



The **Diana B. Torrey '82 Health and Counseling Center** at 76 Park Street. Office hours are Monday – Friday 8:30 AM - 4:30 PM.

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Fitness Center at
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College Students & Sleep

<http://www.geneseo.edu/health/sleep>

How's Your Sleep?

College students are at a high risk for not getting an adequate amount of sleep. Varying class times, demanding work schedules, and busy social lives often mean that sleep is a low priority. However, sleep deprivation has many negative repercussions: it can contribute to memory problems and difficulty in logical reasoning, it can interrupt physiological processes related to hormone function and blood pressure, and it is associated with decreases in both efficiency and ability to concentrate.

Although getting 8 hours of sleep per night is still the general guideline, individual needs can vary from as little as 5 to as many of 10 hours of sleep necessary to feel rested and refreshed. Sleep debt can be a real problem, because it accumulates over time--i.e., a couple of "all nighters" in a week will make a serious impact. Catching extra sleep on weekends can *feel* like it helps to repay some of this debt, but irregular amounts of sleep can actually serve to *interfere* with your sleep cycle and to result in increased difficulties falling asleep, also known as insomnia.

So, what to do? Continue reading for ideas on getting a restful night's sleep.

1. **Modify alcohol consumption.** Although alcohol can help you to fall asleep, it disrupts the sleep cycle and will leave you feeling less rested the next day.
2. **Decrease smoking.** Large levels of nicotine in the blood result in increased agitation and decreased restful sleep.
3. **Exercise regularly.** Regular exercise produces a higher percentage of deep sleep as well as fewer awakenings during the night. However, don't exercise just before bedtime.
4. **Take a look at your diet.** Make sure that you are consuming adequate amounts of B-complex vitamins, as several of the B vitamins can enhance restful sleep as well as reduce fatigue. If you are not eating a well-balanced diet, consider taking a supplement.
5. **Reduce caffeine intake.** In particular, don't consume caffeine within 4 hours of bedtime--for most people, caffeine contributes to insomnia and disrupts sleep.
6. **Set realistic daily goals.** Setting goals helps to minimize the possibility that you will stay awake thinking about what you have not accomplished that day. Perfectionists and worriers tend to have more trouble sleeping.
7. **Establish a regular sleep schedule.** Although this can be difficult for college students, as much as possible, it is important to try to go to bed and wake up at *approximately* the same time each day--failing to do so is like putting yourself through jet lag on a regular basis!
8. **Practice diaphragmatic (deep) breathing.** When practiced before bed, not only will deep breathing help you to feel more relaxed and to facilitate sleep, but also you are likely to obtain more *restful* sleep.

If you have tried all of the above and are still feeling tired all of the time, you might benefit from reading [The Exhaustion Cure](#), a Whole Living article offering solutions to some of life's most common energy drains.

Bad Sleep, Bad Grades

You've probably heard it before: sleep less and you'll have more trouble with attention, concentration, and retaining information. Yet, almost everyone pulls an all-nighter to cram, write a paper, or just because. A study out of St. Lawrence University [by Dr. Pamela Thacher] in Canton, New York, found that those students who pulled all-nighters regularly had lower GPAs, and research at Stanford University in Palo Alto, California, showed that basketball players ran faster and made more shots when well rested.

<http://viewer.zmags.com/showmag.php?mid=rpddrq#/page8/>

Homesickness isn't really about 'home'

By **Derrick Ho**, Special to CNN
August 16, 2010

(CNN) -- There was nothing but excitement for Keila Pena-Hernandez when she first stepped onto the grounds of the University of Missouri. New school. New city. A new phase of her life. "It's just like wow, wow, wow! I was just excited that I'm in new surroundings," she said. By the third week, the novelty of her new surroundings had worn off. The then 27-year-old health informatics doctoral student from Puerto Rico found herself lying on her bed after classes with the lights turned off and gazing out the window into the sky. All she could think of were the faces of friends and family. "I started feeling homesick," she recalled. "This is nice, but this is not really home. The gym is awesome, but I didn't know anyone here."

This month, as thousands of freshmen and graduate students flock to colleges to begin a new academic year, many will be leaving home, some for the first time. As routines are replaced with new social and academic pressures, and home by a dormitory full of strangers, homesickness -- the longing ache for the familiar, friends or grandma's cooking -- sets in. Pena-Hernandez knows all about that; she's felt it since she left home in 2004.

Homesickness is nothing new. It is mentioned in the Bible's Old Testament book of Exodus and Homer's "Odyssey," and happens to just about anyone away from home -- athletes and actors alike. ("Twilight" star Robert Pattinson reportedly told a U.K. magazine he misses home badly.) Even so, only lately has there emerged a clearer sense of what homesickness is -- a distinct adjustment disorder with identifiable symptoms -- and what causes it.

In a paper co-written by Chris Thurber and Edward Walton published in *Pediatrics*, the journal of the American Academy of Pediatrics, homesickness is defined as "distress and functional impairment caused by an actual or anticipated separation from home and attachment objects such as parents." Those who suffer from the condition feel some form of anxiety, sadness and nervousness, and most distinctly, obsessive preoccupation with thoughts of home, Thurber said.

Pena-Hernandez craved the tropical fruits of Puerto Rico and the cool sea breeze. "Lakes or rivers in the Midwest do not compare to the Caribbean Sea," she said. Also troubling was the sense that her loved ones had moved on without her. "A lot of my friends got married, had children and I'm not part of that because I'm not physically there, so you feel like you're losing out."

Yet despite the way it's coined, homesickness isn't necessarily about home. And neither is it exactly an illness, experts said. Instead, it stems from our instinctive need for love, protection and security -- feelings and qualities usually associated with home, said Josh Klapow, a clinical psychologist and associate professor at the University of Alabama's School of Public Health. When these qualities aren't present in a new environment, we begin to long for them -- and hence home.

"You're not literally just missing your house. You're missing what's normal, what is routine, the larger sense of social space, because those are the things that help us survive," Klapow said. He offered another way of approaching homesickness: It's merely an emotion that comes in waves. "Very few emotions stay with you all the time, they come and they go," he said. But when it strikes, both children and adults often get caught off guard by it, he added. "They think something's terribly wrong. But it's normal and adaptive to feel homesick for some period of time. It's just your emotions and mind telling you you're out of your element."

That homesickness is a spontaneous emotion also means both adults and children will feel its effects, Thurber said. "If you look at an 8-year-old boy or girl at summer camp, and an 18-year-old university freshman, you would see very similar symptoms," he said. "The same would be true for a 28-year-old going to medical school in a different country." Thurber said he has observed few differences in the length and intensity of homesickness between males and females. While the cloud often lifts after a few weeks, "the distress and level of impairment among some homesick persons can become extreme," according to Thurber's report published in 2007. In his study of homesickness among children, about 9 percent have it so bad that "it is associated with strong feelings of anxiety and depression, maybe even clinically significant symptoms," Thurber said. "When homesickness is really bad, it's hard for people to eat, sleep or interact with others. That's terribly rare, but it does sometimes happen."

Age can play a crucial difference in coping with homesickness. When you're 8, you don't have a lot of formal operational thought nor hypothetical thinking, said Thurber, so being away a month can seem like forever. But an 18-year-old is more likely to be able to translate that into a more manageable time frame. "You'd be making comparisons in your head: That means if I do laundry once a week I do it four times. That changes and as people's concept of time becomes more sophisticated, so does the quality of their coping," Thurber said.

Experience counts, too. "It turns out, [homesickness is] the very thing that inoculates against a future bout of homesickness," Thurber said. "By living through a difficult separation, your mind forces itself to cope." It's this reason why experts advise parents against helicoptering their children out of college if they complain about homesickness. "It's kind of like a bailout," said Ruperto Perez, director of the Georgia Institute of Technology's counseling center. Students end up being robbed of picking up problem solving and time management skills.

If there's any sort of deal parents can make, it is to agree to stop communicating -- be it text messages or via e-mails -- with their freshmen every five minutes. Instead, Klapow said, parents should schedule a specific time, once a week, to contact their children. It also allows space and time for college students to make strong social connections among their peers -- perceived absence of social support was a strong predictor of homesickness, according to Thurber's report -- and gain much-needed independence. Perez said this can be crucial in this day and age in which children have become more and more reliant on their parents. "There is more of an uncertainty of how to be independent. Probably because parents have provided more for them, for a longer period," he said.

While homesick kids at summer camp have the supervision of counselors, college students have less of that. Colleges have been hypervigilant for signs of depression and anxiety particularly after the Virginia Tech shootings. Counseling centers such as Perez's are taking steps to increase the awareness of the help students can turn to by promoting their services at orientation sessions and working with faculty and residential staff.

While there is still a stigma when it comes to approaching a counselor, Klapow said not doing so is as foolish as not consulting a doctor when a student is suffering from, say, stomach cramps. "For college students, hey welcome to the big world. And the big world says, sometimes your emotions need to be dealt with," he added. While homesickness can be dealt with, can it be prevented? Not quite, Thurber said, despite the title of his study, "Preventing and treating homesickness."

"But what you're able to do is change its intensity," he said. Allowing teens and young adults to be active in deciding which college to go to helps. Then there's practice and preparation. Practice time away from home, Thurber recommended. Parents, too, can help by working with their freshmen to learn about the new environment by visiting campuses and talking to alumni. "They increase familiarity and, thereby, reduce anxiety," Thurber wrote.

Pena-Hernandez, who is finishing her Ph.D, makes a trip home once a year. She still misses home occasionally, but has the support from more friends and church as well.



We get homesick because "there are things that we love," said Thurber. "It's the byproduct of the strength of our attachment. If there were nothing in the world we were attached to, then we wouldn't miss them when we're away."

TIPS FOR HOMESICKNESS

Here are tips that might help if you're experiencing homesickness:

1. **Stay engaged.** Take part in college activities or even freshman camps to forget about homesick feelings and make new friends.
2. **Establish a personal routine.** "If you are someone who goes to bed early and everyone's staying up late, it's OK to go to bed early," says psychologist Josh Klapow.
3. **Do something to feel closer to home.** Write a letter, look at a family photo.
4. **Talk to someone.** Seek out people who either understand what you're going through or have similar feelings. Pity parties in this case aren't a bad thing, says Klapow. "It's sort of like a grief support group."
5. **Time flies.** Think that time is actually pretty short to make time go by faster.

ADVICE FOR PARENTS

Parents, here's how not to make matters worse:

1. **Avoid expressing anxiety.** Your homesick freshman is not your sounding board. Instead of saying how much you miss him, express optimism about the experience your child is going through.
2. **Write instead of call.** Phone calls can backfire. "Parents hear their children sobbing, children hear their parents sobbing," says psychologist Chris Thurber. "That real-time contact with home exacerbates homesickness."
3. **Find a friend.** Encourage your child to look for friends and the support of a trusted adult. This can help ease the transition.
4. **Don't make a deal.** Promising to pick your child up if homesickness sets in only decreases your child's likelihood of success in the new environment.

Study: Grief has impact on college students' academic performance

WEST LAFAYETTE, Ind. — A recent study by a Purdue University researcher found that college students who experience the death of a family member or friends also experience a corresponding drop in academic performance during the semester the loss takes place.

Heather Servaty-Seib, an assistant professor of education, studied 227 Purdue students who had experienced such a death sometime between the summer/fall of 2001 and the end of the spring 2004 semester. All bereaved undergraduates had significantly lower grade-point averages than a comparative group of students.

Results of the study are published in the March/April edition of the Journal of College Student Development. The study was funded by a Purdue Research Foundation summer grant.

Servaty-Seib conducted the research with Lou Ann Hamilton, a counselor in Purdue's Office of the Dean of Students. They compared the academic data for the death-loss group to a comparative sample of students for the corresponding semesters.

The comparison group was selected from a list generated by the registrar's office of 227 students matched as closely as possible to the bereaved students based on sex, age, race, entering SAT score, grade-point average, semester of study and area of study.

The bereaved students were identified through their contact with staff at the Office of the Dean of Students. Some made the contact themselves; others made contact through either a staff member or a family member.

Just under half of the bereaved students studied had experienced the death of a parent, and about 22 percent had a grandparent who died. The precise dates of deaths were not collected, but the researchers note that it is likely the deaths near the time contact was made with the dean of students' office.

Among first-year male students who experienced a death, the mean grade-point average was 2.41 during the semester of the death, while their male peers had a mean GPA of 2.74. Among first-year females during the semester of the loss, the mean GPA of the bereaved students was 2.73, compared to 2.83 among the non-bereaved students.

First-year males in the bereaved group completed a mean of 14.34 credit hours the semester of the death loss, while the comparative group completed 14.64 credit hours. Among first-year females who experienced a death, the mean was 14.21, whereas their counterparts completed 14.84 credit hours. College courses generally are three credit hours each.

The study also examined whether the death affected students' overall academic standing. During the semester of death, 46 bereaved students were identified as honors students, compared to 57 students in the peer group. About the same number of bereaved and non-bereaved students were determined to have satisfactory standing. Slightly more bereaved students were deemed as "problematic" students, but Servaty-Seib said the difference was statistically insignificant.

Problematic students were defined as those on probation, who had dropped or withdrawn from classes, had taken incompletes in classes or had transferred.

In contrast to the semester in which the death occurred, the semester following the loss showed little difference in academic performance or academic standing between the bereaved and non-bereaved students.

"I didn't anticipate that the semester of the death loss would be the only semester where a difference emerged," Servaty-Seib said. "We have to keep in mind, however, that the analysis of the data in the semester following the death loss was done with only those bereaved students who persisted in their studies. It is possible that this result is affected by this fact."

She said the findings emphasize the importance of identifying and serving bereaved students in the semester of the loss and not waiting until later.

Servaty-Seib said grief can affect students' academic performance in a number of ways.

"It's the combination of grief interfering with the ability to concentrate and perform," she said. "It's important to remember that grief is not purely emotional. There are serious cognitive effects as well."

She noted that past research suggests that 22 percent to 30 percent of college undergraduates are likely to have experienced a death of a family member or a friend in the previous year, and 35 percent to 48 percent are likely to be in their first 24 months of grieving.

"In terms of their life phase, those numbers are not surprising," Servaty-Seib said. "The parents of many of today's college students waited longer to have children, and the natural effect is that there will be older parents and grandparents who are more likely to die when their children or grandchildren are of college age."

Servaty-Seib said these findings will be useful for universities as they consider how to help these students.

"College campuses can be difficult places to experience grief," she said. "It's important for faculty and staff to acknowledge the emotional and cognitive effect that experiencing a death loss has on students. With greater acknowledgement, students are likely to feel greater support, experience less isolation and, therefore, function more effectively."

Yoga: Tap into the many health benefits of yoga

Chronic stress can lead to a variety of health and emotional problems. If stress and anxiety are getting the best of you, you might want to make like a cobra or a mountain and try yoga.

Yoga, a series of postures and controlled breathing exercises, is a popular means of stress management and relaxation. Today, yoga classes teaching the art of breathing, meditation and posing are offered nearly everywhere — even in the North Country. If you're looking for do-it-yourself techniques for stress reduction, you may want to consider yoga.

Understanding yoga

Yoga is considered a mind-body type of complementary and alternative medicine practice. Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety. Traditional yoga philosophy requires that students adhere to this mission through behavior, diet and meditation. But if you're just looking for better stress management — whether because of life's daily hassles or a health problem you're facing — and not an entire lifestyle change or way of life, yoga can still help.

Yoga has many styles, forms and intensities. Hatha yoga, in particular, may be a good choice for stress management. Hatha is one of the most common styles of yoga, and some beginners find it easier to practice because of its slower pace and easier movements. But most people can benefit from any style of yoga — it's all about your personal preferences.

The core components of hatha yoga and most general yoga classes are:

- **Poses.** Yoga poses, also called postures, are a series of movements designed to increase strength and flexibility. Poses range from lying on the floor while completely relaxed to difficult postures that may have you stretching your physical limits.
- **Breathing.** Controlling your breathing is an important part of yoga. In yoga, breath signifies your vital energy. Yoga teaches that controlling your breathing can help you control your body and quiet your mind.

The health benefits of yoga

The potential health benefits of yoga are numerous and may include:

- **Stress reduction.** With its quiet, precise movements, yoga draws your focus away from your busy, chaotic day and toward calm as you move your body through poses that require balance and concentration.
- **Increased fitness.** As you learn and refine new poses, you may enjoy improved balance, flexibility, range of motion and strength. And this means you're less likely to injure yourself in other physical endeavors or in your daily activities.
- **Management of chronic health conditions.** Yoga might help with a variety of health conditions, such as cancer, depression, pain, anxiety and insomnia, by helping with sleep problems, fatigue and mood. Yoga also can help reduce heart rate and blood pressure.
- **Weight loss.** If you're overweight or have binge-eating disorder, yoga may help you make the healthy lifestyle changes necessary to gain control of your eating and drop those extra pounds.

While you shouldn't expect yoga to cure you or offer 100 percent relief, it can help some health conditions when combined with standard treatment. And if you already enjoy good health, yoga can be an enjoyable supplement to your regular fitness routine.

Finding a yoga class

If you've decided to try yoga, whether for stress management or other health benefits, look for classes in your area. Although you can learn yoga from books and videos, beginners usually find it helpful to learn with an instructor. Classes also offer camaraderie and friendship, which are important to overall well-being.

When you find a class that sounds interesting, talk with the instructor so that you know what to expect. Remember, regardless of which type of yoga you practice, you don't have to do every pose your instructor demonstrates. If a pose is uncomfortable or you can't hold it as long as the instructor requests, don't do it. Good instructors will understand and encourage you not to exceed your personal limits. Spend time sitting quietly, breathing deeply until your instructor moves the class on to another pose that's more comfortable for you.

At the end of a yoga session, you should feel invigorated, yet relaxed and calm. If this isn't the case, talk to your instructor. He or she might have suggestions for you. Otherwise there may be another yoga class better suited to your needs for stress management and relaxation.

Area yoga classes are offered through the following organizations:

- Yoga Loft www.yoga-loft.org
- St. Lawrence Country Arts Council www.slcartscouncil.org
- St. Lawrence University Fitness Center www.stlawu.edu/athletics/fitness

Keeping College Students Healthy

Written by Kristi Runyon Wednesday, 25 August 2010 <http://www.wtvq.com/health/4782-keeping-college-students-healthy>

College Health Issues

The National Center for Education Statistics reports more than 67 percent of high school graduates enroll in college. Last year, 18.4 million students were expected to attend U.S. colleges and universities. By 2012, the number of enrolled college students is expected to top 19 million.

For most college students, dorm life represents the first significant time away from home. The new-found freedom provides both opportunities and challenges for students. Some important issues facing college freshmen:

Sleep deprivation. Many college students have late-starting classes, fueling the temptation to stay up late and sleep in the next day. Even those with early morning classes may stay up late to study, socialize, watch television or party. The lack of sleep can lead to grogginess and trouble with attention and concentration. Chronic sleep deprivation increases the risk for illness, accidents and mood problems.

Diet. Most college cafeterias offer a variety of unlimited food. Students may be tempted to go overboard with favorite dishes, some of which can be very high in calories and fat. In addition to the meal plan, many students have plenty of snacks available between meals and at social events. An unhealthy diet, along with a lack of regular exercise, contributes to weight gain. In fact, researchers report more than 25 percent of college freshmen gain a significant amount of weight during their first semester.

Illness. Some college students have pre-existing medical ailments, like allergies, asthma or diabetes, which can worsen at any time during the school year. In addition, the close quarters and large number of residents in a college dorm contribute to a fast-paced spread of common illnesses, like colds, sore throats, influenza and stomach bugs. College students are also at risk for meningitis, a disease that affects the tissues lining the brain and spinal cord.

Stress. Stress occurs when the body perceives overwhelming demands or pressures. It's a normal part of life for most people. College students may face stress from class assignments, papers, exams, peer pressure, family expectations and, sometimes, employment. High levels of stress can lead to anxiety and depression.

Relationships. College life brings a world of new relationships and a wider exposure to peers of different backgrounds. Some students have a hard time making friends, while others fall into superficial friendships, sexual promiscuity and/or party crowds.

Smoking, alcohol and drug use. A survey by the American College Health Association found about 17 percent of college students regularly smoke cigarettes. Researchers also report 80 percent of college students drink alcohol and 40 percent binge drink (for men, defined as five or more drinks at one sitting; for women, four or more drinks).

Staying Healthy

Despite all the issues facing college students, it is possible to reduce risk for illness and other types of health problems. Here are some tips to help college students stay healthy:

Stay clean. Regularly disinfect common surfaces, like door knobs and TV remotes. This is especially important if someone in the room or on the floor is ill. Wash your hands frequently. If soap and water isn't available, use a hand sanitizer. Despite efforts to encourage hand-washing, one study found only 10 percent of male college students and 7 percent of females reportedly washed their hands before every meal.

Avoid exposure to sick people. Stay away from anyone who is coughing, sneezing or has other symptoms of illness. By the same token, if you become sick, don't socialize and share your germs.

Maintain a healthy lifestyle. Get plenty of rest, eat a well-balanced diet, drink plenty of water and exercise regularly. Don't smoke or use illicit drugs and limit consumption of alcohol.

Get immunized. Many diseases affecting college students can be prevented with vaccines. College students should have an annual flu shot. The American College Health Association also recommends all college students have up-to-date shots for measles, mumps, and rubella, as well as for polio, varicella (chicken pox), tetanus, pertussis, HPV (human papillomavirus), hepatitis B and meningitis.

Be prepared. Carry a health record and a list of medications, chronic ailments (like allergies and asthma), past medical problems and special health care needs. Keep a copy of your health insurance card handy and know where to go if you have a minor illness or a medical emergency. Pack a first aid kit and know how to use the supplies. It's especially important to know the proper doses of over-the-counter medications you may need.

Stress relief from laughter? Yes, no joke

When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered. Here's why.

By [Mayo Clinic staff](#)

Whether you're guiltily guffawing at an episode of "South Park" or quietly giggling at the latest New Yorker cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke.

Stress relief from laughter

A good sense of humor can't cure all ailments, but data are mounting about the positive things laughter can do.

Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response and increases your heart rate and blood pressure. The result? A good, relaxed feeling.
- **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which help reduce some of the physical symptoms of stress.

Long-term effects

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long haul. Laughter may:

- **Improve your immune system.** Negative thoughts manifest into chemical reactions that can impact your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers. Laughter may also break the pain-spasm cycle common to some muscle disorders.
- **Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.

How to improve — or gain — a sense of humor

Are you afraid you have an underdeveloped — or nonexistent — funny bone? No problem. Humor can be learned. In fact, developing or refining your sense of humor may be easier than you think.

- **Put humor on your horizon.** Find a few simple items, such as photos or comic strips that make you chuckle. Then hang them up at home or in your office. Keep funny movies or comedy albums on hand for when you need an added humor boost.
- **Laugh and the world laughs with you.** Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good.
- **Share a laugh.** Make it a habit to spend time with friends who make you laugh. And then return the favor by sharing funny stories or jokes with those around you.
- **Knock-knock.** Browse through your local bookstore or library's selection of joke books and get a few rib ticklers in your repertoire that you can share with friends.
- **Know what isn't funny.** Don't laugh at the expense of others. Some forms of humor aren't appropriate. Use your best judgment to discern a good joke from a bad, or hurtful, one.

Laughter is the best medicine

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work.

Diana B. Torrey '82 Health & Counseling Center

St. Lawrence University
76 Park Street
Canton, NY 13617

PHONE:
(315) 229-5392

FAX:
(315) 229-5514

Office hours are
Monday - Friday
8:30 AM - 4:30 PM

Appointments can be made by calling the Torrey Health & Counseling Service at 229-5392. Counselors and Health Center staff are available for walk-ins on a first-come first-served basis if time is available.

Services Offered

Available Services at the **Health Center:**

- Acute care for illness and injury
 - Immunizations
 - Allergy injections
 - STI Testing
 - Routine Gynecological care including birth control
 - Emergency Contraception
- Referral to medical specialists
 - Health education and counseling
- The **Self-Care Center** in the Health Center lounge offers **free** items such as:
- Band-aids
 - Antibiotic ointment
 - Temp dot thermometers

- Over the counter medications
- Condoms
- Health information

Available Services at the **Counseling Center:**

- Individual Counseling
- Group Counseling
- Resource Library

After Office Hours

After office hours medical care is available at the Canton-Potsdam Hospital After Hours Clinic located in the E.J. Noble Building in Canton, or by the Canton-Potsdam Hospital Emergency Department

located in Potsdam. If a student experiences a serious illness or injury during hours when the Health Center is closed, campus security should be called immediately at 229-5555.

A counselor is on call after business hours and on weekends, and may be reached by calling the Security Office at 229-5555. Security will contact the Counselor On Call.

Confidentiality at the Torrey Center

The Diana B. Torrey '82 Health and Counseling Center is legally and ethically obligated to protect every student's right to privacy. Health records are strictly confidential and maintained in compliance with federal and New York State laws, including the Health Insurance Portability and Accountability Act (HIPAA)

and the Family Educational rights and Privacy Act (FERPA). Center staff will not release information to anyone outside the Center including family, parent/legal guardians, SLU faculty/staff, or outside agencies, without the written authorization of the student, unless required by law. In the case of a minor, the authorization of a

parent or legal guardian is required to release medical records. In a medical emergency, only relevant health information will be released to another healthcare provider. If a student wishes to release his/her records to another provider, authorization forms are available at the Center.

Diana B. Torrey '82 Health and Counseling Center Staff

Patricia Ellis, FNP-BC, Director

R. Sheldon Johnson '68 and Virginia H. Johnson Endowed Chair

Health Services

Daniel Palmateer, MD
Caroline Pearson, FNP-BC
Emmy Stevenson, FNP-BC
Jane Benton, RN
Susan Liberty, RN
Nadine Wood, LPN

Counseling Services

Daniel Hernandez, Associate Director
Teresa Corbin, Counselor
Susan R. Johnson, Counselor
Tara Tent, Counselor
Duncan Brown, Substance Abuse Counselor

Barbara Bacon, Administrative Assistant

We're on the Web!

See us at:

<http://www.stlawu.edu/health/index.htm>