



Healthy Niagara

The Science behind The Monday Campaigns

Why is Monday a good day for health?

1. The week is a critical unit of time in shaping human life. We plan our lives by the week, keeping track of where we've been and where we're going. Studies support the idea that frequent, periodic health messaging which taps into this pervasive weekly rhythm can be effective.

2. Monday has special significance in Western culture as the beginning of the week. While there are negative associations around the "Monday blues" in popular culture, there are multiple efforts to reframe Monday positively as an opportunity for a fresh start. One study found that 57% of people saw Monday as an opportunity for a fresh start and a day to "get my act together."

3. Health promotions at the beginning of the week have the potential to reduce negative health events. There's a spike in heart problems, occupational injuries, strokes, suicides and referrals to secondary care on Monday, which researchers believe is caused by stress, unhealthy weekend behaviors and disruption of sleep cycles. Health promotions that foster a positive transition back to a structured routine have the potential to improve these outcomes.

4. People are already using Monday as health day. They're more likely to start diets, exercise regimens, quit smoking and schedule doctor's appointments on Monday than any other day. Health promotions that can reinforce this behavior can help people stay on track with their health goals.



5. On Mondays, people are seeking health information. Internet searches related to health behaviors are higher on Monday than on other days of the week. (For example: “healthy recipes,” “Healthy kids,” “healthy weight.”)

HEALTH SERVICES WELCOMES NURSE PRACTITIONER

Please join SHS outside the multi-purpose room in LL Gallagher on Wednesday, Nov 13th from 11:30 am – 1:30 pm to welcome the return of Janice Bradley, FNP, to our Student Health Services Team.

Stop by and say hi! Make an NU stress ball, grab a snack and learn a quick tip or two on “Keys to Stress Relief”.

Janice is a proud NU alumna, receiving both her bachelor's of science and her Family Nurse Practitioner degree from Niagara University and is dedicated to Niagara's mission and core values. Janice will see students on a full time basis during the school year.

KIERNAN CENTER MEMBERSHIP & WELLNESS HOURS

All university employees are invited to use the Kiernan Center facilities free of charge from 11 a.m. to 3 p.m. every day of the week. This service is done to promote health and wellness for the University community. Employees may purchase a membership if they wish to use the facility outside of wellness hours. There are times due to scheduled programs that some areas may be closed.

MEET OUR NEW FITNESS AND OPERATIONS COORDINATOR AT KC

Danny Riggi has joined the Kiernan team as your Fitness and Operations Coordinator. Give him a call at 286-8055 to set up an appointment to maximize your personal potential!

“ASK THE PSYCHOLOGIST” - NOV 13

Dr. Timothy Osberg, Ph.D., will participate in an “Ask the Psychologist” session being organized by the student club, *To Write Love on Her Arms*, as student organization dedicated to helping those dealing with issues of depression, self-harm and suicide. All members of the University community are invited to attend.

In the Community

Health Services Meet & Greet for Nurse Practitioner

November 13
11:30 – 1:30 pm- Outside MPR

Kiernan Recreation Wellness Hours

Daily from 11am-3 pm

Free employee classes available weekly:

Monday 7:15 am -Spinning

Wednesday 8:00am-
Spinning

Tues & Fri 7:15 am- Boot
Camp

“Ask the Psychologist”

November 13
6 pm – Dunleavy 228

Counseling Services

Women's Empowerment
Series- Revisited: All sessions
in Career Counseling
Library: Lower Level Seton
Hall

Nov 6
3:30 – 4:30 pm

Nov 12
4 – 5 pm

Nov 20
3:30 – 4:30 pm

Dec 3
3:30 – 4:30 pm

Relaxation Week

Dec 9-18 - LLG & Campus

WOMEN'S EMPOWERMENT SERIES – REVISITED:

The Women's Empowerment Series is back and open to all college women! The 4-part series is to learn more about a variety of topics to increase self-awareness and foster a positive sense of self. While college can be a time of great personal and professional growth, exploration and development, it can also be a time of great stress and adversity. Part of being successful both at college and in your personal life is taking time to focus on you and your wellbeing. So take some time for you this semester and join the series!

Relationships—norms, pressures, statistics, figuring out your personal boundaries: Wednesday, November 6th 3:30-4:30pm

Mastering Assertiveness— with Shannon Risk, Women's Studies Department: Tuesday, November 12th 4-5pm

Mindfulness Meditation— with Dr. Abigail Levin: Wednesday, November 20th 3:30-4:30pm

Social Media Profile—navigating the digital world and your place in it: Tuesday, December 3rd 3:30-4:30pm

STRESS BUSTER –RELAXATION WEEK - Dec 9 - 18

Visit our programming and activities this week focused on helping reduce your stress level as you prepare for exams and the holiday season. Watch the daily post for more information.

NOVEMBER HEALTH TIP – KNOW THE DIFFERENCE!

Cold vs Flu

Fact vs Fear

Each year, particularly from October through March, we battle many viruses. Viruses are responsible for both colds and flu. The flu has been the focus this year in particular as there are more cases reported than in most years. The following may help you understand and recognize these annual threats.

In the United States and estimated 25-50 million cases of the flu are reported each year, leading to 150,000 hospitalizations and upwards of 40,000 deaths annually. Flu related complications include pneumonia and exacerbations of chronic health issues. They pose the greatest threat to those who are very young, the elderly, and those who live with chronic disease. Keeping your immune system strong is the greatest defense against contracting the flu and shortening its course!

A cold is a minor viral infection of the upper respiratory tract (nose and throat). There are about 200 different viruses that can cause a cold. Symptoms can include scratchy or sore throat, sneezing, nasal discharge, stuffy nose, watery eyes, mild achiness, coughing and generally feeling tired. Currently there is no cure for the common cold. Antibiotics are ineffective against the common cold and therefore are not prescribed. There are several things you can do to control

the symptoms of a cold such as: decongestants, expectorants, Tylenol and Ibuprofen, along with plenty of rest and fluids. Cold usually last about 7-10 days. Should symptoms last longer or become particularly severe, and evaluation may be merited for possible sinus infection which is more bacterial in cause.

The flu (influenza) is a much more contagious respiratory disease caused by a variety of influenza viruses. When a person has the flu, droplets from sneezing or coughing are inhaled by others. If your body does not fight it off, you may come down with the flu within 1-3 days of exposure. Flu symptoms may seem similar to cold symptoms but are typically more dramatic in presentation. The onset of the flu is accompanied by symptoms such as fever and chills, coughing, muscle and joint aching. Some may experience mild sore throat and nasal congestion. In general, the flu leads to individuals feeling quite poorly.

Prevention and early treatment of both cold and flu are essential to shorten duration and severity of both of these nagging viruses. Here are some suggestions:

- Get the flu shot if you haven't already. Call health Services at 286-8390 to schedule for flu shot clinic scheduled for January 23rd.
- Wash your hands, frequently and thoroughly. Use soap and warm water, for at least 20 seconds. Sing Yankee Doodle to be sure your washing long enough! Dispose of paper towels properly.
- When you cough or sneeze, do so into your sleeve, not your hands.
- Eat a well- balanced diet; increase citrus fruits, insure adequate vegetable intake.
- Increase fluids. Avoid excessive sugars and alcohol.
- Get 8-9 hours of sleep at night and exercise regularly.
- Open a window at home or in your work space daily for fresh air.
- Disinfect your home or workspace by spraying Lysol, and using Lysol or Clorox wipes to wipe off desk tops, door knobs, phones, keyboards, mouse etc.
- Stop smoking
- Limit your stress; the body under stress produces an increase of hormones that can adversely affect your immune system.

In summary, the flu and cold viruses are out there. We encourage you to take the necessary measures to avoid them as possible.

Live Well. Be Well!