

Fall Issue
2020

MAINTAINING YOUR GLOW THROUGHOUT THE FALL SEMESTER

NEWSLETTER OF HEALTH & WELLNESS
BY THE TEAM AT HEALTH PROMOTIONS
AND ALCOHOL & OTHER DRUGS

Created by: Amelia E. Colón

SNEAK PEEK OF WHAT'S INSIDE:

- *15 Time Management & Work Tips*
- *How To Prevent Mask Acne - AKA "Maskne"*
- *Discipline vs. Motivation*
- *Meditation*
 - *Gratification Journaling*
 - *Earthing & Grounding*
- *October is Breast Cancer Awareness Month*
- *KU Spotlight: Mood Boost*
- *KU Ads:*
 - *AA Meeting*
 - *Flu Shots*



FOLLOW US ON IG: @KUTZTOWNHEALTH

15 TIME MANAGEMENT & WORK TIPS



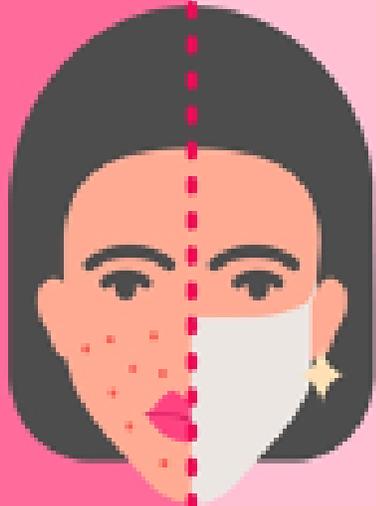
**WRITTEN BY:
PAIGE LILLY-IVENS**

1. Approach the day with a can-do attitude. Be honest with yourself and others and do the best you can. We are human after all.
2. Write everything down in a planner. Mark due dates and also dates a week out to remind you that assignments are coming up. Trying to memorize may result in missed tasks.
3. Read over assignments early. Understand specifics and begin outlining as soon as possible. Ask questions if necessary.
4. Keep a daily schedule, which may include hours for getting ready, eating, commuting, work, schoolwork, classes, exercise, sleep, and other personal activities.
5. Create a realistic checklist of tasks for the day, checking off as you accomplish. Tackle the simplest first and then move to more complex tasks.
6. Block time for self-care/personal time and treat it as an appointment so that there is guaranteed time for YOU! Allowing for personal time helps us unwind, decompress, and recharge. Strive for balance to avoid over-stress and burnout.

7. Take breaks. For example, for every 25 minutes, take 5 or for every 50, take 10. During this time, walk, stretch, deep breathe, get a snack, etc.
8. Ask for help when you need it. How can others aid in alleviating stress?
9. Identify time-wasting activities in the day. Is it social media? Personal texts and calls? Browsing the web? Put your phone away & put on silent during work-time. Those pickups add up and aid in procrastination/distraction.
10. Avoid multitasking; focus on one thing at a time. A University of London study found that those who multitask actually see a drop in IQ similar to someone who did not sleep the night before. We are more productive when we work on one thing at a time.
11. Create a comfortable workspace that is clean and organized.
12. Change out of pajamas, get dressed in clothes as if you were going to work/class and avoid working and studying in bed.
13. It is okay to say no to things that bring undue stress. Establish healthy boundaries.
14. Reflect on the day, recognize even the smallest accomplishments, and make adjustments as needed.
15. You've got this! Believe in yourself. We believe in you!



HOW TO PREVENT MASK ACNE: AKA "MASKNE"



**WRITTEN BY:
VAN ANH THI
NGUYEN**

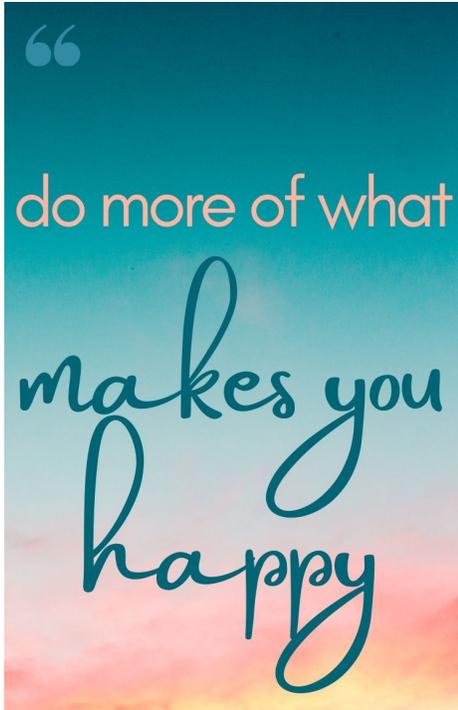
Since March, we have become acquainted with masks and is now apart of our daily routine; it is the new "normal". After wearing the same mask for many hours a day, your skin starts to get irritated due to constant rubbing which causes pimples and oily skin. Masks can also cause inflammation and your skin is very sensitive to many ingredients in skincare products during this time.

SO WHAT CAN WE DO TO PREVENT MASK ACNE?

- Choose cotton or silk materials for your mask because it is more effective and gentle on your skin.
- Make sure to wash your cloth mask or have multiple masks to avoid using them more than once day and wash them.
- Wash your face with a gentle cleanser that is fragrance-free and oil-free (I personally recommend Cerave Hydrating cleanser, Very gentle on your skin). Rinse your face with lukewarm water, not too cold, not too hot because it can break the natural barriers of your skin. Gently massage and rinse your face.
- Apply a lightweight moisturizer to keep skin hydrated. A moisturizer also helps to create a protective barrier for your skin from bacteria. Avoid using heavy products and too many treatments during this time because it can overly irritate your skin and clog pores.
- Try not to wear makeup under your mask, it could cause clogged pores and lead to breakouts. If you really have to wear makeup, choose a light foundation or tinted sunscreen instead.
- Avoid harsh products that contain ingredients like retinol or benzoyl peroxide because it could break your skin barriers and cause more irritation.



DISCIPLINE VS. MOTIVATION



DISCIPLINE

Discipline and motivation work hand in hand. Motivation is considered to be the inspiration that pushes us and discipline, also known as self-discipline, helps us to be consistent of our goals regardless of how we feel mentally, physically, and emotionally.

For example, my fitness journey is motivated by where I was in my life before I started, influencers that inspire me, and the results I get from fitness both mentally and physically. However, no fitness journey is perfect and I learn to listen to my body when I need to. I do not confuse what my body needs with my excuses. I am now at the stage where I am self-disciplined and give myself an hour and a half of my day to workout even when I do not feel like it. It is important to honor our bodies for where they are at. In the end, I feel so much better. It has become natural in my daily routine but I am human and there are days where I am unable to make time in my day, so I do my best to replace it with another self-care routine. Your growth is not going to stop just because you missed a day; we must live our lives and learn how to just be.. it's balance. The mindset is essential to reaching our goals. So, ask yourself what motivates you? The more energy and work you put towards something you want, the stronger it will become.

1. What is your goal?
2. Identify what motivates you.
3. What are your obstacles with your goal?
4. Get rid of old habits and replace them with new ones
5. Check in with your progress
6. Do not fear failure. My motto is "Great things never came from comfort zones". Challenging you to start today on a goal whether its fitness, cooking, meditation, etc. You got this!

WRITTEN BY:
AMELIA E. COLON

Motivation

Many people get a feeling of emotion that becomes the why behind our goals. Affirmations, pictures, influencers, and more encourage our little engines that make us believe that we can. Motivation can be a driving force to our actions but it can also be only temporary. Not only does it drive our goals but it also helps maintain our goals. We all have extrinsic and intrinsic motivation; extrinsic motivation comes from the outer realm of our self such as money, awards, social attention, and praise while intrinsic motivation comes from our inner self such as solving problems, using our talents to create something, having strengths, and more.



MEDITATION



**WRITTEN BY:
ALIYAH DEAN**

Feeling a little guilty about taking some “me time”? Well don't! As a college student, you are bombarded everyday with due dates, readings, and many more daunting tasks. On top of that, you must figure out when you can get your next meal in. When should you socialize with friends? When is the next time you'll get a full 8 hrs of sleep? I bet if you have an apple watch, you get a notification that frequently reminds you to take your 1-minute breathing break. When was the last time you were able to slow down your, “things to-do” tornado that wreaks havoc within your mind? In this article I am going to list some things, that with practice, can help you slow down that tornado that takes residency in your mind.

MEDITATION

For those of you who are contemplating getting their feet wet with meditation. Here are a few tips/instructions that may help you during your next meditation period

1. Find a quiet spot, either outside or in your indoor living space.
2. Bring headphones with you
3. For some, meditation in silence is difficult. So, to make this easier you can utilize a guided meditation app. A great one that is commonly used is, Headspace
4. For those who rather not use a guided meditation, and rather listen to meditation music. You can get meditation soundtracks on iTunes, Spotify, and YouTube.
5. Set a timer on for your desired meditation period. That can be 2 mins, 5 mins, or even 10. Whatever you feel is most comfortable to start with.
6. You may now begin by focusing on one object in front of you.
7. Once you focus on that object, you may begin to take 10 deep, slow intentional breaths.
8. On the 10th breath begin to close your eyes.
9. After closing your eyes, really begin to unhinge your jaw, let your fist unclench, and let your body release any lingering tension.
10. You may come out of your meditation period when the timer goes off, or when you feel comfortable coming out of your meditation.



GRATIFICATION JOURNALING & EARTHING/GROUNDING



**WRITTEN BY:
ALIYAH DEAN**

Gratification

This activity will allow you to take some time to appreciate the things that you are grateful for. This will put a pause to the constant emphasis on the negative situations in our lives. Here are a few tips.

1. May be done in the morning, or when feeling as if things are not going quite your way. Or you can schedule a specific day to focus on your journaling.
2. Grab a piece of paper, notepad, or journal.
3. List all the things that you are grateful for.
4. Refer back to previous pages, when you feel a little low.

EARTHING & GROUNDING

My last suggestion is earthing, or the alternative term that some like to refer to it as, grounding. Grounding is physically taking yourself outside and allowing your bare feet to connect with the earth. This is an activity that electrically reconnects you to the earth. According to NBCI, it may be a “global treatment table” for inflammation, pain, poor sleep, disturbed HRV, and many more common health disorders.

Here are a few tips:

1. This can be done in a place you feel most comfortable. It may be done on any type of earth surface.
2. You don't just have to stand outside barefoot and do nothing. You can walk around; you can kick a ball around with a friend. You can just sit in the grass and have your feet grounded. There are many ways to utilize this activity.
3. Bonus tip: take 10 intentional breaths with this activity, and really feel yourself connect to the ground.
4. You can do this activity for as long as you want and as frequently as you want.

**be grateful
be humble.
be kind.
be human.**

OCTOBER IS BREAST CANCER AWARENESS MONTH



WRITTEN BY: AN ANONYMOUS VALUED INDIVIDUAL

October is Breast Cancer Awareness month, and I am a survivor. I want to share what I have experienced through my eyes. In 2012, I was an experienced empty nester as my daughter was in her junior year at Kutztown University. I would often postpone my screenings, and that, unfortunately, happens to many. I thought I would take the day off, do a little shopping, and grab lunch after my mammography appointment. It was going to be my ME day. Well, that day would mark the beginning of my journey. Within weeks I would receive the diagnosis that I had cancer. How can it be because I was young, and my life and my family's life was rolling along? I do remember a nurse named Frances who took me back to check my biopsy wound. She looked at my chart and asked if I was ready. A woman can feel another woman's word, and that day her words touched my soul. My daughter and my husband waited in the doctor's office, and they were worried and anxious. We were all united, and Frances provided me with the opportunity to collect my dignity before receiving the news. The doctor entered her office reading off my chart telling me I tested positive. I saw the two people I love very much fold in front of my eyes. I have learned since then, people experience the diagnosis differently, and there are no wrongs and rights. Through my eyes, I saw it as a journey telling myself daily that something good would come from this. For me, I would not let the disease define me and define us. Pink angels surrounded me, where women shared their experiences with me. My girlfriends stepped up to keep an eye on my daughter. Her junior year in college was demanding, and I couldn't be the mother I visioned because I had to focus on my wellbeing. And I am so humbled and appreciative of those who fundraise and become pink angels spreading their love. I am cancer-free, and my daughter graduated from Kutztown University. My cancer was treatable and had a healing outcome. Through my eyes, I have become an early advocate of screenings. If I continued to postpone my screening, I could have had a different result. I have the best life being a grandmother. So I have gratitude to all that bring awareness to the disease of breast cancer. I urge all to have a loving conversation and encourage others to get their screenings. And for those who lack insurance, ask medical providers if there is funding available. With love, I share my story, anonymously. You are the most critical person in this story because it's you who can be an advocate. October is Breast Cancer Awareness Month.

KU SPOTLIGHT: MOOD BOOST

**WRITTEN BY:
ADAM BURKE**

Fall has come again! As the seasons cycle through Pennsylvania and more cyclists than ever are biking through our commonwealth. This year, people have turned to biking in droves, perhaps to regain a sense of freedom, to find a replacement for their gym routine or to find a way to get a little healthier. Whatever kind of cyclist you are, you know the sheer joy that comes from zipping down a road, gliding along a path or blazing through a trail with the wind in your hair and a smile on your face. The benefits of biking last a lot longer than just your ride. Did you know that the good feeling you get from going on those rides can translate into more good days of mental health than bad? A recent study published in *The Lancet* has shown that biking for 45 minutes, three to five times a week had participants reporting 21.6% more good days in a month! This was only second to the results reported for team sports with a 22.3 increase in good days. The difference may be due to the social aspect of sports like soccer so, socially distanced rides with friends and family are definitely a good way to increase your positive outlook. Even though the days are getting shorter, fall weather is perfect for biking. It's a great way to enjoy the brilliant foliage of the season and keep those good feelings rolling long after you've parked the bike.

Reference :

[https://www.thelancet.com/journals/lanpsy/article/PIIS22150366\(18\)30227-X/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS22150366(18)30227-X/fulltext)

<https://www.bicycling.com/news/a22787278/cycling-mental-health-benefits/>



Flu Shot Schedule | Fall 2020

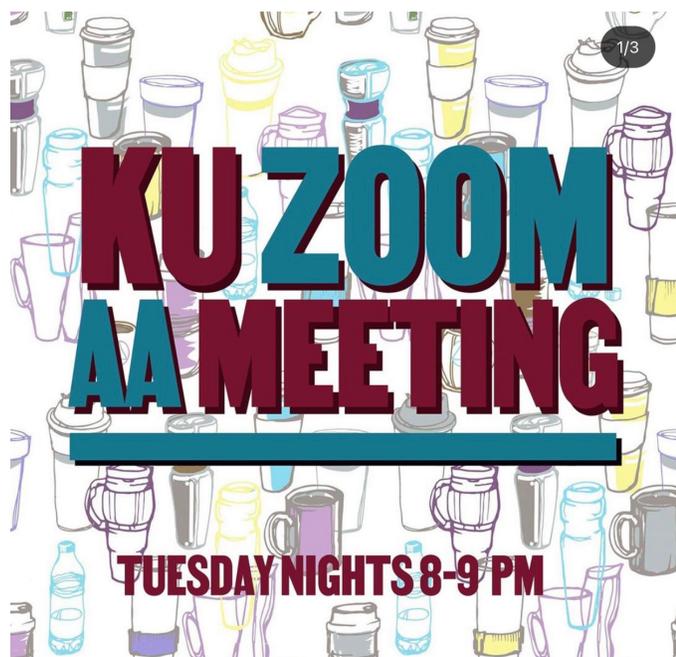
Date	Place	Time
9/30/20	DMZ	10AM - 2PM
10/07/20	DMZ	10AM - 2PM
10/14/20	DMZ	10AM - 2PM
10/21/20	DMZ	10AM - 2PM
10/28/20	DMZ	10AM - 2PM

\$20 BILLED TO YOUR KU ACCOUNT

MUST HAVE KU ID

IN CASE OF RAIN, FLU CLINICS
WILL BE HELD IN O'PAKE FIELDHOUSE, KEYSTONE HALL

FLU VACCINES ARE ALSO AVAILABLE
AT THE HEALTH CENTER
BY APPOINTMENT ONLY CALL 610-683-4082



Sober curious? Problems with alcohol?

KU Beginners Open AA Meeting Tuesdays on Zoom.

Contact
hpsprograms@kutztown.edu
for more info!

Follow us on IG: @kutztownhealth