

Feeling Well at Xavier

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COUNSELING & WELLNESS

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The Counseling & Wellness Center Newsletter

The Counseling & Wellness Center would like to welcome the Xavier Community back for this academic year! We hope you are feeling well, less stressed, and that you are ready to pursue all the goals and objectives for this upcoming fall semester.

As you think about your mental health, we would like for you to view all aspects of your life in a holistic approach. This includes the physical, emotional, intellectual, social, environmental, economic and spiritual wellness. Hopefully you will be able to focus on your goals and continue to develop a rewarding semester.

Make a note that the Counseling & Wellness Center is open Monday-Friday 9:00 am to 5:00 pm. **Starting the 2nd week of September**, the Counseling and Wellness Center is open 9am-8pm Monday through Thursday, as well as 9am to 5pm on Fridays. We are located on the second floor of St. Joseph's Resource Center in Suite 202. We welcome our newest counselor to the team Mr. Dorian Johnson, CSW. Please stop by the office, call us at 504.520.7315. or email counseling@xula.edu to schedule.

Be well,
CWC Staff

Safety Tips for College Students

Get Oriented: Participate in all the orientations Xavier has to offer. It is a great way to learn the ins and outs of the campus, quickest routes to class, how the systems work and meet a ton of new friends in the process!

Program new digits: Get the number of your local campus and city police departments and program their numbers in your cell phone. Every second counts when you are in danger.

Run with a pack: Always travel in groups. Use a shuttle service after dark. Never walk alone at night. Avoid "shortcuts" no matter how tired you are after a long day of studying.

New kids on the block: Remember if you are in a new town, it is filled with strangers. Criminals in college towns look for the "newbie's" to victimize. Be sure no one is following you back to your hall or apartment. If you feel that someone is following you, drive to the nearest police station or well-lit gas station and go inside for help-or dial 911 and stay moving on a well-lit highly trafficked street until help arrives.

Stay aware : Be careful at social events and parties. Never leave food or drinks unattended. Date rape drugs are odorless and colorless.



Editor: Bracely Williams

Know the drug laws for your school, city, and state. Marijuana is illegal in Louisiana. Please check out Xavier's Drug Policy and Zero Tolerance Policy in the student handbook. Familiarize yourself with the code of conduct. Think about your health.

Stay Sober: When under the influence can lead to more vulnerable to would-be thieves, sexual predators, and the antics of drunk friends.

Have A Plan: It's always good to let someone know your plans so if you do not come home when expected, someone can call for help. If you have a close friend or sibling, you can put the find your friend's app on both your phones to track each other should you need to.

Avoid Being Distracted: When you are texting, you are not paying attention to what is going on around you. You may not notice the people around you, a car coming in your direction, or even a tree right in your path.

Be Cautious With Trust: It's easy to feel "safe" amongst friends. But, you do not really know your fellow classmates, their past, or what they are really like. Do not trust people simply because you go to school with them. Like with any new relationship, those around you must earn your trust. Remember first week friends may not be forever friends.

Lock All Doors: The residence hall may feel like a safe place because students are surrounded by friends. However, that does not mean you or your valuables are ever completely secure. If someone wants to steal or intrude on your privacy, an unlocked door makes it that much easier.

Are you ready to protect yourself from skin cancer this summer?

Dr. Hannah Naquin

PGY-1 Pharmacy Resident

May was **melanoma/skin cancer detection and prevention** month. According to the American Cancer Society, skin cancer is the leading cause of cancer in the United States accounting for more cancers than all other types combined. The majority of skin cancers result from excessive ultraviolet light exposure, such as natural and artificial sun exposure, and there are easy precautions you can take to decrease your risk of getting skin cancer.

The Centers for Disease Control and Prevention (CDC) and The National Institute for Occupational Safety and Health (NIOSH) have resources that identify methods to protect yourself from excessive ultraviolet light (UVA/UVB) exposure and decrease the risks of skin cancer. These methods include:

- Avoid prolonged sun exposure, especially mid-day when the sun is the brightest.

Wear sunscreen (minimum of SPF 15)

- Most sunscreen only has protection from UVB light. Use sunscreen products containing Mexoryl, Parsol 1789, titanium dioxide, zinc oxide, or avobenzone to also protect yourself from UVA light.

- Throw away sunscreen that has expired. Don't use after 1-2 years.

- You should reapply sunscreen every 2 hours or each time you get out of the water or sweat heavily.

- Don't forget to protect your eyes with sunglasses that have UV protection

If you are in the sun for prolonged time periods, wear protective clothing and a wide-brimmed hat

In addition to preventive measures such as wearing sunscreen and protective clothing, The American Cancer Society urges all people to inspect their skin daily for signs of skin cancer. Fortunately, skin cancer can often be easily detected early without the need of blood work or imaging tests such as a CT scan or MRI. You can use the **ABCDE rule** to detect any skin abnormalities. If you notice any of the changes below or abnormalities in an existing mole, schedule an appointment with your doctor.

- **A = Asymmetry**- one half of a mole or birthmark doesn't match the other

- **B = Border**- edges of a mole or birthmark is ragged, blurred, or irregular

- **C = Color**- different colors throughout the birthmark or mole

- **D = Diameter**- the spot is larger in diameter than the size of pencil eraser

- **E = Evolving**- the mole or birthmark changes in size, shape, or color

References:

Cancer.org. (2018). *What Should I Look for on a Skin Self-Exam?* [online] Available at: <https://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection/what-to-look-for.html>

Cdc.gov. (2014). *CDC - NIOSH Publications and Products - NIOSH Fast Facts: Protecting Yourself from Sun Exposure (2010-116)*. [online] Available at: <https://www.cdc.gov/niosh/docs/2010-116/>



CWC Upcoming Events:

- September 4th-7th, Recovery Week
- September 10th, World Suicide Prevention Day
- September 10th, Biggest Loser Contest Begins
- September 25th, Mental Health and Medications Forum
- October 22-26th, Wellness Week