Don’t be in the dark about SAD

Living through the long, dark days of a Minnesota winter can be difficult for all of us. But some people experience a serious mood change during the winter months, when there is less natural sunlight. This condition is called seasonal affective disorder, or SAD. SAD is a type of depression. It usually lifts during spring and summer. Not everyone with SAD has the same symptoms. They include:

- Sad, anxious or "empty" feelings
- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness or helplessness
- Irritability, restlessness
- Loss of interest or pleasure in activities you used to enjoy
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Difficulty sleeping or oversleeping
- Changes in weight
- Thoughts of death or suicide

SAD may be effectively treated with light therapy. But nearly half of people with SAD do not respond to light therapy alone. Antidepressant medicines and talk therapy can reduce SAD symptoms, either alone or combined with light therapy. (NIH: National Institute of Mental Health

Please note: SHAC has light boxes available for student use. Call us to learn more.

Is it the flu — "influenza" — or "just a cold"?

Symptoms: Influenza and the common cold cause similar symptoms. Flu symptoms tend to be more severe, especially fever, aches, fatigue, and cough.

Cause: They are both caused by viruses, unresponsive to antibiotics.

Should I come to SHAC? Yes, if you have a chronic illness such as asthma, diabetes, or decreased immunity; you may need anti-viral drugs. OR if your symptoms are more than can be managed, especially if you experience a high fever, difficulty breathing, or trouble keeping fluids down.

Treatment: Rest, fluids, pain relievers as needed for the headache and body aches. Anti-viral medications are used for the flu only in specific circumstances.

Prevention: Stay calm; wash your hands! And get a flu vaccine every year, especially if you have a chronic illness. Both the shot and the nasal mist are available with insurance at pharmacies in town; and with cash, OneCard, student account or Carleton student health plan through Homeland Health on campus. See “Upcoming Events” at right for more information.

If you are sick, please self-isolate—minimize contact with others—until 24 hours without a fever (without taking fever-reducing medication). Ask your RA for help.

Wash your hands. Cough and sneeze into your elbow. Wash your hands!
Be in the loop!

Imagine there is a serious campus emergency and some vital information needs to be shared with the campus community. It's likely you would prefer to receive this information firsthand rather than hearing about it from a friend or coworker.

It's easy to make sure that you're in the loop. Sign up for Carleton's CarlAlert Emergency Notification Service, which allows students, faculty and staff to receive text messages on their mobile phones in the event of serious campus emergencies. These messages will also be sent as an email to all Carleton faculty, staff and students. For information about how to sign up, go to http://apps.carleton.edu/emergency/service/.

Help Campus Security reach its goal of 100% campus participation!

Did you know?

The body's natural shivering response is diminished in people who've been drinking alcohol. In addition, the use of alcohol...can affect your judgment about the need to get inside or wear warm clothes in cold weather conditions. If a person is intoxicated and passes out in cold weather, he or she is likely to develop hypothermia. (Mayo Clinic)

KEEP CALM AND WASH YOUR HANDS

NEED TO TALK?
TELEPHONE
COUNSELING
AVAILABLE
24/7/365
CALL SHAC
507-222-4080
then press “2”
or call
855-755-2479

STUDENT HEALTH and COUNSELING
Happy New Year from Student Health and Counseling!

Left to right: Dawn Fadden, David Wolff, Marit Lysne, Betsy Lane-Getaz, Drew Weis, Jan Foley, Leah Wellstone and Natalee Johnson

Staff Profile—David Wolff

If you ask David Wolff what he does at SHAC, he will likely reply with a chuckle, "Other duties as assigned!" As our Project Specialist/Administrative Assistant, David’s job encompasses every aspect of SHAC operations, and he finds himself doing everything from ordering medical supplies he’s never heard of to putting together a new table to arranging immunization clinics and offering IT assistance. He does it all – and well.

David says he never really planned to work at SHAC, even though he’s now in his fourth year. "Since I had a background in arts administration, I intended for this to be a practice interview. Once I got here, the group of people on staff were so kind, warm and interesting, it seemed like just a great place to be."

Not only is David a jack-of-all-trades at work, he fulfills many roles outside of SHAC. With a masters degree in music composition, David is both an active composer and a businessman. His at-home business, Deer Grove Press, provides music copying and publishing services to composers and ensembles across the country. His most recent composition was for the bell choir at First UCC Church in Northfield in collaboration with the Rice County Mental Health Collective.

In addition, David is an active community volunteer and a busy dad to Nathan, 9, and Rachel, 7. And in answer to a frequently asked question: Yes, he is married to Carleton biology professor, Jennifer Wolff.
SWA Corner
By Anna Donnella, Student Wellness Advocate

Take a Breather!

Visit the SWA Spa Winter Health Fair
Wednesday, January 14
4:30-6:30 pm
Great Hall

thoughts, making twenty minutes for a workout, or starting the day with a ten minute meditation. Whatever it is, we think it’s important.

To kick things off, we’re having our annual Winter Health Fair, with all different campus groups participating to offer strategies for taking care of yourself. The Winter Health Fair is a lot of fun. There are lots of interactive activities, games, great info, fresh food, and a ton of prizes. This year’s theme is especially cool, too, because it coincides with our goals for the term. It’s the SWA Spa Winter Health Fair where you “treat yourself to health,” and learn strategies for committing to your own well-being.

The fair is being held this coming Wednesday in the Great Hall, from 4:30 to 6:30 pm. We want everyone to be there. Even if just for fifteen minutes, it’s worth it. So go ahead—write it into the planner.

There’s no denying life at Carleton is stressful at times. There’s a lot of work to do, a lot of people to see, a lot of emotions to feel. But sometimes there are not a lot of hours. And when we have to prioritize how we spend our hours, we sometimes don’t schedule the time we need for our personal wellness. We might write twenty things in our planner without any of them being, “floss teeth,” “get enough vitamin C,” “talk to someone about frustrating feelings,” “take deep breath.”

This winter, the SWAs want to encourage a change. We want to encourage everyone to write time into their day to check in on themselves. We want personal well-being to be a part of the daily routine. Maybe it means scheduling ten minutes to focus just on oral hygiene, prioritizing sleep over other activities, planning a time to express pent-up

The Student Wellness Advocates (SWAs) are student employees of Residential Life, who work closely with Student Health and Counseling (SHAC). Our mission is to promote student awareness, skills, and knowledge for balanced life-long wellness. Our programming areas are physical health, mental health, sexual health, and substance use. To see our programming menu visit http://apps.carleton.edu/campus/swa/programs/