Do you want to be THAT person?!

According to the Centers for Disease Control (CDC), a yearly flu vaccine is recommended for everyone 6 months of age and older as the first and most important step in protecting against this serious disease.

In addition to getting a seasonal flu vaccine, you can take everyday actions to stay healthy, such as staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu or have a temperature above 100.3 F (37.9 C) stay home from work or school to prevent spreading illness to others.

Only the injectable vaccine is recommended this season, so there will be no flu mist available. For more information, go to http://www.cdc.gov/flu.

SHAC adds full-time counselor

“Carleton is a great fit for me,” says the newest addition to SHAC’s counseling staff. Nate Page, PhD comes to us with a rich and varied professional and personal background, and states he feels most comfortable in college counseling settings. His primary clinical and research interests focus on multicultural counseling, group therapy, and supervision/mentoring of clinicians in training.

Nate has lived in many places (Idaho, Utah, Chile, Dominican Republic, Maine, Iowa), but reports, “When my family and I moved to Northfield this last month it really felt like I was coming home.” He and his spouse, who is also a psychologist, are parents to four-year-old Virginia and 20-month-old Wally. They are also expecting another child this winter.

Please join SHAC in welcoming Nate to Carleton and the Student Life Division!
Wondering where you might learn more about depression or anxiety? Looking for a book to help you during a time of loss? Needing some ideas for relaxation techniques during a stressful academic term?

Look no further than the SHAC Lending Library! We offer numerous resources to complement your counseling experience or to provide information about a topic you’d like to explore through reading. Students may check out a book for the entire term, and, at times, special permission may be given to extend the lending time through breaks or even the summer. Drew Weis, one of the SHAC counselors, recently looked over the library and highlighted a few of our resources:

**How to Survive the Loss of a Love (by Melba Colgrove, Harold H. Bloomfield, and Peter McWilliams)**
A poet and two clinicians collaborated to create this collection of brief essays and poems on navigating loss. While some of the book is general enough for a range of losses (e.g., financial, material, social), it is especially suited for break-ups.

**The Gifts of Imperfection (by Brené Brown)**
This book by author Brené Brown, of TED Talk fame, systematically explores shame as a driving force behind many struggles, especially meaningful connections and the means for restoring an abiding sense of self-worth.

**The Relaxation and Stress Reduction Workbook (by Martha Davis and Elizabeth Robbins Eshelman)**
This oft-updated classic provides exercises for self-understanding and self-assessment and many chapters with detailed instruction on how to conduct numerous empirically proven stress-reduction strategies.

If you’ve ever felt like you’d like to learn about yourself alongside a group of supportive peers, this is your chance. SHAC is offering a number of new group opportunities this fall.

1. **Expressive Art Group**: A fun and challenging forum to learn more about yourself and target some areas of personal growth. No need to be an artist! Just be ready for fun, creative expression, and the challenge of self-discovery. Thursdays 3:30-5 pm in SHAC (Davis 03). Registration required.

2. **Your Reliant Self**: A three-part workshop (NOT a therapy group) focused on helping students develop skills to better manage distress. Themes are Calm, Engaged, and Connected. Come to any or all of the sessions, no sign-up needed. Tuesdays 5:10-6:00 pm at SHAC (Davis 03).

3. **General Therapy Groups**: Groups consist of six to eight members and are typically led by two therapists. Open to students with diverse needs, this group is designed to help increase self-understanding, self-esteem, and intimacy in relationships in a private, warm, and supportive environment. Registration required; days and times TBD.

To register for the Expressive Art Group or General Therapy Groups, please call SHAC at 507-222-4080 or email lwellstone or npage.

**Spend time on the dark side**

According to a recent Harvard Health Letter (September 2, 2015), checking your Instagram account before you go to sleep might be making you unhealthy.

Before the introduction of artificial light, the sun controlled our biological clocks, or circadian rhythm. Now, with exposure to the blue light coming from our electronic devices, our sleep often suffers. Research also shows that it may contribute to heart disease, cancer, diabetes, and obesity.

So, try to avoid exposure to bright screens for 2-3 hours before bed. Get lots of bright light in the daytime, which will better your sleep at night and boost your mood and alertness during the day. Read more at:

http://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side

Stop in and see SHAC’s newly redecorated spaces! New paint colors, new furniture and accents, including washable vinyl chairs, make the reception area a more calming and healthy place to spend your time.