



STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION

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The Stall Street Journal is intended for fun, education and promotion of wellness, not as a formal scholarly publication

HOW ALCOHOL IMPAIRS OUR... MENTAL HEALTH

- Aerobic exercises (jogging, walking, cycling etc) help to reduce anxiety and depression
- Exercise helps increase blood circulation to the brain and influences the hypothalamic-pituitary-adrenal (HPA) axis which effects our physiological reactivity to stress
- Exercise improves mental health by reducing
 - anxiety
 - depression
 - negative moods
 - improving self-esteem and cognitive function
- Exercise has been shown to reduce feelings of low self-esteem and social withdrawal
- minutes of exercise, at least 3 days a week, of moderate intensity is sufficient to see health benefits
 - These minutes do not have to be continuous
 - Three minute walks are believed to be as equally useful as one 30 minute walk
- Health benefits from regular exercise include:
 - Improved sleep
 - Increased energy and stamina
 - Better endurance
 - Stress relief
 - Increased interest in sex
 - Improvement in mood
 - Weight reduction
 - Reduced tiredness

SLEEP QUALITY

- There is evidence that exercise does help you fall asleep more quickly and improves sleep quality
- Moderate aerobic exercise increases the amount of slow wave sleep you get
 - Slow wave sleep is deep sleep, or when the brain actually rejuvenates
- Exercise can also help stabilize your mood and decompress the mind
- Aerobic exercise causes the body to release endorphins, which improve mood
- Exercise also raises the body's core temperature
 - Elevation of the core body temperature signals the body clock to wake up
 - After 30-90 minutes the temperature falls and the decline facilitates sleepiness
- Exercise serves as a non-pharmacologic therapy for adults with poor or disordered sleep
- A recent study found that 4 months of aerobic exercise training in a sample of adults with insomnia significantly improved sleep quality while also reducing daytime sleepiness and depressive symptoms.
 - Adults with insomnia symptoms are less active and have lower cardio-respiratory fitness than those without it

IMPORTANCE OF A GOOD NIGHT'S SLEEP

- Sleep is just as important as diet and exercise
- Symptoms of anxiety and depression can decrease quality of sleep
- 20 minutes of exercise each day correlates with 14 extra minutes of sleep per night
- People who do not get enough sleep are more likely to have larger appetites
- Only 21% of Americans get the recommended seven to eight hours of sleep each night
- Getting less than seven hour of sleep each night can make you angry, sad, and stressed
- Digital screen time (TV, phone, or computer) should be avoided one hour before bed
- If it takes you less than five minutes to fall asleep, you are likely sleep deprived
- You can improve your sleep environment by minimizing light exposure, limiting noise, and lowering the room temperature by a few degrees
- We naturally feel tired around two different times of the day: 2 AM and 2 PM
- Stroke, high blood pressure, and heart disease are negative health outcomes associated with poor sleep
- Short power naps are more beneficial than long irregular naps
- The most suicide attempts occur after a sleep interruption (waking up and not being able to fall back asleep)
- Studies suggest that alcohol consumption decreases the quality of sleep

WELL BEING

- Exercise not only helps you live longer, it helps you live better
- Exercise helps:
 - strengthen muscles and the heart
 - improve the immune system
 - improve mental and emotional functioning
- Exercise and depression are also linked:
 - research suggests that there is strong connection between regular exercise and mental health
 - aerobic exercise prompts the release of mood-lifting hormones
 - rhythmic muscle contractions that occur during exercise can increase levels of serotonin, which combats negative feelings
- Exercise and brain functions:
 - exercise promotes blood flow to the brain which helps to maintain positive brain function
 - while all types of physical activity keep the mind sharp, aerobic exercise is linked to a significant improvement in cognitive function
- Exercise is also correlated to improvements in sexual health
- Exercise protects mobility and vitality:
 - Exercise can help slow the natural decline in physical performance that occurs with aging
 - Staying active allows for maintenance of cardiovascular fitness, metabolism, and muscle function
 - Strengthens bones and muscles
 - Studies suggest that those who are more active in their youth and midlife are able to preserve their mobility and independence as they age

EFFECTS OF ALCOHOL ON SLEEP

Alpha activity is also turned on. Together, delta and alpha activity in the brain after drinking may inhibit restorative sleep.

There's a battle of sleep rhythms
Drinking alcohol before bed is linked with more slow-wave sleep patterns called delta activity (the kind of sleep that allows for memory formation and learning.)

FACT OR FICTION? FAD DIET EDITION!

INTERMITTENT FASTING

Intermittent fasting is a continuous eating pattern which alternates between periods of little to no intake and periods of normal food intake
Research suggests that intermittent fasting may help fight inflammation and lower insulin levels
When you do break the fast, it's important to consume a balanced, variety of foods

This high-fat, low-carb diet typically means eating less than 50g of carbs a day

KETOGENIC DIET THE FACTS

This is equivalent to less than 4 slices of bread per day
The keto diet dates back to the early 1900's as a treatment for epilepsy
Carbohydrates choices such as whole grains, fruits and starchy vegetables are a great source of fiber, packed with vitamins and minerals and serve as "fuel" for the body

IIFYM IF IT FITS YOUR MACROS

The Facts:
IIFYM focuses on looking at the three macronutrients – carbohydrates, fat and protein - instead of calories
Most people track their macros to lose weight but it can also aid in weight gain
While people enjoy the flexibility of the diet, it's important to meet your macronutrient requirements by consuming a diet rich in high-quality protein, fruits and vegetables, whole grains and healthy fats.

GLUTEN FREE

The Facts:
Those with Celiac disease, gluten intolerance or sensitivity experience adverse effects when consuming gluten.
For the general population, those who decrease their intake of foods that include gluten and increase their intake of a variety of foods such as lean protein, whole grains, fruits and vegetables will see positive health benefits and could potentially experience weight loss

EFFECTS OF ALCOHOL ON PHYSICAL HEALTH

• Studies suggest excessive alcohol consumption may increase physical health problems which include:

- Cardiomyopathy – stretching and drooping of the heart muscle
- Arrhythmias – irregular heart beat
- Stroke
- High blood pressure
- Steatosis – fatty liver
- Liver cancer
- Esophageal cancer
- Breast cancer
- Colorectal cancer

• Alcohol and Mental Health

Regular consumption of alcohol changes the chemistry of the brain
Regular usage of alcohol decreases the levels of the brain chemical serotonin – which is linked to depression
As a result of this depletion, a cyclical process begins where one drinks to relieve depression, which causes serotonin levels in the brain to be depleted, leading to one feeling even more depressed

COVID RESOURCES

The WKU Counseling Center offers online mental health resources for coping during the coronavirus (COVID-19) pandemic.
The best way to schedule an appointment is to call (270)745-3159 or stop by Potter Hall 409.

COVID-19 testing is available for FREE for students in the Health Services Building

CVS Health is conducting drive-up COVID-19 testing. Patients must legally reside in the state where the test is given and be 18 years of age or older.
Appointments are required and tests are limited to certain patients

Fairview Community Health Center offers COVID-19 testing for all patients.
Appointments are required and referrals are not required

Visit cdc.gov for more information about COVID-19 symptoms, self-check symptoms, what to do if you are sick or caring for someone who is sick, and mental health resources

On WKU's campus appropriate face masks covering both the nose and mouth must be worn:
At all times when in public areas or shared space within buildings, including hallways and classrooms
Outdoors when near others where social distancing of at least six feet cannot be maintained
When in a vehicle with other persons, including cars, vans and buses

For more information, call the Kentucky COVID-19 hotline @ 1-800-722-5725

Graves Gilbert Clinic (GGC) will offer both PCR (live virus) and antibody tests on campus beginning August 3rd in the WKU Health Services Building. Cost of testing varies by health insurance coverage.



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