

Student Health Services

Supports SRJC Athletes!

- 1. Healthy eating** - As an athlete you know it is important, but it can be a challenge while on the run in between classes and practices. Student Health 101 online magazine has quick recipes for healthy & yummy food every month in the UCookbook section.
- 2. Sexually active?** STDs & unintended pregnancies can be very stressful and take your focus off the game. Free condoms are always available at SHS. For STD testing and more birth control options, call SHS reproductive clinic for times and appointments.
- 3. Consensual, safe sex is one thing; sexual assault is a violent crime.** Be aware of the risks, and stand up against sexually aggressive words and actions. Step up and create a culture of non-violence on your team.
- 4. Drinking alcohol?** Many student athletes choose to not drink. If you do choose to drink, make smart choices about when and how much. Even if it is after the game or off-season, alcohol can still negatively impact your performance.
- 5. Smoking or Chewing?** The dangers of cigarette smoking are clear. Did you know that chewing tobacco is also highly addictive and cancer causing? Ready to reduce or quit? Come talk to a nurse practitioner or call 1-800-NO-BUTTS for support on quitting.
- 6. Don't be sidelined by the flu.** Come to Student Health Services (SHS) during Fall semester and for only \$10 a flu shot is waiting for you.
- 7. Stress! The pressure is on to keep up your grades and to perform for your team.** How do you handle the pressure? Healthy ways to release stress are essential to your health and well-being.

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8. Sleep! Your muscles and mind need time to rest and repair. Reduce caffeine, unplug at least an hour before bedtime, and try to keep a regular sleep routine.

9. You take care of your body – take care of your mind. Visit our Mental Health and Wellness programs in Plover Hall where we offer seminars, groups, and individual counseling sessions to support your mental health.

10. Support your teammates. You may be the first to know that a teammate is in distress, struggling with an addiction, or needs some support. Let your teammate know you care, offer help, and call us if you need ideas or referrals.

Online Resources

Student Health 101: www.readsh101.com/santarosa.html

This interactive online health magazine is customized for SRJC and offers tips on nutrition, stress management, and how to be a successful student. Check it out monthly on SHS web site, or in MyCubby.

Online Screenings: www.collegeresponse.org

Complete an anonymous screening for depression, alcohol, anxiety, PTSD, and/or eating disorders to find out whether or not a professional consultation would be helpful to you.

National Suicide Prevention Hotline: www.suicidepreventionlifeline.org
Or call: 1-800-273-TALK (1-800-273-8255)

Half of Us: www.halfofus.org

Great videos and information on how musicians as well as regular college students have faced their challenges.

Go Ask Alice: <http://goaskalice.columbia.edu>

Ask questions on relationships, sexuality, sexual and emotional health, fitness, nutrition, alcohol, nicotine and other drugs and general health.