

# What the Health??

Vol. 1 Issue 1



## Welcome to Samuel Merritt University!

It's back to school time! Welcome back to . . .

Being Broke

Pulling All-Nighters

Boring Lectures

Stress

No Sleep

Too Much Coffee

Competition

Headaches

Pizza at 3am

Drama

**Managing the many stressors and demands in college and graduate school can be overwhelming.**

In this issue of ***“What the Health”*** learn tips for staying ahead of the curve, maintaining balance and hopefully some peace of mind as you transition into a new semester and school year. Discover the many **FREE services** available on and off campus to help support you in reaching your goals.

***What is “What the Health”??***

What the Health is a Health and Wellness newsletter created by **Dr. Jeanne Zeamba, the Director of Counseling & Student Wellness** at Samuel Merritt University. It will be distributed online as a means to reach students and educate the campus community on topics relevant facing students today.

**Watch for future issues!**

**Samuel Merritt University  
Counseling & Student Wellness Center**

3100 Telegraph Ave. Suite #1000

Oakland, CA 95609

(510) 869-1516

[www.samuelmerritt.edu/student\\_counseling](http://www.samuelmerritt.edu/student_counseling)

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## In This Issue

- FREE and LOW FEE Wellness Services available at SMU and in the community (counseling, massage, reflexology, etc)
- Your “Wellness Toolbox” Learn to develop Tips and Strategies for Self-Care to prevent burnout
- Participate this fall in the National College Health Assessment Survey – OCT 11<sup>th</sup>!
- The Doctor is In: Learning about SMU Staff Psychologist Dr. Jeanne Zeamba
- What are 12-Step groups?

## Quick Links for Online Assessment

[Do I Have Good Study Skills?](#)

[Am I a Perfectionist?](#)

[How is My Mental Health?](#)

## More Links of Interest

**College Tips & Survival Guides**

<http://www.collegetips.com/>

**Student Help Guide**

[www.dr-bob.org/vpc/virtulets.html](http://www.dr-bob.org/vpc/virtulets.html)

**Helpguide.org A-Z**

[www.helpguide.org/topic\\_index.htm](http://www.helpguide.org/topic_index.htm)

**ULifeline – Mental Health**

[www.ulifeline.org/schools/samuelmerritt](http://www.ulifeline.org/schools/samuelmerritt)

# Free or Low Fee On-Campus & Local Wellness Services!

## Local Low Fee Wellness Services

### McKinnon Institute of Massage

2940 Webster Street Oakland, CA (510) 465-3488

[www.mckinnonmassage.com](http://www.mckinnonmassage.com)

Hours: By Appointment, Mon - Fri, 9 am - 5 pm

Cost: \$40 - \$60 for one hour

### National Holistic Institute - Massage

\*Locations in Emeryville, SF, San Jose, & Petaluma

See various locations and phone numbers to call at:

[www.nhi.edu/massage\\_clinic/index.html](http://www.nhi.edu/massage_clinic/index.html)

Cost: \$35 for 50 minute session

### World School Massage Therapy Clinic

\*Locations in San Francisco & Pleasanton

See various locations and phone numbers to call at:

[www.worldschoolmassage.com/massage-clinics/introduction/](http://www.worldschoolmassage.com/massage-clinics/introduction/)

Cost: \$35 for 40 for 1 hour session

\*\*Also have Reflexology and Shiatsu

### Angel Feet Reflexology

441 9th street Oakland ca 94607

(510) 228-2996

Hours: Open daily 10am- 10pm

\$25 / hr. Foot reflexology & body massage

\$35 / hr. Full body massage

### Acupressure Institute Wellness Clinic

1533 Shattuck Avenue

Berkeley, CA 94709

(510) 845-1059

[www.acupressureinstitute.com/clinic.htm](http://www.acupressureinstitute.com/clinic.htm)

Hours: Sessions by Appointment 11 am - 4 pm

Cost: 30 minutes = \$30; 60 minutes = \$50

### Oakland Acupuncture Project

3576 Laurel Ave

Oakland, CA 94602

(510) 842-6350

[www.oaklandacupunctureproject.com](http://www.oaklandacupunctureproject.com)

Fees: Sliding scale: \$15-35

### Oakland Community Acupuncture

15 Croxton Ave (between Piedmont Ave & Richmond Blvd)

Oakland, CA 94611

(510) 654-6500

[www.OCAclinic.com](http://www.OCAclinic.com)

Cost: \$20-\$40 per treatment

### Sarana Community Acupuncture

968 San Pablo Ave Albany, California, 94706

(510) 526.5056

[www.saranacomunityacupuncture.com/](http://www.saranacomunityacupuncture.com/)

Cost: \$20 - 40; with one-time \$10 paperwork fee

2nd acupuncture visit within 2 weeks of 1st visit is FREE

## FREE SERVICES AT SAMUEL MERRITT UNIVERSITY

### Personal Counseling & Student Wellness

The SMU Counseling & Wellness Center is a place where students can get help for personal, emotional, psychological, relationship and family problems. Counseling and Wellness Services strive to enhance the academic environment of Samuel Merritt University by promoting the well being of our students, offering a range of services that include:

- Individual Personal Counseling
- Couple's Counseling
- Crisis Intervention
- Mental Health Consultation
- Outreach & Presentations
- Health & Wellness Screenings
- On and Off-Campus Referrals

Contact: (510) 869-1516

Website: [www.samuelmerritt.edu/student\\_counseling](http://www.samuelmerritt.edu/student_counseling)



### Student Health Care

Feeling sick? Need your immunizations? TB test? Concerned you might be pregnant?

All students can be seen on the Oakland campus at no charge for services such as:

- Acute outpatient health care
- Continuity of care for chronic illness
- Family Planning
- Health care screening/assessment
- PPD skin tests for tuberculosis screening
- Specialty referrals
- Wellness consultation

Contact: (510) 869-6629

Website: [www.samuelmerritt.edu/student\\_services/student\\_health](http://www.samuelmerritt.edu/student_services/student_health)



### Disabilities Support Services

There are many types of "disabilities" —including learning disabilities, medical disabilities (e.g. broken legs),

physical disabilities (e.g. hearing or visual impairments), and psychological disabilities (e.g. depression, anxiety, PTSD). Disability Services coordinates services for students with disabilities including

- disabilities counseling
- note-taking services
- taped lectures
- providing texts in alternative format
- tutoring
- and other accommodations as appropriate.

Contact: (510) 869-6616

Website: [www.samuelmerritt.edu/disability\\_services](http://www.samuelmerritt.edu/disability_services)



### Academic Support Services -- Tutoring, Test Taking & Study Skills

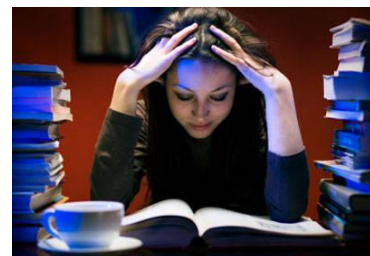
Academic support programs are designed to help all students - from those experiencing academic difficulty to those who want to become more efficient and effective learners.

Services include:

- peer tutoring
- resume support
- writing support
- community learning series
- test taking and test review
- study skills improvement

Contact: (510) 869-6616

Website: [www.samuelmerritt.edu/academic\\_support](http://www.samuelmerritt.edu/academic_support)



# Develop Your Own “Wellness Toolbox”

Many college and graduate students fall in to the trap of believing that they must study ALL THE TIME!! This is a sure recipe for disaster and burn-out. Just like extreme dieting – cutting out all fun, socialization, relaxation and self care leads to feeling terrible and places one at higher risk for weight gain, insomnia, anxiety, depression and social isolation.

While studying is, of course, a very important part of school – so is Self-Care! Every student needs their own “**Wellness Toolbox**” – a set of activities and positive stress coping mechanism that work for you. Developing your own “wellness toolbox” means making a list of things that you can do for a quick mood boost. Include any strategies, activities, or skills that have helped in the past.

***The more “tools” for coping with stress you have in your box, the better.***



Even if you're feeling good, practicing your tools daily (even if only for 15-30 minutes) can help prevent the **MELTDOWNS** and “**crisis**” periods that come when we feel overwhelmed and over-taxed.

**Remember. . . you can't help others until you first help yourself!!!**

**If you haven't been in the routine of practicing self-care, it may take a while for it to become a part of your routine.**

**Don't give up!! Practice Practice Practice!!!**

**Here are some examples of “Wellness Toolbox” ideas.** Be sure to make your own personalized list too.

- Go for a leisurely walk
- Relax in a steam room or sauna
- Spend time alone
- Listen to music
- Watch television
- Sit outside and relax, enjoy the sun
- Read a fun magazine
- Engage in a hobby (or find a new one)
- Learn to say “No” to things, stop over-committing
- Foster positive & healthy relationships with family & friends
- Write down 25 things you are proud of and post it on your wall
- Laugh-- it really is the best medicine.
- Rent funny movies, go see a comedy show.
- Practice deep breathing
- Give & take hugs/affection
- Practice yoga
- Write poetry
- Scrapbook
- Sing
- Volunteer
- Go to the movies
- Sleep (7-9 hours at least)
- Have regular meals (don't skip meals)
- Take Vitamins/Supplements
- Take quiet times of rest or naps
- Avoid too much alcohol & caffeine
- Deal directly/and talk about emotions with others
- People watch
- Journal
- Enjoy warm baths to relax
- Have a massage
- Light scented candles
- Meditate
- Stretch
- Engage in progressive muscle relaxation exercises
- Eat healthy foods most of the time (but also indulge once in a while)
- Read non-school related books
- Work on puzzles or play games
- Participate in some form of outdoor recreational activity such as golf, swimming, fishing, hiking, etc
- Do some work in the yard (even if it is only on your apartment balcony)
- Socialize with friends



# What the Health??

## NATIONAL COLLEGE HEALTH ASSESSMENT



### BEGINNING OCTOBER 11<sup>th</sup>

All Samuel Merritt University students will be invited to participate in SMU's first ever administration of the **National College Health Assessment**.

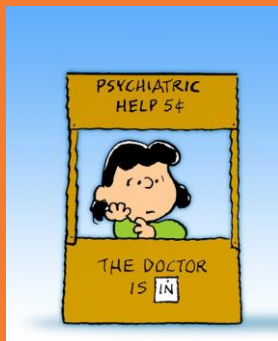
**PLEASE PARTICIPATE!!** Join over a Half a Million college students across the nation who have already taken the survey!

This survey looks at college health issues such as

- alcohol & other drug use
- sexual behavior
- safety & violence
- relationships
- depression & suicide
- eating disorders, nutrition & exercise

Starting on **Monday, October 11<sup>th</sup>** you will receive an email inviting you to join. The survey takes 15-30 min to complete.

**All participants who complete the survey will be entered in to a random drawing to win one of many amazing prizes!!!**



## THE DOCTOR IS IN!!

At Samuel Merritt University  
contact the **Counseling Center** for **FREE** services

*Individual Counseling*  
*Couple's Counseling*  
*Crisis Intervention*  
*Health & Wellness Consultation*  
*Outreach & Presentations*  
*Health Screenings*  
*Referrals*

**CALL (510) 869-1516**

or visit the website at:

[www.samuelmerritt.edu/student\\_counseling](http://www.samuelmerritt.edu/student_counseling)

### Substance Abuse & Addiction Concerns

Alcoholics Anonymous

[www.aa.org](http://www.aa.org)

Cocaine Anonymous

[www.ca.org](http://www.ca.org)

Crystal Meth Anonymous

[www.crystallmeth.org](http://www.crystallmeth.org)

Marijuana Anonymous

[www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

Narcotics Anonymous

[www.na.org](http://www.na.org)

Nicotine Anonymous

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

### Compulsive Behavior Concerns

Anorexics & Bulimics Anonymous

[www.anorexicsandbulimicsanonymousaba.com](http://www.anorexicsandbulimicsanonymousaba.com)

Eating Disorders Anonymous

[www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org)

Food Addicts in Recovery

[www.foodaddicts.org](http://www.foodaddicts.org)

Gamblers Anonymous

[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

Internet Addiction

[www.netaddiction.com/](http://www.netaddiction.com/)

Love Addicts Anonymous

<http://loveaddicts.org>

Sex & Love Addicts Anonymous

[www.slaafws.org](http://www.slaafws.org)

Over-Eaters Anonymous

[www.oa.org](http://www.oa.org)

Work-a-holics Anonymous

[www.workaholics-anonymous.org](http://www.workaholics-anonymous.org)

### Emotional, Relationship & Childhood Concerns

Adult Children of Alcoholics and/or

Dysfunctional Families

[www.adultchildren.org](http://www.adultchildren.org)

Adult Survivors of Child Abuse

[www.ascasupport.org/](http://www.ascasupport.org/)

Co-Dependents Anonymous

[www.codependents.org](http://www.codependents.org)

Survivors of Incest Anonymous

[www.siaawso.org](http://www.siaawso.org)

### For Concerned Friends & Family Members

Al-Anon & Al-Ateen

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Co-Dependents of Sex Addicts

[www.cosa-recovery.org](http://www.cosa-recovery.org)

Nar-Anon

[www.nar-anon.org](http://www.nar-anon.org)

### What Are 12-Step groups?

A 12-step group or program is a set of guiding principles outlining a course of action for recovery from a variety of addiction or compulsive concerns. 12-Step groups offer a community of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from various struggles. The only requirement for membership is a desire to stop the behavior that is causing distress and discomfort. Members change maladaptive thoughts, learn to make healthy choices, & reach out to others.