

SAC Newsletter

Mark Shin Student Assistance Counselor



March/April 2015

> March 9th—12th MAU will participate in Eating Disorder Awareness Week

- 50% of girls under 30 years old report unhealthy weight control behaviors
- 98% of American Women are not as thin as fashion models
- 70% of teens report they do not like their body

The Wellness Club (led by Dawn McEwan) will inform students of Eating Disorders while promoting healthy body images and practices. Throughout the week there will be daily “did you know” announcements. On Thursday an information table will be displayed during lunches. The week will finish (Thursday 3/12/15) with a “inside out” activity where everyone is encouraged to wear their shirts inside out. The message being that “it’s what is in the inside that is important not out”.

Additional information can be obtained at www.nationaleatingdisorders.org

April is Stress Awareness Month

Stress is experienced on a daily basis and can lead to ineffective problem solving, exhaustion, low self esteem and illness. The following are some key strategies to cope with stress.

- **Practice effective time management:** Prioritize tasks, delegate some tasks to others, schedule personal time every day
- **Eat healthy:** Limit caffeine intake, eat more fresh fruits and vegetables, drink plenty of water
- **Exercise:** Be active for at least 30 minutes every day
- **Get Enough Sleep:** At least 8 hours
- **Get Social Support:** Keep connections strong with family and friends
- **Stay Positive:** Positive thinking and attitude will reduce stress and lead to goal achievement.

April is Alcohol Awareness Month

- Alcohol is the most commonly used addictive substance in the United States
- 100,000 persons die each year from alcohol-related causes
- More than 7 million children live in a household where at least one parent is dependent on alcohol
- Teens who begin drinking before age 18 are four times more likely to develop alcohol dependence than those who start at age 21
- In 2013 YRBS, 56% of MAUHS students report having drunk alcohol and 27% report drinking in the past 30 days
- The typical American will see 100,000 beer commercials before he/she turns 18

There are also screening and information resource for adults at www.alcoholscreening.org and <http://healthvermont.gov/adap/aam2007.aspx>

If you would like additional information about any of the aforementioned issues, please feel free to contact Mark Shin at ext. 437 or by email mark.shin@svsu.org.