Consider new goals and a new plan to reach these new goals. Confront the future. Take a mental snapshot of where you are today, where you want to be by the end of the summer, include your hopes and then envision your expectations for the end of the year. Please remember that everything you focus on expands. No one will knock on your door and hand you the job of your dreams… that is something that you will have to make happen on your own. And, once you achieve a goal, it's time to look ahead for a new goal.

Commencement preparations are underway. Most students are very excited about getting their degrees and moving on to the next stage of their lives. Many, however, will be even more relieved than excited. Freedom from homework, deadlines, and grades are traditional stressors and commencement generally signals an end to all of that stress. Once those stressors are gone, it may prove difficult at first to adjust to what would then be the graduate’s “new normal.”

Be comfortable in the knowledge that many graduates feel post-commencement anxiety. This reaction is entirely normal. Anxiety and stress result from experiencing a mixture of excitement and fear of the unknown. Completing a degree brings both opportunity and insecurity to many new graduates as they pursue a vision and career. In short, graduation can be stressful even though it is intended to be a joyous time for graduates.

Commencement is an academic and social custom that symbolizes a rite of passage.

Make a plan
Just as you would look at a road map if you were taking a cross-country trip, make a map outlining the first six months that follows graduation. (If possible, do this prior to the graduation). You may choose to take a vacation or start an internship for the summer or do something else. No matter what it is you choose to do, having a plan of action can help organize your thoughts.

Keep priorities in perspective
When it comes to determining next steps after graduation, remember that you are not alone. Take control of your emotions, allow yourself to feel blue, but then work your way out of your blues by focusing on your positive factors, including pride in what you’ve achieved. Next, consider new goals and a new plan to reach these new goals.

Congratulations Seniors!

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Whatever you choose to do, positive steps bring positive results.
Does Facebook Make Women Feel Bad About Their Bodies?

Too much time on Facebook may take a toll on a young woman’s sense of self-esteem, particularly how she feels about her body, a new study suggests. The study surveyed 881 female college students. They were asked questions about their Facebook use within the past month, including how often they visited the site, how long they typically spent there and what their favorite activities were.

One question, for example, asked the women, "When looking at someone else’s photos on Facebook, how much attention do you pay to: 1) how they dress, and 2) their body?"

The women were also asked about their eating habits and body image, as well as their current weight, ideal weight and class rank. Most spent about 80 minutes on Facebook every day. The most popular activities were reading the news feed and looking at photos, according to the study. Spending more time on Facebook was linked to a significantly greater likelihood that a woman would feel bad about her own body, the study revealed. It also was tied to greater odds that she would compare herself to others.

While the study found an association between Facebook use and poor body image, it was not designed to prove a cause-and-effect relationship.

"Women tend to present their ideal self on Facebook, not necessarily their actual, true self," said study author Petya Eckler, who is lecturer in journalism at the University of Strathclyde in Glasgow, Scotland.

In a study published last year in the Journal of Affective Disorders, April Smith, an assistant professor of psychology at Miami University in Oxford, Ohio, and her team surveyed 232 college women and followed them for 30 days to see if their Facebook use influenced how they felt about their bodies.

"We didn't see an increase in eating disorders, per se, but we did see an increase in body image dissatisfaction and disordered eating behaviors," Smith said. Smith’s study found that the frequency of certain kinds of behaviors on Facebook predicted whether the women engaged in binge-eating episodes a month later.

"It's a tendency to really seek social evaluations or negative social evaluations, or to engage in a lot of social comparisons," Smith said.

She said posting negative status updates like "Oh, I just bombed my psych test," or "I can't believe I just ate that whole bag of M&Ms" are ways of testing your friends to see how they’ll respond. The social comparison aspect comes in when women read other people’s status updates and are influenced by those updates.

"For example, you see your friend is going to a party that you weren't invited to or got a job that you applied for, and those kinds of upward comparisons have the tendency to make you feel worse about yourself," Smith explained.

"I think it’s really important for young people to try to be conscientious about their motivations for using Facebook -- their motivations for posting updates and pictures, and also how they feel after using Facebook," Smith said.

HEALTH CENTER NEWS

Sunlight and Weight!

Persons who got the most rays between 8 AM and 12 Noon had significantly lower body mass indexes compared with those who got the bulk of their exposure during afternoon or evening hours.

In fact, no matter when or how much they exercised, ate, or slept the amount of morning sunshine a participant got was determined to affect about 20% of his or her total body mass index variance.

The investigating team concluded that morning sunshine has a direct impact on our internal body clock, with sufficient exposure helping to maintain a healthy metabolism and a trim waistline.

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and
Chelsey Pagana
Certified Fitness Trainer
Dramatic Rise in Type 2 Diabetes

Diabetes is now a fact of life for roughly 21 million American adults and obesity is to blame for the dramatic rise in cases.

That is the finding of a new analysis published in the Annals of Internal Medicine. The estimate is based on the tracking of more than 43,000 men and women between 1988 and 2010.

The finding suggests that diabetes now affects more than 9% of the American public up from just around 5% a quarter century back. Trends are equally dismal when looking at Americans whose above-normal blood glucose levels place them at high risk for the future onset of diabetes.

What is causing the upswing in diabetes? This study authors point fingers directly at America’s ever-expanding waistline.

In fact, they note that the percentage of Americans struggling with obesity has gone up almost in tandem with diabetes rising from roughly 21% in 1988 to 32% by 2010.

Irritable Bowel Syndrome - IBS

What Is IBS?

IBS is a gastrointestinal disorder that affects the large intestine (colon) but doesn’t cause inflammation or permanent damage. Common symptoms of IBS include:

• Diarrheas
• Constipation
• Abdominal pain, bloating or cramping
• Gas
• Mucus in the stool

The symptoms may come and go, and can change in the same patient. Sometimes the pain from IBS can be so severe that it’s disabling and patients can’t do routine things. In addition, severe diarrhea can lead to dehydration and an electrolyte imbalance.

Doctors don’t know what causes IBS, and there is no known cure. Studies estimate that as many as 20% of Americans suffer from IBS. Many people may not know they have this gastrointestinal disorder. They might have occasional diarrhea and constipation and think it’s caused by something they ate, or a virus, so they don’t see a doctor to get a proper diagnosis. When they do, doctors must first rule out that the symptoms aren’t caused by a disease or another condition.

People who have a family history of IBS are also more likely to develop the condition. Depression, anxiety and other psychological problems are common in people with IBS, Mulberg says.

“What some people suffer from depression and IBS. The question is what’s primary or secondary — what came first? he says. “Either way, antidepressants are not a cure for IBS.”

What You Can Do?

Treatments for IBS vary from patient to patient and include changes in diet, nutrition and exercise. Some patients need stool softeners to treat constipation; others need antidiarrheal drugs to treat diarrhea.

“IBS is not like other chronic conditions, such as hypertension, which is constant. IBS is a variable condition. Even without treatment, the problem might go away in some patients. But the symptoms might return after a few months,” says Ruyi He, M.D., an internist and medical team leader with DGIEP.

No one medication works for all people suffering from IBS.

Most recently, FDA approved Linzess (linaclotide) to treat some adults who suffer from IBS with constipation and for chronic idiopathic constipation. Chronic idiopathic constipation is a diagnosis given to those who experience persistent constipation and do not respond to standard treatment. According to the National Institutes of Health, about 63 million people have chronic constipation.

In addition, FDA has approved Amitiza (lubiprostone) for IBS with constipation and one drug for IBS with diarrhea, Lotronex (alosetron).

“Drugs are a last option. Patients should try diet and lifestyle changes, especially exercise, before resorting to medication,” He says.

Certain foods and drinks can trigger IBS symptoms in some patients. The most common are foods rich in carbohydrates, spicy or fatty foods, milk products, coffee, alcohol and caffeine.

For More Information
• Centers for Disease Control and Prevention
• National Digestive Diseases Information Clearinghouse

Keep Your Breath Fresh

Bad breath can be caused by foods, such as onions or fish. But it can also signal a problem with the mouth, such as an infection or gum disease.

When bad breath is caused by everyday eating and drinking, the American Dental Association offers these suggestions to help tame the problem:

• Brush your teeth and floss frequently
• Schedule regular checkups with your dentist
• When brushing your teeth, brush your tongue
Everyone feels stressed sometimes — it’s part of life. Finding ways to deal with stress can help you prevent health problems and feel better.

**Try these simple ways to manage stress.**

**Get active.** Physical activity can help you manage stress and improve your mood. Be sure to do at least 10 minutes of activity at a time.

**Relax your muscles.** Tense muscles can cause problems like headaches or back pain. Try deep breathing or taking a hot shower to help you relax.

**Plan your time.** Write a to-do list — and be realistic about how long each task will take. Do the most important thing first.

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**Tip:** If your stress doesn’t go away or gets worse, get help from a mental health professional. Many people need help dealing with stress — it’s nothing to be ashamed of!