

I'M A SPARTAN

TRUE LIFE



## Wellness Matters for Personal & Academic Success

Student Health Services  
Counseling Center  
Culinary Services  
Recreational Sports & Fitness Services



- If you choose to consume alcohol, you can reduce your risk of unwanted consequences by consuming less alcohol over a longer period of time, eating food before and/or while drinking, staying with friends you know and trust, and making sure you have a safe plan for getting home.
- If you have a concern about your own or someone else's alcohol or drug use, contact **MSU Student Health Services' Health Education** office at **517-353-3903** or the **MSU Counseling Center** at **517-355-8270**.

### Stress Reduction

#### What MSU STUDENTS say and do...



#### WHY it matters...

- Besides affecting academics, stress is a major factor contributing to sleep disorders (reported by 21% of MSU students last year).
- Stress can lead to depression, anxiety, fatigue, and a weakened immune system making one more susceptible to colds and flu – the #1 reason MSU students gave for missing class.

#### What YOU can do...

- To avoid being overwhelmed, plan ahead. Use a planner to schedule deadlines and appointments. Try not to fall behind on assignments and tasks.
- Schedule regular activities to help manage stress: exercise, spending time with friends, massage, meditation—whatever works for you. Don't wait until you are stressed out! Do the things you need to do to help you remain in sync.
- Seek help if you are feeling overwhelmed. The MSU Counseling Center is an option. Visit their website for additional services in stress management at [counseling.msu.edu](http://counseling.msu.edu)



### Read, Respond, Win an iPad

After reading the info in this brochure, visit [olin.msu.edu/truelife.html](http://olin.msu.edu/truelife.html) and submit the "True Life: I'm A Spartan" quiz with your email address for a chance to win an iPad!

#### WHY it matters...

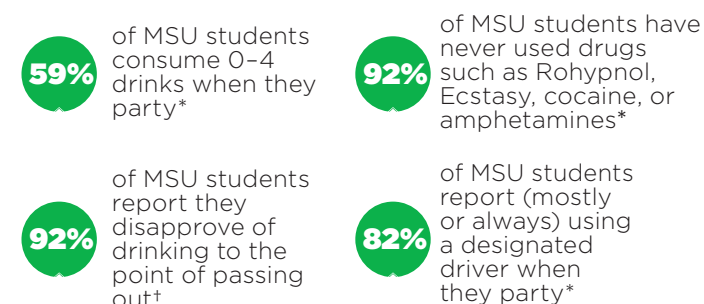
- College students who have difficulty connecting to others or finding support can become withdrawn, which may lead to depression. Untreated depression can lead to suicide, and suicide is the second leading cause of death in college students.

#### What YOU can do...

- Try to be aware of any obvious warning signs of suicide such as a suicide wish, suicidal threats, gestures, self-destructive behavior or making statements such as "I want to be dead", "I can't go on anymore", "Everyone would be better off without me," etc. (Note: In some suicides, no warning signs are shown or noticed.)
- If you have real concerns about a friend, provide support, listen to them, take them seriously and encourage them to seek help from a professional.
- For help, call **1-800-SUICIDE (734-2433)**, or use **The Listening Ear** 24 hour Crisis Hotline (**517-337-1717**). You can find them on the web at [theear.org](http://theear.org)

### Alcohol & Drugs

#### What MSU STUDENTS say and do...



#### WHY it matters...

- High risk alcohol and drug use is strongly correlated with many of the most serious personal traumas, disappointments and failures students experience at college.
- Alcohol/drug use can lead to legal issues that have long-term impact on academic and career aspirations.
- Less than 5% of the student body identifies MSU as a party school. Drinking moderately and within reason is the true norm here. (2011 MSU Spring Celebration Survey)



#### What YOU can do...

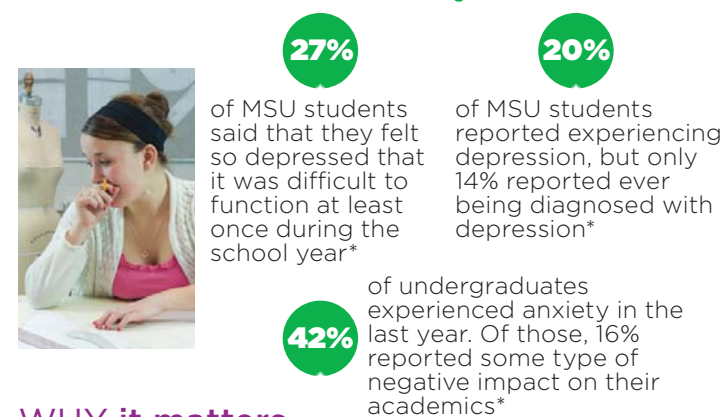
- Know that you do not have to drink in order to have the "real college experience". In fact, 25% of MSU students either don't drink or do so very infrequently.
- Be a friend and make the call. If you think a friend may have alcohol poisoning – call 911, turn them on their side to keep them from choking, and stay with them until help arrives.

#### What YOU can do...

- Believe that you have the right to express your needs and desires, respectfully.
- Before going out to a social gathering, make a plan with your friends to look out for each other.
- Make sure to get consent every step of the way when you are having any kind of sexual experience with someone.
- If you or someone you know has been sexually assaulted, call **517-372-6666** (24 hours/day). You may also visit [endrape.msu.edu](http://endrape.msu.edu)

### Depression & Anxiety

#### What MSU STUDENTS say and do...



#### WHY it matters...

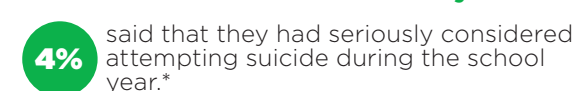
- Based on national surveys, anxiety and depression are two of the top six health concerns among college students (American College Health Association).

#### What YOU can do...

- Try to be aware of any prolonged feelings of depression that you or others around you may be experiencing - i.e., feeling sad, hopeless, helpless, guilty, and/or worthless or having a loss of interest in things such as social activities or sex.
- If you are concerned about possible depression or anxiety, visit the **MSU Counseling Center** website to complete an online assessment and/or review self-help resources at [counseling.msu.edu](http://counseling.msu.edu)
- If you or your friend experience depression, contact the **MSU Counseling Center** at **517-355-8270**. Office hours are **8am-7pm on Monday & Tuesday** and **8am-5pm Wednesday - Friday** (arrive at least one hour prior to closing for walk-in consultations).

### Suicide Prevention

#### What MSU STUDENTS say and do...



## Tobacco Use

### What MSU STUDENTS say and do...



The vast majority of MSU students support the university's smoke-free residence hall policy and those students who do smoke comply with it out of courtesy to their fellow students.

#### WHY it matters...

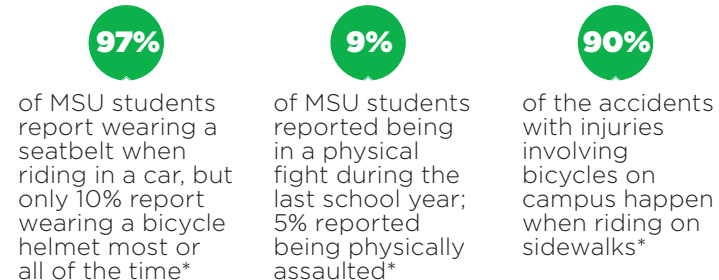
- Smoking, even socially, can undermine your immune system making you more susceptible to colds and flu—which can, in turn, have a negative impact on your academic performance.
- Not everyone who starts out as a social smoker will become addicted to tobacco, but almost everyone who becomes addicted to tobacco will have started out as a social smoker.

#### What YOU can do...

- Join the 83% of your fellow students who choose not to smoke.
- If you choose to smoke, please respect those around you who do not wish to breathe secondhand smoke.
- If you do smoke, but would like information on quitting, go to [ucanquit.msu.edu](http://ucanquit.msu.edu) or call 517-353-3903.

## Injury Prevention

### What MSU STUDENTS say and do...



#### WHY it matters...

- With 50,000+ people walking, driving, rollerblading, and 20,000 biking on campus every day, it's easy to find yourself in a chaotic and hazardous situation. Accidents can and do happen.
- Common injuries at MSU involve bicycle accidents (e.g., with pedestrians, cars, and persons on rollerblades).

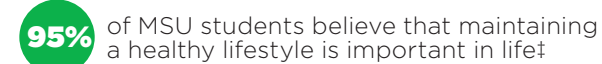


#### What YOU can do...

- Wear bright colors and ride your bike in the roadway; you'll be safer and get to your destination faster.
- Wear a helmet when biking or rollerblading.

## Physical Activity

### What MSU STUDENTS say and do...



#### WHY it matters...

Regular exercise has many proven benefits:

- It improves energy and decreases fatigue.
- It helps fight depression, anxiety, and stress.
- It improves mood, self-esteem, and quality of sleep.
- It helps you to meet and connect with new people.

#### What YOU can do...

- Choose to stay active! There are 8-10 intramural sports each semester, 40+ exercise classes each week, and 40+ club sports you can join. Check it all out at [recsports.msu.edu](http://recsports.msu.edu)
- Get a fitness test through LIFE:Rx. Call 517-353-4660.
- Join MSU MOVES! This free website allows you to log activities and set up personal and team challenges at [msumoves.msu.edu](http://msumoves.msu.edu)



## Nutrition

### What MSU STUDENTS say and do...



#### WHY it matters...

- The myth of the "freshman 15" continues on college campuses and in popular media. Research does not support this myth. Numerous studies have found that the average weight gain is less than 3 pounds.

#### What YOU can do...

How do you avoid getting caught up in negative eating patterns and weight fluctuations?

- Keep eating. Restricting calories and/or certain foods is more likely to increase the chances to develop disordered eating and inappropriate weight gain.
- Keep active. Moving your body has many benefits: stress relief, increased metabolism and energy, and it contributes to your overall health and well-being. Find something you like to do and have fun!

- Eat often and eat enough. This will help keep your metabolism functioning at its best and fuel your mind as well as your body.

- Try not to worry. Worrying about food and weight can lead people to eat more than they normally would as they are thinking about food all the time.
- Recognize that weight gain can be normal in college as you reach your adult growth. Trust your body to know what it needs to do.
- To find out more about the myth of the "freshman 15" or other nutrition concerns, call 517-353-4660 to schedule a free individual appointment with a nutritionist.



## Pregnancy Prevention

### What MSU STUDENTS say and do...



#### WHY it matters...

- It is important to weigh the possible benefits and risks of being sexually active. To be healthy sexually is to maintain a balance with everything else in your life—your physical and emotional health, education and career goals, relationships with other people, and your feelings about yourself.
- When choosing to be sexually active, it is important to select the contraceptive method right for you based on cost, the method's effectiveness, how easy it is to use, and its safety.

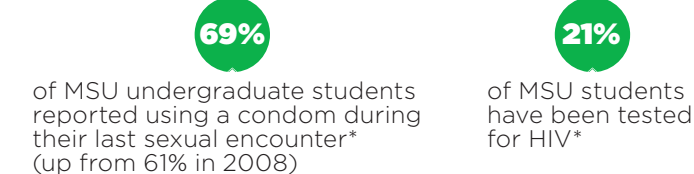
#### What YOU can do...

- Be informed. Educate yourself about the contraceptive methods available! MSU Student Health Services offers a variety of contraceptive methods, and you can call 517-353-4660 for an appointment.
- Learn what methods will work best for you to prevent pregnancy and sexually transmitted infections.
- Get FREE condoms and information on their correct use on the 3rd floor of Olin in Health Education.
- The pharmacy at Olin Health Center offers emergency contraception and information in case your method of contraception failed or you did not use a form of contraception.
- For more info, stop by and talk with one of our staff members or visit our website at [olin.msu.edu](http://olin.msu.edu)



## Sexually Transmitted Infection (STI) Prevention

### What MSU STUDENTS say and do...



#### WHY it matters...

- The most effective way to protect yourself from an STI is through abstinence; but for those who are sexually active, condoms can prevent most STIs when used consistently and correctly.
- STIs can be passed between partners, whether symptoms are present or not.
- Most STIs are either curable or manageable. The key is early detection and treatment.



#### What YOU can do...

- It is important to question, explore, and assess your sexual values. The decision to be abstinent or sexually active is your choice.
- Talk with your partner about safer sex, use a condom/barrier method, and get tested for STIs and HIV annually or when you change partners.
- Student Health Services has free condoms for MSU students—ask your mentor or visit the Health Education waiting room (3rd floor Olin).

## Sexual Assault & Relationship Violence Prevention

### What MSU STUDENTS say and do...



#### WHY it matters...

- Whether or not one commits violent behavior is a choice one makes—sexual assault, including verbal harassment, IS violent behavior!
- The #1 date rape drug is alcohol. Intoxication is not consent. When someone is under the influence of alcohol or drugs, they cannot legally give consent.

\*2010 NCHA Survey †2010 MSU Campus Rec Study ‡2009 MSU Fall Celebration Survey