1. **Get enough sleep.** Insufficient sleep can put you at risk for serious illnesses, such as diabetes, obesity, and depression. Lack of sleep can also put you at risk of having accidents. Adults typically need seven to nine hours of sleep each night for best health.

2. **Eat well.** Eat balanced meals regularly consisting of protein, carbohydrate and fat. Eat a variety of food. Include fresh fruit and vegetables in a variety of colors.

3. **Exercise.** When you are under stress, exercise may be last thing on your mind, but as little as 20 minutes a day of physical activity can reduce stress levels. You’ll feel refreshed and energized after moderate activity level.

4. **Avoid unnatural energy boosters.** Energy drinks and other caffeinated beverages can temporarily boost your alertness and energy level. Remember, caffeine will hinder your sleep and you may find yourself needing more coffee the following day. This can lead to a bad cycle. It is better to stay with decaffeinated beverages.

5. **Get emotional support.** Adjusting to college, work and personal life can be difficult. You can reduce your stress level by venting your frustration to a trusted friend or family member. Choose a friend or family member who won’t be judgmental or who tries to give lots of advice. You can also seek a professional help from counselors at Sierra College Student Health Services or General Counseling Department.

6. **Maintain your hobby.** Your schedule may be filled with lectures and study groups, but try to find at least a couple of hours each week to pursue a hobby or other activity you enjoy. This hobby will feed your soul and reduce tension.

7. **Try not to overload yourself.** It’s easy to get overloaded. There is so much happening between classes, extracurricular groups, work and home life. Take on activities you are certain you can handle well. Take good care of yourself as you are your own parent from here and out.

8. **Avoid relaxing with alcohol.** Having few alcoholic drinks to unwind after a hard day of studying may be tempting, but any unresolved stress you have will just come flooding back after your buzz subsides. Plus, if you overdrink, you may have to deal with hangovers which will affect your school and work negatively.

9. **Breathe.** When you feel stressed, deep-breathing exercises can help melt away the tension. Try this exercise: Inhale slowly through your nose, hold the breath for a few seconds, then exhale through your mouth, and repeat as needed. This helps prevent the short, shallow breaths that often accompany feelings of tension.

10. **Ask for Help.** Asking for help is not a sign of weakness. A little help from your family or friends can take burden off of you which will reduce your stress level. You can also ask for help through Sierra College Health Services counselors or the General Counseling Department.
What is it

Suicide, the third-leading cause of death among individuals between the ages of 15-24, is a very important issue on college campuses. Suicide can be prevented.

Signs and Symptoms

- Talks about suicide, specifically making statements related to suicide.
- Seems preoccupied with death.
- Searches for means to commit suicide, such as purchasing firearms, pills, ropes, etc.
- Talks about feeling hopeless or having no reason to live.
- Suddenly begins to isolate or withdraw from social contact.
- Increases or suddenly begins use of alcohol and other drugs.
- Begins to display dramatic mood swings.
- Develops sharp personality changes.
- Makes serious changes to their normal routine, including eating and sleeping patterns.
- Discusses having a “death wish,” or engages in risks that could lead to death, such as driving through red lights.
- Begins to put affairs in order, tie up loose ends.

If Someone You Know is Experiencing Thoughts of Suicide:

- Have an honest discussion with the person who may be suicidal. There is no harm in bringing up the topic, especially if it may save someone’s life.
- Be willing to listen. Allow the person to express their feelings. Be non-judgmental as to what he or she tells you.
- Do not leave him or her alone. Suggest a visit to Student Health Services or General Counseling.
- Give the person the National Suicide Prevention Hotline at 1-800-273-TALK (8255)
- Eliminate access to firearms or other potential tools for suicide, including medications.
- Never promise to keep intentions of suicide a secret.
- Call for transport to the nearest hospital emergency room or phone 911.

Resources

Sierra College Counseling
Rocklin (916) 660-7400.
NCC (530) 274-5303
Tahoe (530) 550-2225

Nevada County Mental Health
(530) 265-5811

Placer Co. Crisis Line
24/ hours / 5 days a week
(888) 886-5401

Kognito
Online training simulations about suicide prevention.
www.kognito.com/ccc

Sierra College Health Services
Rocklin (916) 660-7490
NCC (530) 274-5317
1. Think about how amazing your body is! Celebrate all of the amazing things your body does for you -- running, dancing, breathing, laughing, dreaming, etc.

2. Keep a top-10 list of things you really like about yourself (not about how much you weigh or what you look like). Post the list in your bathroom or closet so you can read it every day.

3. Remind yourself that "true beauty" is more than skin-deep. When you feel good about yourself and who you are, you carry yourself with a sense of confidence, self-acceptance, and openness that makes you beautiful regardless of whether you physically look like a supermodel. Beauty is a state of mind, not a state of your body.

4. Look at yourself as a whole person. When you see yourself in a mirror or in your mind, choose not to focus on specific body parts. See yourself as you want others to see you -- as a whole person.

5. Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who are supportive and who recognize the importance of liking yourself just as you naturally are.

6. Stop listening to those voices in your head that tell you your body is not "right" or that you are a "bad" person. You can learn to overpower those negative thoughts with positive ones. Next time you start to tear yourself down, build yourself back up with a few quick affirmations that work for you.

7. Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.

8. Become a critical viewer of social and media messages. Pay attention to images, slogans, or attitudes that make you feel bad about yourself or your body. Protest these messages: write a letter to the advertiser or talk back to the image or message.

9. Do something nice for yourself -- Take a bubble bath, make time for a nap, find a peaceful place outside to relax.

10. Use the time and energy that you would have spent worrying about food, calories, and your weight to do something to help others. Helping other people will help you feel better about yourself and will make a positive change in our world.
Health Services

Mission Statement
We strive to optimize the health and well-being of the college population through the provision of quality, accessible health care in a cost-effective and efficient setting. Our health professionals are available as physical, emotional, and educational resources for the campus community.

We emphasize health education, prevention, and early intervention to maintain a safe and healthy learning environment. We are dedicated to the development of innovative programs to accommodate your health care needs.

Rocklin Campus
Health Services is located in the Winsted Building L-183
Phone: (916) 660-7490
Hours: Monday - Friday: 8:00 a.m. - 5:00 p.m.

If you are more than 10 minutes late for your appointment, you will need to reschedule.

Nevada County Campus
Located in Building N3
Phone: (530) 274-5317
Hours: Monday and Thursday: 8:30 a.m. - 12:00 p.m. and 12:30 p.m. - 3:00 p.m.

By law, a student must be actively attending classes to be eligible for services at the Health Services.

Please make an appointment with our office to allow us to schedule enough time for your evaluation and treatment.

Family Planning, Access, Care & Treatment (FPACT) is a state and federally funded family planning program designed to create universal coverage for low-income men and women.

FPACT is available through Sierra College Health Services for those who qualify.

Family PACT provides free, confidential services for birth control and sexually transmitted infections.

For more information on FPACT: http://www.familypact.org/Clients/what-is-family-pact