



TOP TEN WELLNESS MATTERS FOR PERSONAL & ACADEMIC SUCCESS

Student Health & Wellness

What YOU can do...

- Before going out to a social gathering, make a plan with your friends to look out for each other.
- Make sure to have consent every step of the way when having any kind of sexual encounter with someone.
- For more information on prevention: poe.msu.edu
- If you or a friend has been sexually assaulted, call **517-372-6666** (24 hours/day) or visit: centerforsurvivors.msu.edu

Depression & Anxiety

What MSU STUDENTS say and do...



42%

of MSU students said that they felt so depressed that it was difficult to function at least once during the school year*

70%

of MSU students reported feeling very sad or very lonely (63%) at least once in the past year*

68%

of undergraduates experienced anxiety in the last year. Of those, 25% reported some type of negative impact on their academics*

WHY it matters...

- According to national surveys, anxiety and depression are two of the top six health concerns among college students (ACHA).

What YOU can do...

- Try to be aware of any prolonged feelings of depression that you or others around you may be experiencing - i.e., feeling sad, hopeless, helpless, guilty, worthless, or a loss of interest in social activities.
- If you are concerned about possible depression or anxiety, visit the **MSU Counseling & Psychiatric Services (CAPS)** website to complete an online assessment and/or review self-help resources at caps.msu.edu
- If you or a friend experience depression, contact **MSU Counseling & Psychiatric Services (CAPS)** at **517-355-8270**. You can also visit caps.msu.edu for more information on how to seek help.

Suicide Prevention

What MSU STUDENTS say and do...

9%

said that they had seriously considered attempting suicide in the past year.*

WHY it matters...

- Students who have difficulty connecting to others or finding support can become withdrawn, and this may lead to depression. Untreated depression may lead to suicide, which is the second leading cause of death among college students.

What YOU can do...

- Try to be aware of any obvious warning signs of suicide such as suicidal threats, gestures, self-destructive behavior, or making comments such as “I want to be dead,” “I can’t go on anymore,” “Everyone would be better off without me,” and other similar statements.
- If you have real concerns about a friend: provide support, listen to them, take them seriously, and encourage them to seek help from a professional.
- For 24/7 help, call **1-800-273-TALK (8255)**. If it is an emergency situation and you or a friend need help immediately, call **911**.

Alcohol & Other Drugs

What MSU STUDENTS say and do...

69%

of MSU students consume 0-4 drinks when they party†

24%

of MSU students reported smoking marijuana in the past month*

94%

of MSU students report that they disapprove of pressuring others to drink more than they want†

92%

of MSU students approve of cutting off a friend before they have had too much to drink.†

WHY it matters...

- High-risk alcohol and drug use is often associated with the most serious academic, financial, relational, and personal harms students experience at college.
- Alcohol and drug use can lead to legal issues that have a long-term impact on academic and career aspirations.
- The majority of MSU students do not use drugs, and if they do drink, they do so responsibly. Having clear and accurate information about student alcohol and drug use at MSU is important.

What YOU can do...

- Know that drinking is not essential to the “real college experience”. In fact, **1 out of 4** MSU students choose not to drink*.



- If you choose to consume alcohol, reduce your risk of harm by consuming less alcohol over a longer period of time, eat food before and while drinking, stay with friends you know and trust, and make sure you have a plan for getting home safely.

- Medical Amnesty protects you and your friends from legal trouble. If you think a friend may have alcohol poisoning - call 911, turn them on their side, and stay with them until help arrives. For more information: bit.ly/MIMedAM

- For more information about alcohol or drug use at MSU, please visit healthpromotion.msu.edu/alcohol-drugs or call the **MSU Health Promotion** office at **517-884-6598**.

Stress Reduction

What MSU STUDENTS say and do...

32%

of MSU students report that stress seriously affected their academic performance*

86%

of MSU students reported feeling overwhelmed at least once in the past year*

WHY it matters...

- In addition to affecting academics, stress is a major factor contributing to sleep difficulties (which were reported by **27%** of MSU students in the past year*).
- Stress can lead to depression, anxiety, fatigue, and a weakened immune system, making one more susceptible to colds and flu - which is the number one issue MSU students report as a reason for missing class.

What YOU can do...

- Schedule regular activities to help manage stress: exercise, spending time with friends, massage, meditation - whatever works for you! Don't wait until you are stressed out. Do the things you need to do to help you remain in sync.
- Looking for strategies to navigate stress or other challenges you might be facing? Wellness Coaching through the **SPARTANfit** program may be able to help! Call **517-353-7868**.
- Seek help if you are feeling overwhelmed. **MSU Counseling & Psychiatric Services (CAPS)** are an option for this type of help. Visit their website at caps.msu.edu



Tobacco Use

What MSU STUDENTS say and do...



WHY it matters...

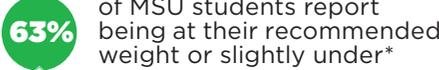
- MSU is a tobacco-free campus. The tobacco-free ordinance prohibits cigarettes, chewing tobacco e-cigarettes, and vaporizers anywhere on campus.
- Smoking can undermine your immune system and make you more susceptible to various respiratory illnesses.

What YOU can do...

- Know that the data above is for the use of e-cigarettes - actual usage is lower for all other tobacco products.
- Educate yourself and share information about the tobacco-free ordinance with your peers. For more information, visit tobaccofree.msu.edu
- If you would like information about quitting, call **MSU Health Promotion** at **517-884-6598**.

Nutrition

What MSU STUDENTS say and do...



WHY it matters...

- Studies show that average weight gain for a college freshman is **less than 4 pounds**, debunking the myth of the "Freshman 15."

What YOU can do...

- Trust your body.** By eating well and being physically active, your body will settle at a weight that is most natural for you.
- Eat for good nutrition.** That means choosing to eat a variety of foods, including those that you enjoy most.
- Support yourself with food.** Having a plan to feed yourself regularly throughout the day will allow you to stay focused and energized.



- If you have nutrition concerns, call **517-353-4660** to schedule a free individual appointment with a dietitian through **MSU Health Promotion** at **MSU Student Health & Wellness**.



Injury Prevention

What MSU STUDENTS say and do...



- of the accidents with injuries involving bicycles on campus happen when riding on sidewalks*

WHY it matters...

- With **50,000+** people walking, driving, and **20,000** biking on campus every day, you might sometimes find yourself in a chaotic and hazardous situation.
- Common injuries at MSU involve bicycle accidents (e.g., with pedestrians, cars, and persons on scooters).



What YOU can do...

- Wear bright colors and ride your bike in the bike lanes; you'll be safer and get to your destination faster.
- Wear a helmet when biking or riding a scooter.

Physical Activity

What MSU STUDENTS say and do...



WHY it matters...

- Regular exercise has many proven benefits:
- It helps improve your mental and physical health.
 - It helps fight depression, anxiety, and stress.
 - It improves mood, energy, self-esteem, and sleep.
 - It helps you to meet and connect with new people.
 - It helps to improve learning ability.

What YOU can do...

- Looking for a comprehensive fitness assessment? Ready to make a lifestyle change or to improve your fitness level? Want to begin to work towards a happier, healthier tomorrow? Explore your options with the **SPARTANfit** program. Call **517-353-7868** or visit healthpromotion.msu.edu/fitness for more info.
- Take advantage of other physical activity opportunities, including campus fitness centers and MSU's many beautiful outdoor spaces. Group exercise classes and intramural or club sports are offered through **Recreational Sports and Fitness Services**. Visit recsports.msu.edu to see what activities are available.

Pregnancy Prevention

What MSU STUDENTS say and do...



WHY it matters...

- It is important to weigh the possible benefits and risks of being sexually active. To be healthy sexually is to maintain a balance with everything else in your life—your physical and emotional health, your education and career goals, your relationships with other people, and your feelings about yourself.
- If choosing to be sexually active, select the right contraceptive method for you based on cost, the method's effectiveness, its ease of use, and its safety.

What YOU can do...

- Be informed and educate yourself about contraceptive methods that are available to you. **MSU Student Health & Wellness** offers a variety of contraceptive methods. Call **517-353-4660** for an appointment.
- Ask your RA** or visit **MSU Health Promotion** for FREE condoms and information on their use.
- For more information, stop by and talk with one of our staff members or visit our website at: healthpromotion.msu.edu/sexual-wellness



Sexually Transmitted Infection (STI) Prevention

What MSU STUDENTS say and do...



WHY it matters...

- The most effective way to protect yourself from an STI is abstinence. If you are sexually active, condoms can prevent most STIs when used consistently and correctly.
- Most STIs are manageable, and some are curable. The key is early detection and treatment.

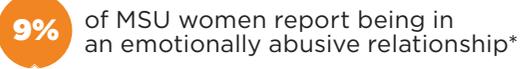
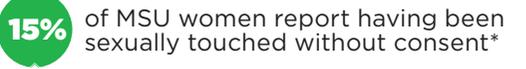


What YOU can do...

- It is important to question, explore, and assess your sexual values. The decision to be abstinent or sexually active is your choice.
- Talk with your partner about safer sex, use a condom or other barrier method, and get tested for STIs annually or when you have a new sexual partner.
- MSU Student Health & Wellness** offers STI testing. Call **517-353-4660** for an appointment.

Sexual Assault & Relationship Violence Prevention

What MSU STUDENTS say and do...



WHY it matters...

- Engaging in inappropriate or violent behavior is prohibited at MSU. This includes sexual assault, sexual harassment, relationship violence, and stalking.
- The most commonly used date rape drug is alcohol. Intoxication is not consent. When someone is under the influence of alcohol or drugs, they cannot legally give consent for sex.