Here at Student Health & Counseling Services, we recognize this not an easy time for any of us. We realize that students' academic routines, personal connections, and in-person access to SHCS's services have been disrupted. You may be experiencing stress, loneliness, anxiety, or fear as a result of the changes COVID-19 pandemic has brought. Those feelings are normal reactions to these unprecedented times, and we want you to know that we are still here for you. We will continue to support your mental health needs as we navigate the rest of the spring semester and summer term together. We are still here for you, just in a different way!

We will be continuing to offer phone consultations, medication referrals, and starting 4/20/20 we will also be offering Telecounseling. If you are interested in utilizing any of these services, please call our main number 715-394-8236 or email shcs@uwsuper.edu, and one of our counselors will connect with you. Lastly, remember that during these difficult times of physical distancing, it is more important than ever to continue to connect socially with friends and loved ones by phone, Facebook, or any form of video chats. Yes, we may not be able to be there for others physically, but we can still let others know we care!
SLEEP & YOUR BRAIN

Many of us are either getting too much sleep or not enough right now. Sleep plays an integral role in regulating the body’s immune system, which is responsible for fighting off all sorts of problems from the common cold to more serious chronic problems like cancer. Studies have shown that individuals are more likely to catch a cold virus when you're sleep deprived and that vaccines can be less effective after a poor night of sleep. The evidence also suggests that if you spend all night trying to learn something new and miss a few hours of sleep to do so, your brain’s not going to retain that information the same way it would have if you’d gotten a full night of sleep. So how do we get enough healthy sleep?

TIPS FOR HEALTHY SLEEP
1. Stick to a sleep schedule - Go to bed and wake up at the same time each day.
2. Exercise - Try to exercise at least thirty minutes on most days but not later than two to three hours before bed.
3. Avoid Caffeine & Alcohol - Stimulants and caffeine can take as long as eight hours to wear off fully. It can also rob you of REM sleep, keeping you in lighter stages of sleep.
4. Avoid Large Meals - A light snack is okay, but a large meal can cause indigestion which interferes with sleep.
5. Relax before bed - Don’t over schedule your day so that you don’t have any time left to unwind. Use meditation, music, and relaxing activities.
6. Avoid late afternoon naps - Naps can help make up for lost sleep, but late afternoon naps can make it harder to sleep at night.
7. Get rid of anything in your bedroom that might distract you from sleep, such as noises, bright lights, an uncomfortable bed.
8. Sunlight Exposure - Daylight is key to regulating daily sleep patterns. Try to get outside in natural sunlight for at least thirty minutes a day.

Source: Matthew Walker, Director of University of California Berkeley’s Sleep and Neuroimaging Laboratory
NIH Medline Plus (Internet). Bethesda, MD: National Library of Medicine (US); Summer 2012. Tips for Getting Good Night’s Sleep

RESEARCH SOURCES

Mental Health Crisis Resrouces
• Superior Police: 911
• UWS Campus Safety: 715-394-8114
• Douglas County 24-hour Cris Line: 715-392-8216
• Suicide Prevention Hotline: 1-800-273-8255
• Veterans Crisis Line: 1-800-273-8255, Press 1
• Text: 838255
• Crisis Text Line: Text "MN" to 741741

QUOTES TO REFLECT ON
“The single most important thing that can happen right now in this pandemic is that we feel our collectivity — that we’re here to help each other move through this” - Tara Brach

“Challenges are what make life interesting and overcoming them is what makes life meaningful.” - Joshua J. Marine