823-1718.
- I occasionally take prescription drugs that are not prescribed to me.** The use of someone else's prescription drugs can be as dangerous as illicit drugs and may result in legal consequences. A Wellness staff member (614-823-1250) will be happy to share more information.
- I have thoughts about harming myself.** The percentage of college students who have suicidal thoughts is on the rise. Tell someone—a friend, parent, RA or faculty member—if you are concerned about yourself or a friend. Seek information if you recognize the need for help before your thoughts of self-harm become severe. Contact Student Affairs (614-823-1250), Otterbein police (614-823-1222) or the National Suicide Prevention Lifeline (1-800-273-TALK).

"I am SO tired"

College students love to sleep in, but early morning classes make it impossible. Getting to bed at a reasonable hour isn't easy, either. Noisy residence halls and roommates and late-night social demands and study sessions all contribute to sleep deprivation; sleep deprivation wreaks havoc on the body, mind, and academic success.

The most common causes of sleep deprivation are stress and anxiety; alcohol; drug use; all-night study sessions; and interrupted sleep and eating patterns. The trick is overcoming these problems so that you can get at least eight hours sleep per night. Anything less reduces the body's ability to perform and mind's ability to think clearly.

Regulating your sleeping and eating patterns as much as possible will work wonders. Also try to limit your caffeine and alcohol intake three to four hours before bedtime. Other tips include:

- Make your room as dark and as cool as possible to induce sleep.
- Wear earplugs to help block out noise.
- Leave yourself enough time to study so you don't have to pull all-nighters.
- If you simply can't get eight hours of uninterrupted sleep at night, shoot for short power naps during the day. Naps count!
- Treat your body well, and it will treat you well.

Visit www.ohiohealth.com/ohiohealthsleepservices for further information and resources.





Am I Sad, or Am I Depressed?

If you are feeling intense sadness frequently or for a long period of time, you might be depressed. If you have little or no appetite or self-esteem issues and can't control or "snap out" of the sadness you feel, you might be depressed. Call 614-823-1250 and talk to a counselor.

Losing Weight

There is no safe way to lose weight quickly (more than a pound or two per week). Gradual weight loss also tends to be longer lasting. Instead of going around hungry, aim for lifestyle changes that support healthy eating and exercise.



- Identify a few high-calorie meals and snacks and swap them out for healthier options.
- If you can't go to a fast-food restaurant and order grilled chicken, fruit or a salad with low-calorie dressing, cut your trips to fast-food joints as much as you can.
- A portion does not equate to the amount of food you can fit onto one plate. Cut your portions!
- Go ahead and snack between meals. Just make sure you have healthy snacks on hand.
- Find creative ways to squeeze in more exercise. Walk or bike instead of driving; don't take the elevator; take the long way to class.
- Avoid diets, shakes, pills and other weight-loss supplements. Not too many people can stay on a diet for long, and supplements can be expensive and ineffective. Once the diet stops, the weight will slowly creep back on.

How to Help a Friend ...

Don't be afraid to talk to a friend if you are concerned about his or her well-being. Here are some tips:



- Privately talk to your friend at a time when neither of you are feeling rushed.
- Express your concern: "I've noticed that _____. Is there anything I can do to help?"
- Listen without judgment. It is more important that you listen. There are no magic words that can help the situation. Express your concern, listen and offer to help.
- Provide resources. You can share any of the resources listed in this brochure.
- Offer to help your friend connect with resources by making a phone call and/or accompanying that person to the Student Health Center or Student Affairs Office.
- Feel free to contact Student Affairs so you can meet with a staff member. The staff member will help you think through the best way to assist your friend.
- Get immediate help if you are concerned that your friend might commit suicide. Talk to a residence hall staff member, call Student Affairs (614-823-1250) or call Otterbein Police (614-823-1222). Any of these resources will help assess the situation to determine if the person needs immediate intervention.

Are you a member of an organization that would like to sponsor a wellness program? Contact Julie Saker or Jill McCullough at 614-823-1250 to talk about possible wellness programs designed specifically for your group.

A Note about Antibiotics...

Antibiotics are effective against bacterial infections, certain fungal infections and some kinds of parasites. Antibiotics don't work against viruses. If antibiotics are used too often for things they can't treat – like colds, flu or other viral infections – not only are they of no benefit, they become less effective against the bacteria they are intended to treat. If you are taking other medications, antibiotics can make them less effective.



On - Campus Resources

Campus Fitness & Recreation, **614-823-1718**, mriegler@otterbein.edu

Otterbein Police Department, **614-823-1222**, police@otterbein.edu

Student Affairs, **614-823-1250**, wellness@otterbein.edu

Student Health Center, **614-823-1345**, lee.bowers@otterbein.edu

Women's & Gender Resource Center, **614-823-1028**, wgrc@otterbein.edu

Off - Campus Resources

Buckeye Region Anti-Violence Organization – BRAVO, **1-866-BRAVO**, www.bravo-ohio.org

National Suicide Prevention Lifeline, **1-800-273-TALK (8255)**, www.bravo-ohio.org

Rape, Abuse and Incest National Network—RAINN, **1-800-656-HOPE**, www.rainn.org

Sexual Assault Response Network of Central Ohio, **614-267-7020**,

www.ohiohealth.com/sexualassaultresponsenetwork



OhioHealth Westerville Medical Center and Emergency Care Center, **614-533-3000**
Located at 300 Polaris Parkway at Africa Road
www.ohiohealth.com/westervilleemergencycare

OhioHealth Urgent Care Centers at www.ohiohealth.com/urgentcarecenters

Why Get a Flu Shot NOW?

Usually, the flu peaks in February and lasts as late as May. As long as the flu virus is circulating, **it's not too late** to get vaccinated. Even unvaccinated people who have already gotten sick with the flu can benefit from a vaccination, as the flu vaccine protects against three different flu viruses that are predicted to circulate each season. Otterbein students can get their flu shots for \$15 at the Student Health Center.

How Do I Know If I Have a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Sometimes, usually mild	Usual; higher (100-102 F; occasionally higher, especially in young children); lasts 3 to 4 days
Headache	Occasionally	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last 2 to 3 weeks
Extreme Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes

If you need medical care, call Otterbein Student Health Center at 614-823-1345 or go to [OhioHealth Urgent Care](#).

Guard Your Sexual Health

By Dana Nottingham, MD, OhioHealth Family Medicine and Otterbein Student Health Center Physician
It's important to know that:

- There are now more than 25 sexually transmitted infections (STIs) out there
- Every year, there are about 18.9 million new cases of STIs
- Almost half of these occur in people age 25 or younger.
- This translates to about 10,000 teens and young adults affected each day!

If you are sexually active, you are exposing your body not only to each partner, but also to all the previous partners of that person. Increasing numbers of sexual partners dramatically increases your risk for contracting a sexually transmitted infection. Several of these infections can occur without symptoms to alert you. For example:

80 percent of those who have Herpes 2
98 percent of those who have HPV, and
60-75 percent of those who have Chlamydia
DON'T KNOW THEY HAVE IT!

If you experience any of the following symptoms, you should seek medical attention right away:

- Itching, sores or warts in the genital area
- Unusual widespread rash, abnormal discharge
- Bleeding after sex
- Daily lower abdominal pain not during a menstrual period
- Burning with urination
- Testicular pain

