




HOW THE HEALTH ARE YOU?

A Cardinal's Guide to a
Healthy Lifestyle

Wellness@Otterbein
614.823.1250
Kristine Yohn Wellness Program



On-Campus Resources

The Counseling Center, 614-823-1333, counseling@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, cook1@otterbein.edu

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

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



BE well. FEEL well. LIVE well.

What Is Wellness?

Wellness is an active process of developing healthy habits to increase physical, mental and social well-being, reduce stress and create balance to a more fulfilling life. Sometimes demands, such as personal expectations, social pressure, and adjusting to college, adulthood and identity formation, can make it difficult to cope. Maintaining wellness can help prevent distress from those demands and other stressors.



Physical and Mental Health Checklist

- ✓ **I have a hard time sleeping.** Stress, anxiety, depression—all can influence sleep patterns. Talking with a counselor can help. Contact the Counseling Center at 614-823-1333 to find out more.
- ✓ **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.** 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 the Counseling Center at 614-823-1333.
- ✓ **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 the Counseling Center at 614-823-1333. Or go online to thepath.taoconnect.org for online mental health checklists, learning modules, and self-improvement tools.
- ✓ **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.

- ✓ **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 the Counseling Center at 614-823-1333. Physical activity can also help improve your mood. Call Campus Fitness and Recreation at 614-823-3553. Sometimes in this area of the country, people are vitamin deficient because of the gray, overcast days. Contact the Health Center at 614-823-1345 for further information.
- ✓ **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 the Counseling Center at 614-823-1333.
- ✓ **I don't have energy.** Exercise gives you energy by reducing stress levels and improving mood. Call Campus Fitness and Recreation at 614-823-3553.
- ✓ **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 the Counseling Center at 614-823-1333, Student Affairs at 614-823-1250, Otterbein police at 614-823-1222, or the National Suicide Prevention Lifeline at 1-800-273-TALK.



1 Drink per Hour = Less Risk

Need a good rule of thumb for drinking responsibly? One drink per hour—if at all—reduces many of the risk factors that go along with alcohol consumption. The legal age to drink is 21. Keep in mind that the vast majority of Otterbein students drink responsibly or not at all; the legal age to drink is 21.



Am I Sad or Depressed?

If you are feeling intense sadness frequently or for a long period of time, you might be depressed. If you feel tired, are sleeping a lot and feel no motivation to get your day started; feel less interested in activities that you typically enjoy; have little or no appetite, poor concentration or attention, periods of crying or low self-esteem; and are withdrawing from friends, you might be depressed. Call 614-823-1333 and talk to a counselor. If you are struggling with imminent, life threatening thoughts, call 911 or OPD at 614-823-1222.



Sleepy?

College students love to sleep in, but early morning classes make it impossible. And getting to bed at a reasonable hour isn't easy. Noisy residence halls, roommates, late-night social demands and study sessions all contribute to sleep deprivation, which 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 the 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 are:

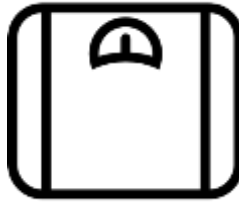
- Make your room as dark and as cool as possible.
- Wear earplugs.
- Leave yourself enough time to study during the day and early evening.
- Shoot for short power naps during the day. Naps count!
- Treat your body well, and it will treat you well.

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



Losing Weight

It seems everyone is trying to lose weight these days. Keep in mind 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 hungry, aim for lifestyle changes that support healthy eating and exercise.



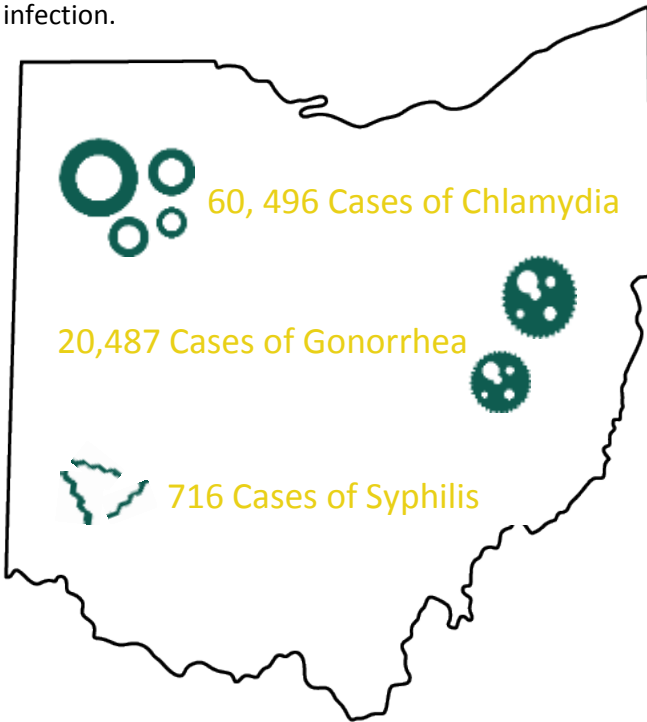
Tips for a Healthier Lifestyle:

- Identify a few high-calorie foods and swap them out for healthier options.
- Order grilled chicken, fruit or a salad with low-carb dressing when you go out to fast-food restaurants, or cut trips to fast-food joints all together.
- A portion does not equate to the amount of food you can fit onto one plate. Cut your portions.
- Go ahead and snack. Just make sure the snacks are healthy.
- 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. You know the drill.
- 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 creep back on.

STIs

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. Condoms can help.

- There are more than 25 sexually transmitted infections (STIs).
- The Centers for Disease Control and Prevention (CDC) estimates that nearly 20 million new STIs occur every year in this country, half of those among young people aged 15–24.
- Several infections can occur without symptoms such as genital herpes, close to 90% of people don't know they have the infection.



For more information on how to reduce STI risk, visit the Otterbein Student Health Center (614-823-1345).

Sources: <http://www.ashasexualhealth.org/stdsstis/>, <https://www.cdc.gov/std/stats16/tables/StateRankingTables.pdf>

Sexual Misconduct, Sexual Harassment, Sexual Violence, and Dating Violence

Surviving violence and reaching out for help takes courage and strength. Whether you have been assaulted, know someone who has been affected by abuse, or are healing from past trauma, there are campus and local resources that can help.

What is Sexual Misconduct?

Sexual misconduct is a form of sex and gender-based discrimination. It includes: un-consensual sexual contact, sexual violence, sexual harassment, stalking, dating violence, sexual exploitation, indecent exposure, and pregnancy discrimination. Contact of a sexual nature without consent is sexual misconduct.

What is consent?

Consent is informed, freely and actively given, mutually understandable words or action, which indicate a willingness to engage in mutually agreed upon sexual activity. Consent cannot be obtained by use of physical force, compelling threats, intimidating behavior or coercion. An incapacitated person cannot give consent. (This includes incapacitation by alcohol and/or other drugs.)

Are there resources that will keep information confidential?

Confidential Resources on campus include the following:

- Counseling, 614-823-1333
- Student Health Center, 614-823-1345
- Otterbein Police, 614-823-1222
- Women's, Gender and Sexuality Resource Center (WGSRC), 614-823-1028
(Student Peer Advocates)

Off-Campus Confidential Resources

- SARNCO - Sexual Assault Response Network of Central Ohio, 614-267-7020
- BRAVO – Buckeye Region Anti-Violence Organization, 866-862-7286

How do I make a complaint?

- Scott Fitzgerald, Human Resources, 614-823-1130 or sfitzgerald@otterbein.edu
- Julie Saker, Student Affairs, at 614-823-1250 or jsaker@otterbein.edu
- Otterbein Police, 614-823-1222
- Anonymous: Campus Conduct Hotline at 866-943-5878 or Silent Witness online form



WGSRC Mission

Connection. Compassion. Confidentiality

Peer Advocates & Peer Resources. Safe, anonymous, confidential, knowledgeable support. For survivors of sexual violence. Students with questions about gender, sexuality, sex, relationships, or psychological distress.

24-hour Helpline. 614-823-1028.

SafeZone & Team Consent. Educating the campus community about consent, sexual communication, and gender and sexual diversity.

Free Sex Supplies. Condoms and dental dams.

Space. Welcoming, comfortable meeting space for affiliated groups and our own events. Located at 25 W. Home.

A Note about Antibiotics

Antibiotics are effective against bacterial infections, certain fungal infections and some kinds of parasites. Antibiotics do not work against viruses. If antibiotics are used too often for things they cannot treat—like colds 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. Take special note of this if you are using birth control.

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 is 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 a small fee the Student Health Center.

Simple 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 the Otterbein Student Health Center at

614-823-1345 or go to OhioHealth Urgent Care.

Opioids: Addiction is Sneaky

No one plans to be an addict. Addiction is sneaky. It can start with a sports injury, a wisdom tooth extraction, an accident, an ache or pain. Too often, an appropriate prescription pain medicine turns into something else. Addiction. Overdose. Death. A simple surgery or injury can turn into addiction if one is not vigilant. According to the National Survey on Drug Use and Health, people prescribed opioid painkillers are 40 times more likely to be addicted to heroin.

If you or someone you know suffers from opioid addiction, there are a number of on- and off-campus resources available, including:

- Otterbein Wellness Education, 614-823-1250
- Otterbein Counseling Center, 614-823-1333
- Otterbein Chaplain, 614-823-1409
- Otterbein Health Center, 614-823-1345
- Crisis Text Line 4hope, “4hope” to 741 741
- Tyler’s Light, www.tylerslight.com
- ADAMH Board of Franklin County, 614-224-1057, www.adamhfranklin.org
- CHOICES Behavioral Health Care, 419-865-5690, www.choicesbhc.com
- Access Ohio LLC., 614-985-3112, www.accessoh.com

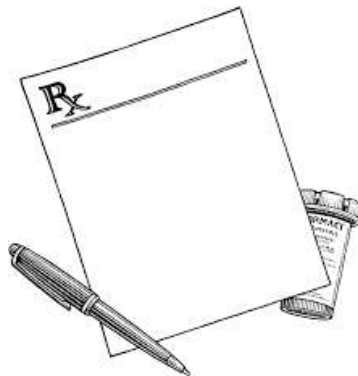


Prescription Stimulants

Believe it or not, there is little or no academic benefit associated with non-medical use of prescription stimulants. A Study from the University of Maryland examined the non-medical use of prescription stimulant medication and its impact on grade point averages (GPAs). It found that students who abstained from non-medical use of prescription stimulants had improvement in GPA, while students who engaged in non-medical use showed no increases in their GPAs and gained no advantage over both groups of their peers tracked in the study. What's more, students with ADHD and a valid prescription feel enormously pressured to share:

- More than half (60%) of the 192 students surveyed with a valid prescription for stimulants have been approached by their peers to divert their medication. Of those students who have been approached, 65% felt pressure to divert their medication even though they did not want to.
- 63% of students with a valid prescription for stimulants always take as prescribed.

Taking medications that are not prescribed to you is dangerous and illegal. If you are worried about yourself or a friend, a Wellness Staff Member will be happy to help (614-823-1250).



Source: Stimulant Medication Misuse Prevention, Peer Education Tool Kit (NASPA/BACCHUS Initiative).

How to Help a Friend in Distress

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 by referring to **behaviors** you have seen, so that the friend does not feel judged: "I've noticed _____ . Is there anything I can do to help?"
- Listen without criticism. There are no magical *perfect words* to say. Express your concern- verbally and nonverbally – listen and offer your support.
- 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 or accompanying that person to the Student Health Center, Student Affairs Office or Counseling Center.
- 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 life staff member, 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.

Sponsor Your Own Wellness Program

Are you a member of an organization or friend group 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. We will do all of the work. You just get your friends there.

What are Eating Disorders?

Eating disorders are real, complex and devastating conditions that can have serious consequences for health, productivity, and relationships. They are not a fad, phase or lifestyle choice. Eating disorders are serious, potentially life-threatening conditions that affect a person's emotional and physical health. People struggling with an eating disorder need to seek professional help. The earlier a person with an eating disorder seeks treatment, the greater the likelihood of physical and emotional recovery. Eating disorders include:

- Avoidant/Restrictive Food Intake Disorder
- Anorexia Nervosa
- Binge Eating Disorder
- Bulimia Nervosa

How to Talk to a Friend Who May Be Struggling with an Eating Disorder

It is important to express your concerns in a loving and supportive way. It is also necessary to discuss your worries early on, rather than waiting until your friend has endured many of the damaging physical and emotional effects of an eating disorder. In a private and relaxed setting, talk to your friend in a calm and caring way about the specific things you have seen that have caused you to worry. Avoid conflict or a battle of wills, and avoid giving simple solutions. Encourage your friend to seek help.

If you are still worried, contact a trusted professional.

- The Otterbein Counseling Center: 614-823-1333
- Otterbein Wellness: 614-823-1250
- The Center for Balanced Living (off campus): 614-896-8222
www.thecenterforbalancedliving.org

Off-Campus Resources

Buckeye Region Anti-Violence Organization – BRAVO, 1-866-86 BRAVO (27286), www.bravo-ohio.org

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

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

Crisis Text Line: Text 4hope to 741741





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