The COVID-19 pandemic and isolation has had a major impact on our lives. Many of us are faced with overwhelming stress, lacking social connection, frustration and many other strong emotions. There are healthy ways to cope with stress which will make you resilient.

Stress can cause following symptoms:
- Irritability or anxiety
- Feeling tired
- Making bad decisions
- Racing thoughts or constant worry
- Trouble sleeping or sleeping too much
- Headaches or general body aches
- Feeling overwhelmed, unmotivated or unfocused
- Problems with your memory or concentration
- Grinding your teeth or clenching your jaw

Healthy ways to cope with stress:
- Connect with friends and family
- Take breaks from watching, reading, or listening to news stories and social media.
- Get plenty of sleep
- Get regular exercise
- Try to eat healthy, well-balanced meals
- Avoid excessive alcohol, tobacco and substance use
- Get vaccinated with a COVID-19 vaccine, when available
- Make time to unwind. Try to do some other activities you enjoy
- Connect with your community

Help others cope:
During social distancing, it is even more important to stay connected with friends and family. Taking care of yourself can better equip you to take care of others. Help others cope with stress through phone calls or video chats. This can help loved ones feel less isolated.

Sierra College Health Services
A physical, emotional and educational resource for our campus community. All Sierra College students who are currently attending classes, full- or part-time, are eligible to use Health Services. The following are available services.

Medical
- Physical exams.
- Immunizations
- Laboratory tests
- Birth control
- Injury treatment
- Tuberculosis skin testing (PPD)
- Sexually transmitted disease diagnosis and treatment
- Prescription medications
- Screening tests (blood pressure, vision, hearing, spirometry)
- Health education
- Community referral

Mental Health/ Counseling
- Depression
- Anxiety
- Stress
- Transition
- Relationships
- Grief
- Substance Issues
- Panic Attacks
- PTSD

Please call at 916-660-7490 to schedule an appointment. Now you can schedule an appointment online in Myserra. Monday-Friday 8:00–4:30

Mental Health and Crisis
Call your healthcare provider or Sierra College Health Services 916-660-7490 if stress gets in the way of your daily activities for several days in a row. During times of stress, people may have thoughts of suicide. Suicide is preventable and help is available.
If you are in crisis, get immediate help
- Call 911
- National Suicide Prevention Lifeline 800-273- (TALK) 8255 888-628-9454 for Spanish
- National Domestic Violence Hotline 800-799-7233 (SAFE) or text LOVEIS TO 22522
- National Sexual Assault Hotline 800-656-HOPE (4673)
- Veteran’s Crisis Line 800-273-TALK (8255) or text 8388255
**Maintain Your Mental Health**

**Anxiety** is a normal reaction to stress, and can help you deal with a tense situation, study harder for an exam, or keep your focus during an important speech. But if you cannot shake your worries and concerns, or if the feelings make you want to avoid everyday activities, you may have an anxiety disorder.

Everybody has the blues, feels anxious, or gets stressed at times. But depression is more than a bad day. **Depression** often goes unrecognized and untreated and may lead to tragedy, such as suicide. For youth between ages 10 and 24, suicide is the third leading cause of death. Suicide is a serious and preventable problem that can have lasting harmful effects on individuals, families, and communities.

**Tips**
- Develop a support network of friends. Campus and extracurricular activities such as athletics and student clubs are great ways to meet new friends.
- If you have concerns about your study habits or coursework load, talk with teachers, counselors, family members, and friends for advice and support.
- Stay active. Regular physical activity can help keep your thinking, learning, and judgment skills sharp. It can also reduce your risk for depression, and it may help you sleep better.
- Visit your school or local health clinic, and discuss your concerns with a health professional. If the health professional advises treatment, follow instructions. Attend follow-up appointments to track your progress, and watch for side effects from any medications that may be prescribed.
- If you or someone you know is thinking about suicide, get help from a counselor or health care provider. Call the national suicide hotline at 1-800-273-TALK (8255).

**SLEEP**

**Sleep—It’s important!**

Everyone knows lack of sleep can affect school performance and mood. Did you know that sleep can prevent depression? Adequate sleep can also decrease illness and decrease suicide risk.

Fixing your biological clock (also called your “sleep clock”) can do wonders. Going to bed and getting up at the same time every day is important. This can be difficult as a student, but do the best you can.

Here are some tips to keep you getting enough rejuvenating sleep:
- Establish a relaxing bedtime routine. Take a hot shower or listen to soothing music. Do not watch TV, or use your cell phone as this makes it harder to go to sleep.
- Don’t do homework or surf the internet from your bed. Your bedroom should be used only for sleeping.
- Don’t drink caffeine within 6 hours of bedtime. If you want a cup of coffee in the afternoon, try decaf. Don’t drink alcohol or smoke within 2 hours of bedtime, as this causes interrupted sleep.
- Exercise regularly, but don’t do it within 3 hours of bedtime. Morning is the best time to exercise.
- Keep your bedroom quiet, dark and cool. Use a fan if things get too stuffy.
- Although tempting, don’t nap during the day. This will disturb your nighttime sleep.
- Don’t worry about things as bedtime approaches. This is easier said than done, but try to spend a few hours in the evening thinking about positive things. This will help you rest easier once in bed.
- Adults need 7 ½ - 9 hours of sleep per night.
- Young children need 12 or 13 hours of sleep, and teenagers need 9 to 10 hours to feel good.
Suicide!

**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**

- Talking about suicide, specifically making statements related to suicide.
- Is 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 to counseling at Student Health Services.
- Suggest the student calls 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.

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

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**Sierra College Health Services**
Rocklin (916) 660-7490  
NCC (530) 274-5317

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**10 Ways to Improve Your Body Image**

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 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.

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**Rocklin Campus**

Health Services is located in the Winsted Building L-183  
Phone: (916) 660-7490  
Hours: Monday - Friday: 8:00 a.m. - 4:30 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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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/](http://www.familypact.org/)