

Staying Healthy— Physically and Emotionally



College comes with some unavoidable stresses—academic, social, financial, and others. So it's important that students stay focused on their health as they work toward a degree. This means paying attention to the basics—eating well, exercising, and getting enough sleep are crucial to succeeding in school. They're also important habits for life after school!

HSU offers a variety of services and programs to help your student stay healthy and focused.

Health Services

HSU is home to a Student Health Center, an accredited outpatient clinic staffed by physicians, nurse practitioners, and other health professionals. It provides basic health care services to currently enrolled students.

The Health Center diagnoses and treats illness and injuries, and offers reproductive health services, immunizations, health education, pharmacy, laboratory, and

Top Tips for Students

Get regular exercise

Enjoy Humboldt's great outdoors

Eat balanced, healthy meals

Use campus programs to get help with food needs

Don't abuse alcohol or other drugs

Sleep regularly, at least 8 hours per night

Use campus counseling and stress-reduction programs

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X-ray work, referral to specialists, and more. Some services require an additional fee, but many basic services are covered by the student fees.

Students with chronic physical or psychiatric conditions, such as ADHD, are strongly advised to obtain local care (if necessary) prior to coming to campus. These services are limited in the community and not available on campus.

Counseling & Psychological Services

HSU also offers mental health services for students, in an overall effort to help students strive emotionally, psychologically, and intellectually. Counseling & Psychological Services provides no-cost aid to enrolled students, including short-term individual, couples, and group psychotherapy and counseling, crisis services, and assessment/referral services. The office also provides consultation and education to the entire campus community, promoting overall well-being on campus.

To help with day-to-day stress, the Library offers a meditation room and "Brain Booth", where students are encouraged to take mental breaks and engage in quiet, contemplative activities. A 2010 study published in the *Journal of American College Health* found that engaging in mindfulness helped college students regulate their moods and stress levels, which led to improved sleep.

Dining and Food Security

A healthy, nutritional diet is key to overall health, and to each student's college experience. Humboldt State has healthy on-campus dining options as well as services for students facing insecure access to food.

Every day, HSU Dining Services serves more than 5,000 people at the J and the Depot, the University's cafeteria and dining hall. At those and other campus eateries, the goal is to provide healthy offerings that are as sustainable and local as possible. Student residents are required to purchase food plans, which are available for students who live off-campus as well. In addition to the J and Depot, there are five other eateries on campus, including sit-down restaurant Windows Café and the College Creek Marketplace, a full-service market that sells groceries and hot foods.

In ongoing research at Humboldt State, one in five students has reported skipping a meal because they didn't have enough money for food. One in 14 students reported skipping meals for an entire day. In an effort to ensure every student is properly fed, Humboldt State became one of the first universities in the nation to accept Electronic Benefit Transfer cards (EBT) cards from the U.S. Department of Agriculture's Supplemental Nutrition Assistance Program (SNAP). Eligible students, faculty, and staff can now use EBT cards to purchase food at the College Creek Marketplace.

Oh SNAP!, a student-led food service initiative at HSU, provides assistance to students seeking to apply for California's CalFresh program. Oh SNAP!, also offers a campus food pantry, a weekly stand for fresh

local fruits and vegetables (when in season), connections with local food resources, cooking and gardening classes, and campus education. Since it opened in 2014, more than 4,000 students have used the pantry, which offers dried and canned goods to students once per week.

Drug, Alcohol & Tobacco

Humboldt State recently became a smoke and tobacco-free campus, as part of a CSU-wide effort to promote health and prevent interference with students' education. The rule applies to all campus buildings, including residence halls.

Humboldt State also works to ensure a drug-free campus and workplace.

Sleep and Exercise

Researchers are finding connections between sleep and memory, coordination, immune system strength, and a variety of other physical and mental health factors. In one study published by *Nature and Science of Sleep* medical journal, more than 70 percent of college students report not getting enough sleep. The proper amount for each individual varies, but students are encouraged to get around 8 hours per night.

Regular exercise improves sleep habits, and Humboldt State has a wealth of outdoor and indoor recreation opportunities, including walking and bike paths, gyms, a swimming pool, track, basketball courts, and indoor and outdoor field space. See the Getting Involved and The Great Outdoors guides for more information about sports, exercise classes, and recreation opportunities.

Resources

Student Health Center: wellbeing.humboldt.edu

Counseling & Psychological Services: counseling.humboldt.edu

Library Brain Booth: libguides.humboldt.edu/brainbooth

Dining Services: dining.humboldt.edu

Oh SNAP!: hsuohsnap.org

Alcohol and Drug Policy: humboldt.edu/studentrights/alcohol-drug-policy