The BUZZ

RCTC Student Health Services Newsletter Summer 2018

Relax. Rejuvenate. Return.

Ahh...summer! It's a great time to relax and enjoy some well-deserved down time. It's also a great time to focus on your health and wellbeing. These are a few tips to get you started on the right foot.

- Sleep. The physical and mental health benefits of adequate sleep cannot be over-stated! Most adults need 7-9 hours of sleep every night to be at their best.
- Learn something new. This may be the perfect time to try an art class or a Spanish class or a dance class. Think about what interests you and look for opportunities to learn more about it.
- Eat well. Healthy food is even more available during the summer. Backyard gardens and farmers' markets offer lots of opportunities to eat fresh, local food.
- Go outside. Summers are short in this area, so be sure to get outside while the getting is good. Connect with nature by going for a walk, paddling a canoe, or riding a bike. Any physical activity that involves being in nature is also good for your mental health.
- Socialize off-line. Take advantage of the opportunity to spend some quality time with your favorite people. If you include these people as you do some of the other tips listed, it's a win-win!

You've worked hard this semester and you've earned the right to relax. Make the most of the summer so you can return rejuvenated and ready for the fall.

Tips to Stay Healthy During Summer Outdoor Activities

- Stay hydrated. Your body needs extra fluids when you are active and even more fluids when the weather is hot. Drinking plenty of water is the best way to stay hydrated, so keep a water bottle with you. Beverages containing alcohol or caffeine can actually cause dehydration.
- Use sunscreen with an SPF of at least 15 and reapply it often. Exposing the skin to the sun without protection prematurely ages the skin and increases the risk of skin cancer.
- Prevent insect bites by using repellants with DEET or create your own repellant by using essential oils like lavender, citronella, or lemongrass. Google a recipe - there many out there.
- Wear proper shoes for the activity. Bare feet and flip-flops are great for going to the beach, but if you plan to do any walking or hiking, be sure to wear shoes that give your feet the appropriate amount of support and protection.

RCTC Student Health Services is closed during the summer break. If you are in need of medical care during the summer, please contact your regular healthcare provider.

The office will open for fall semester on Monday, August 21, 2018. TB tests, physical exams, and health assessments for academic and sports programs will be available beginning the week of August 27. Appointments may be scheduled at: https://healthservices.rctc.edu

Have a safe and healthy summer!

"Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work." ~ Ralph Marston

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