Stress is an unavoidable consequence of life. Stress is physical, mental, or emotional strain or tension. In addition, stress is a feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize.

**Acute Stress:** This is the fight or flight response. The body prepares to defend itself. It takes about 90 minutes for the metabolism to return to normal when the response is over.

**Chronic Stress:** This is the stress we tend to ignore or push down. Untreated stress can affect your health and immune system.

**Eustress:** Stress in daily life that has positive feelings such as; marriage, promotion, birth of baby, winning money, and graduation

**Distress:** Stress in daily life that has negative feelings such as; divorce, punishment, injury, negative feelings, financial problems, and work difficulties.

All stress, whether positive or negative, is still stress as stress. Stress has the same effect on your body. Regardless of origin, stress is stress and it is cumulative (adds up).

**Signs of Stress:**
- Headache - Muscle tension or pain - Chest pain
- Fatigue - Change in sex drive - Upset Stomach
- Sleep problems - Anxiety - Restlessness - Lack of motivation or focus - Irritability or anger - Sadness - Overeating or under-eating - Angry outbursts - Drug or alcohol abuse - Tobacco use…

There are many ways to manage stress to help feel calm and more peaceful:
- Listen to your body
- Do something you enjoy
- Make time for yourself
- Exercise regularly (even a few minutes each day helps)
- Get enough sleep
- Eat a balanced diet
- Stay hydrated
- Limit alcohol and caffeine
- Manage time wisely
- Set realistic goals
- Talk about your worries
- Get support from friends, family, or a trained professional.

For more information contact Sierra College Health Services.

This article was written based upon information from the Regents of the University of California (QE14-10/08)

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Flu shots available at Health Services for only $10.00!!!!

**KOGNITO**

It’s a cool online training to help identify, talk and refer students who may be in distress.

Kognito.com/ccc

Go For It!!!!

**Why All the Fuss About the Flu Vaccine?**

If you are a young, healthy college student, why get a flu vaccine? Isn’t that for older people? The reality is that people of all ages can get the flu and just be sick for a few days, but that’s not the end of the story.

The most obvious reason for getting the vaccination is if you are exposed to the flu later, it will minimize how sick you get. Most people understand that part, but there are other benefits to getting the flu vaccine that aren’t so well advertised.

Over the winter break from school, when you’re home visiting Grandma and Grandpa, your brand-new baby niece or a neighbor on chemotherapy for cancer, it will help protect you from passing the illness to them. Because elderly adults, infants and those on cancer treatments or battling chronic illness (diabetes, asthma, etc.) have weaker immune systems, getting the flu could kill them.

Think of it this way: if you are immunized, you protect not only yourself, but others in the community who are at higher risk of death if they get the flu. This includes the stranger at the grocery store, or someone sitting next to you in class who is caring for a frail elderly woman tomorrow afternoon.

This article was written based on information from http://www.cdc.gov/flu/protect/keyfacts.htm
Hidden Dangers of Hookah

Hookahs are water pipes using tobacco that is usually heated using charcoal. The smoke is then cooled by water in the base. The tobacco is often flavored, and the smoke is usually drawn into the mouth and lungs through hoses, allowing more than one person to smoke at a time. Most people think smoking from a hookah is a healthier alternative than the traditional cigarette. However, recent research is showing the ancient smoking method, with its beginnings in the Middle East and India, may actually pose significant health risks. In other words, although very popular, there are hidden dangers. Let’s start with carbon monoxide poisoning. Unfortunately, even in the Emergency Room, the cause of the carbon monoxide poisoning symptoms is often difficult to diagnose, and is potentially deadly. The levels of carbon monoxide are like those seen when you have furnace issues, house fires or a running car in the garage which can lead to rapid death. There are many reports of deaths after smoking hookah.

Another problem with hookah is that it exposes you to cancer-causing agents. People who smoke a hookah (or inhale secondhand hookah smoke) could be breathing in the chemical benzene, a substance that previous research has linked with an increased risk of leukemia, according to a new study. The health risk of hookahs is partly because of how people use them. A typical cigarette smoker may take 10 puffs per cigarette, but a hookah user may take 100 puffs during a smoking session.

As time passes, the research surrounding the risks of hookah smoking will be studied further. Let’s take care of our bodies, as they are the only ones we have. Think about what you want to put into your lungs, as it passes very quickly into your blood stream. Hookah vapor is not as safe as you may think.

Cancer.org

College Students and Alcohol

Alcohol use among college students is common. According to the National Institutes of Health, four out of five college students drink at least occasionally. Why do students drink? It varies from person to person, some drink to fit in with peers, to relax, decrease stress, or out of habit. Drinking becomes a problem when it affects health, relationships, decision-making and/or academic/work performance.

According to the National Institute of Health, about 25 percent of college students report problems in school because of drinking; including missing class, falling behind, doing poorly on exams or papers and receiving lower grades. If you feel you have a problem, it is important to know you aren’t alone and there is help.

We are here to help:

Health Services (916) 660-7490; NCC (530) 274-5317
Counseling (916) 660-7400; NCC (530) 274-5303;
Truckee (530) 550-2225
TIPS FOR HEALTHY EATING

Have you wanted to improve your diet, yet are worried that you won’t be satisfied? Do you think “dieting” is horrible and no fun? Maybe it’s time to think about making some small changes that will add up to a healthier you.

Set yourself up for success. Think about some manageable steps rather than one big drastic change. If you approach the changes gradually, you will have a healthy diet sooner than you think.

Simplify. Instead of being too worried about counting calories, think of your diet in terms of color, variety and freshness. That way it will be easier to make healthy choices. Focus on finding foods you love and easy recipes that incorporate a few fresh ingredients. Spend more time in the produce section of the grocery store. Gradually, your diet will become healthier and more delicious.

Start slowly. Trying to make your diet healthy overnight isn’t realistic or smart. Changing everything at once can lead to cheating or giving up. Make small steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet and it won’t seem as big of a deal.

Every change matters. You don’t have to be perfect and you don’t have to completely eliminate foods you enjoy to have a healthy diet. The long term goal is to feel good, have more energy and reduce the risk of cancer and disease. Don’t let your mistakes derail you. Every healthy food choice you make counts.

Decreasing portion size and increasing frequency of meals leads to success. Eating smaller, more frequent meals helps to keep your blood sugar more even, as well as help you feel more satisfied. If you are getting hungry, have a small snack of nuts, or fruit before you become “starving” when you are more likely to make a poor diet choice. Try to nip the hunger in the bud with a healthy snack. You will notice a difference in your hunger level as well as decreasing your desire for higher fat foods.

If you need help making positive food choices, go online for some advice, or ask a dietician. Better yet, take a nutrition class here on campus. And don’t forget to add in water and exercise, because they also are very important to keeping you healthy.
**Rocklin Campus**
Health Services is located in the Winstead 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.

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**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.

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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