

## Stress

College life is full of new experiences and discoveries, deadlines and demands. For many students, this way of life can cause feelings of anxiety and stress. Stress isn't always bad, however. In small doses, it can help motivate you to do your best and perform under pressure. But when you're living in a perpetual state of "stress or anxiety", your mind and body can pay the price and you can start to feel out of balance.



Stress is cumulative. Your early signs of stress may include headaches, irritability, nervous stomach or disrupted sleep. Once you learn to recognize your own early warning signs, you will know that these symptoms are your body's way of telling you to slow down and find a way to de-stress. If you do not heed the warning, your stress and anxiety can continue to build and cause serious disruption emotionally, physically, academically and socially. Stress can impact your relationships, your ability to concentrate or communicate, and it can have a negative effect on your immune system, making you more prone to illness.

The good news is that you can protect yourself by recognizing the signs and symptoms of stress and taking steps to reduce its harmful effects.

## Common Effects of Stress

Stress affects every aspect of our lives. You may experience mental, behavioral, physical and emotional symptoms. While these symptoms are common during stressful times, people with anxiety disorders may experience them in absence of a stressful experience.

**On your body:** Headache, muscle tension or pain, chest pain, fatigue, change in sex drive, stomach upset, sleep problems, frequent illness

**On your emotions:** Anxiety, restlessness, lack of motivation or focus, irritability or anger, sadness or depression, forgetfulness, feeling overwhelmed, insecurity

**On your behavior:** Over or under eating, angry outbursts, drug/alcohol use, social

## Stress Busters:

Stress management is an important skill and it is worth taking the time to figure out what works best for you. Taking care of your mind and body can go a long way toward managing your stress level and help restore yourself to balance. Here are some suggestions...

- ◆ Get enough sleep.
- ◆ Eat a healthy diet. Sugar and processed foods can make stress worse.
- ◆ Exercise regularly. Find movement you enjoy that allows you to release tension.
- ◆ Learn deep breathing/relaxation techniques.
- ◆ Pay attention to negative self-talk.
- ◆ Meditate, for example with.
- ◆ Find a quiet place to study.
- ◆ Practice saying "no" to situations and people that add stress to your life
- ◆ Get a massage
- ◆ Talk with a friend or someone you trust
- ◆ Limit your caffeine intake.
- ◆ Avoid using alcohol or other drugs in an attempt to relieve stress.
- ◆ Manage your time and energy -- you can prioritize your "to-do" list based not only on time but on your energy for the task.
- ◆ Laugh! Watch a funny movie.
- ◆ Take time for relaxation, fun and hobbies. How about music or dance lessons, yoga or crafts?

## 10 THINGS YOU NEED TO KNOW ABOUT LEGALIZED POT IN CALIFORNIA

#1 Anyone 21 years or older can possess, buy or transport 28.5 grams of marijuana for recreational use. For those who don't want to buy pot from special marijuana stores, the Proposition 64 allow adults to grow and use up to six marijuana plants.

#2 Smoking marijuana is not allowed in public places, unless it is authorized by local ordinance. In addition, marijuana cannot be smoked in locations where law already prohibits tobacco smoking (restaurants, theaters). It is still illegal to smoke pot within 1,000 feet of a school, day-care center, or youth center when children are present.

#3 There is a fine for smoking in public places. People caught smoking marijuana in public can expect to pay a fine of up to \$100 and for those caught smoking pot in a place where tobacco smoking is prohibited or near school can be fined up to \$250. Minors who violate the rules will be required to complete four hours of a drug-education program or counseling, and up to 10 hours of community service.

#4 Proposition 64 prohibits sale of marijuana to nonmedical users under age 21. Marijuana products also need to be packaged in child-resistant containers, and pot shops would be prohibited from allowing anyone under 21 years old on their premises.

#5 You will not see commercials for weed on TV. The initiative would bar the marketing of marijuana products to minors. Furthermore, marijuana could not be advertised on billboards located along an interstate highway or state highway that crosses the border of any other state. Such ads also cannot be allowed within 1,000 feet of day-care centers, schools (K-12), playgrounds or youth centers.

#6 Those who grow, process, transport or sell marijuana must get a state license and pay a fee. Local government could also require operators to obtain a license.

#7 Who is in charge? A state Bureau of Marijuana Control inside state Department of Consumer Affairs will be issuing, renewing, and revoking state license for the transportation, storage, distribution and sale of marijuana.

#8 Selling marijuana without a license can result in a misdemeanor charge with penalties of up to six months in jail and \$500 in fines.

#9 Marijuana will be taxed by the state and possibly by cities and counties. Proposition allow the state to impose a 15% excise tax on the retail sale of marijuana. The state would also be allowed to levy a cultivation tax on growers of \$9.25 per ounce for flowers and \$2.75 per ounce for leaves.

#10 California could make lots of money on pot sales and it will be used to cover the state's cost of running the program and enforcing regulations



## Marijuana on College Campus

Anybody 21 or older can legally buy recreational marijuana in California as of January 1, 2018, but they still can't take it to school. Officials from Sacramento area college campuses say school policies barring marijuana on campus and at school-sponsored events have not changed since California voter passed Proposition 64, which legalized recreational cannabis.

The colleges all have similar policies: possession or use of illegal drugs, including marijuana, on campus could result in disciplinary action ranging from treatment program to dismissal.

While marijuana is regulated differently in California, the federal government still considers it illegal. California colleges are prevented from relaxing its stance on marijuana because they receive federal funding.

College students who rely on federal funding and having a drug marijuana (drug) conviction could result in loss of federal funding or even possibly paying back that money.



Students can be arrested for selling marijuana on campus.

## Marijuana Potency Today

Tetrahydrocannabinol (THC) is the chemical compound in cannabis responsible for euphoric high. In the past 20-30 years year THC level have risen and CBD level has dropped. In 1975 average THC level was 1%. And rose to 3% a decade later. From a recent federal study, THC level rose from 4% in 1995 to 12% in 2014. In one standout butts from 2009, the DEA nabbed some sticky-icky that showed impressive 33% THC level.

1. The cultivation practices in the cannabis industry has moved into the production of sinsemilla as preferred product. Sinsemilla is the product generated from the flowering tops of female plants that have not been fertilized. It is the part of cannabis plant with the highest THC content.
2. The trimming of the cannabis products (sinsemilla or buds) and removal of all large leaves which have low levels of THC.
3. Selection of high THC varieties or strains for high cash value.
4. THC is known to produce tolerance in frequent users. Therefore the more one uses marijuana the more THC one needs to achieve the same degree of high. So the user demands more marijuana or higher THC content.
5. Over the last decade, potencies in cannabis have risen sharply because of the adaptation of the plant sciences that have migrated from traditional agriculture into cannabis science. A major driver in the increased presence of cannabinoid is primarily due to better breeding, strain-crossing as well as tissue culturing. However the plant's

## THC

Cannabidiol (CBD) and tetrahydrocannabinol (THC) are the two most prominent cannabinoids found in cannabis. CBD and THC chemical makeups are similar to body's neuro receptors to alter the release of neurotransmitters in brain.

THC is the main psychoactive component of the marijuana plant which is primarily responsible for creating "high" feeling associated with marijuana use.

The effects of THS may include:

- relaxation,
- altered sense of sight, smell, and hearing
- Fatigue
- Hunger
- Reduced aggression



Medicinal use of THC may include:

- Reduce nausea and vomiting in chemotherapy
- Stimulate appetite

## CBD

CBD accounts for up to 40 percent of cannabis extracts but lacks "high" effect which makes it strong candidate for medicinal use.

The effects of CBD may include:

- Reduction of psychotic symptoms
- Relief from convulsions and nausea
- Decrease anxiety
- Decreased inflammation

Medicinal use of CBD may be:

- Schizophrenia—reduce psychotic symptoms
- Social anxiety disorder—reduce anxiety
- Depression—reduce depressive symptoms
- Cancer treatment side effects—decrease pain, nausea, while stimulating appetite

## WHY IS CBD USED MORE THAN THC FOR MEDICAL TREATMENTS?

THC is classified as an illegal drug with considerable immediate and long-term cognitive side effects, including impaired thinking and reasoning, reduced ability to plan and organize, altered decision-making, and reduced control over impulses. CBD lacks the harmful cognitive effects of THC.

# CBD FACTS

- Cannabidiol is a key ingredient in cannabis.
- CBD does not get you high like THC does. THC causes euphoria.
- CBD from hemp is legal. CBD can be made from medical marijuana plants or industrial hemp plants. Marijuana is illegal under federal law but legal in some states. Industrial hemp when grown in other countries can be imported legally into USA, making it easier for consumers to get CBD treatment without breaking the law.
- Cannabinoid levels vary. CBD and THC levels known as cannabinoids, vary between plants. Marijuana plants grown for recreational use tend to be high in THC and varying amounts of CBD. Industrial hemp plants are very low in THC while medical marijuana plants are typically high in CBD.
- No prescription needed. It is legal to order CBD made from industrial hemp plant online for use in any state without prescription. Individuals ordering CBD products made from medical marijuana plants must live in a state where medical marijuana is legal and have a prescription.
- CBD counteracts the negative effects of THC. According to research published in British Journal of Psychiatry, CBD seems to prevent THC-induced memory impairment. CBD also ease paranoia and other negative side effects commonly associated with



# TIME-MANAGEMENT

In college time-management is a technique of setting goals and going over it everyday. As a college student, you are overwhelmed with responsibilities and newfound freedom. Creating a balance is important to become successful in college.

- ◇ Set goals and priorities to keep you focused.
- ◇ Create a schedule based on your goals and priorities. Start mapping out your classes, work, study time, sleep, exercise, meals, hygiene, commute and you'll realize how much you have left for other activities. College students will have quite a bit of reading and more study time needed compared to high school. A good time-management plan should have a balance.
- ◇ Set a regular amount of study time. Generally each hour of class hour will require two to three hours of study time.
- ◇ Schedule enough time for sleep. Sleep is essential for your physical and mental health.
- ◇ Avoid procrastinating. We often avoid things that do not bring immediate gratification. Keep your schedule front and center will keep you focused and help to avoid procrastination. Procrastinating will create further drag to the work load as more time has elapsed and you have less time left until due date.
- ◇ Study smart. Choose best time of day to study and start with most difficult topic first. Take quick breaks during your study time to keep you refreshed.
- ◇ Pick a right place to study. Choose a quiet place where you can focus to study and use this time wisely.
- ◇ Schedule time to have fun. Be sure to take time for relaxation and entertainment to create balance in your life. Your brain needs break too.
- ◇ Multitask. You can combine some activities, such as doing laundry and studying, to maximize your time management. Are you headed for doctor's appointment or waiting in line? Have a flash card handy to study during spare time while waiting.
- ◇ Get to know your counselor or adviser. This person can help you get handle on time-management and get you back on track if necessary.



# First Year College Tips

- ◇ Go to all orientations. The faster you learn way around campus the better prepared you'll be when issue arise.
- ◇ Meet with your professors. There are only upsides to getting to know your professors, especially if later in the semester if you run into some situations. Professors schedule office hours for the sole purpose of meeting with students.
- ◇ Get to know your academic advisers. This person can help you with course conflicts and scheduling your classes.
- ◇ Seek a balance. College is a mixture of social and academic life. Don't tip the balance too far in either direction.
- ◇ Get involved on campus. Consider joining student organization or club. You'll make new friends and feel connected.
- ◇ Aim for good grades. For some, good grades may have come easily in high school. In college, you'll have to earn them.
- ◇ Take advantage of study resources on campus. Learning labs and tutors are available for you.
- ◇ Make connections with students in your classes. This connection will become crucial resource for your especially when you miss a class.
- ◇ Keep track of your money. Now is the time to budget. Find ways to stretch your money.
- ◇ Be prepared to feel overwhelmed.



## 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 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 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>

