

LCSC Student Health Services Wellness Link

Issue 3

Student Health Services; What Can they Do for Me?

Student Health Services is housed in the Sam Glenn Complex room 205 and is open Monday thru Friday from 8 am to 5pm. The staff consists of an administrative professional, records and insurance billing professional, a registered nurse and 3 nurse practitioners. Office visits can be scheduled for immunization needs, woman's annual physical, lab draws, general upper respiratory infections, ba-

sic wound care, STD screening, medication maintenance, general health screenings and basic "sick appointments" just to name a few items.

Our nursing staff is also available to provide education to students and staff about important health related issues on both a scheduled and as needed basis. What this means is if your group, class, floor or staff needs education on STDs, hand washing, respiratory eti-



quette, blood borne pathogens or any other health related topic, our nurse will be happy to provide help or be a presenter.

LCSC Student Health Services- Quick Facts

Located in Sam Glenn Complex Room 205

Hours of Operation Monday-Friday
8:00-12:00
1:00-5:00

Contact Information

Phone: (208)792-2251
Fax: (208)792-2282

E-mails:
studenthealthservices@lcsc.edu
shs@lcmail.lcsc.edu

Website:
www.lcsc.edu/osl/health

Cost of Care

At Student Health Services our goal is to keep students healthy at the lowest cost for them Utilizing student health services can help students to keep hard earned cash in their wallet. The following are current prices for some of the

common visits and procedures performed in Student Health Services.

Pap Smear \$100 (\$0 annually with student health insurance)

Lipid Panel \$23

Tuberculin skin test \$18

Strep Test \$20

Tdap vaccine \$45

HIV test \$45

Gonorrhea & Chlamydia test \$42

Varicella Titre \$25

Office Visit w/ Student Health Insurance \$9

Eligibility

All LCSC students, enrolled in 1 or more credits, are eligible to utilize services at SHS. Students **DO NOT** need to be enrolled in the Student Health Insurance Program to utilize Student Health Services or Student Life.

Stressed Out? Fight back!

Why do we stress?

Stress is the modern day formulation of our biological flight or fight response. We don't need this response to fight off wild animals like our ancestors did, but it still occurs during difficult times in our lives. It can take the form of all kinds of symptoms, like fatigue, muscle tension, or problems sleeping. If you think stress is bringing you down, you don't have to hope it goes away on its own. There are plenty of things you can do to fight back!

Things to try

There are lots of ways to lower your stress level, and some methods are simpler than others. The following list is not intended to overwhelm you, but to provide you with the opportunity to choose techniques that will work for you.

1) Deep, slow, diaphragmatic breathing. When most of us breathe in, we expand our chests or lift our shoulders to make room for the incoming air, but this isn't the most effective method of breathing. By relaxing your stomach muscles, expanding your stomach when inhaling and then shrinking it when exhaling, more air moves through your lungs. If this is hard to do, visualizing a balloon behind your belly button slowly inflating as you breathe in and deflating as you breathe out can help. This way of breathing allows more oxygen to be ab-

sorbed and ready for use. Slowly breathing this way has a relaxing effect on the body, and concentrating on the simple, physical act of breathing has a relaxing effect on the mind, too.

2) Meditation. This is a slightly more complicated skill to learn, but if you take the time to learn it and do it regularly, it can be really beneficial form of stress relief.

3) Stretch/Exercise. Yoga is good for the body as well as the mind, making it a great form of stress relief. Exercising releases endorphins, which gives you a feeling of happiness, so it's great for the mind. Even just taking a few minutes to stretch at your desk while studying can help relieve some stress.

4) Getting a massage. You can have a friend give you a massage or get a professional one. The key is to make sure it's a relaxing experience!

5) Listening to music. Music can be an incredible stress reliever. The most important thing is that the music is genuinely relaxing to you. It can't be just any song you like, but something that relaxes you.

7) Using relaxing scents. The sense of smell is particularly good at evoking memories, so choosing scents that you associate with calming memories can have a soothing effect.

8) Eating right. What you put into your

body has a big impact on how you feel. Eating a more balanced diet (don't forget those fruits and veggies!) and eating fewer processed foods are manageable life changes that can decrease your stress level.

9) Getting organized. Taking the time to get organized can seem overwhelming, but if you take it one step at a time, it can be less of an intimidating prospect. De-cluttering your home is a great place to start. Come up with a system for organizing your home and develop a plan to help you stick to it. Use a planner for homework and keep it updated.

10) Getting enough sleep. How much you sleep can have a great impact on how you feel throughout the day, so why short yourself?

For More Information or to Get Help

For more information on de-stressing, *Stress Management for Dummies* by Allen Elkin is an easy to read, informative book with detailed explanations of all of the above suggestions. For an even more in-depth read, try *The Relaxation and Stress Reduction Workbook* by Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay. To talk to a counselor, you can visit the LCSC Student Counseling Center, located in Reid Hall 111, (208) 792- 2211

Be Silly Stress Release

So we have discussed common long term stress relief. But here are a few uncommon stress relieving behaviors that have also been shared by LCSC staff. There is no scientific evidence to prove a decrease in heart rate, or drop in blood pressure after participating....but they are almost guaranteed to turn a tensioned frown upside-down.

1. Call a friend or family member just to say "I love you" or "thank you"
 2. Take 15 seconds, create a new laugh and use it boisterously.
 3. Imagine your body is a snow man and mimic the melting through out your muscles
 4. Ask a pre-school child to tell you a joke.
 5. In your best pirate accent offer to get a coworker coffee
 6. Give yourself a hug, stretching your arms as wide as you can
 7. Sing a children's song out loud
- Ultimately, find what works for you and be sure to use that technique when you feel stress sneaking in on you.