



Bethlehem Moravian College

151 Years of Quality Education in Jamaica
Mihi Cura Futuri (My Care is for the Future)

A Multidisciplinary Institution



HEALTH AND WELLNESS NEWSLETTER

HEALTH AND WELLNESS: LET'S MAKE IT OUR PRIORITY!!!

Welcome to BMC Health and Wellness Newsletter. This newsletter will be produced bi-monthly for this semester. A range of topics will be highlighted. We request your suggestions on topics you would like to see discussed.

Asthmatic Crisis

^This is when the airways get constricted due to inflammation. Triggers for an attack vary from person to person but some of the common ones are: dust mites, animal fur, moulds, pollen, smoke, viral infections, air pollutants and weather changes. During an Asthmatic Crisis, there are recurring episodes of wheezing, chest tightness, shortness of breath, coughing and chest pain. In other words, during a crisis it gets very hard to breathe.

It is important to note however, that these symptoms do not happen suddenly. Instead they occur gradually beginning most times with a symptomatic cough. Therefore there are means in which an asthma attack/crisis can be prevented. Only a medical doctor can diagnose an individual with Asthma. Upon diagnosis, he/she will then order a series of medication based on the degree of the disease.

Most times Asthmatic Patients are given inhalers, such as Ventolin. This Inhaler acts by relaxing the muscles of the airways, making it easier to breathe. That simply means that an inhaler is your first line of defence against an attack/crisis.

“Yes ladies and gentlemen! It is a lifesaver, so ensure at all times that you have it on your person.” Ensure too that you are compliant with

your other medications. Keeping warm in areas with a cold climate such as Malvern, goes a far way.

Good Mental Health

Stress Management

Don't get scared when you hear the term Mental Health. It doesn't mean that you are going crazy! Good Mental Health is a state of emotional, social and psychological well being, in which an individual is able to use his/her cognitive capabilities to function effectively in society and meet the ordinary demands of everyday life. Let's discuss Stress Management and Anxiety Attacks.

Stress is a state of mental/emotional pressure caused by extreme or demanding circumstances. The level and degree of stress differs from person to person so each person's stress threshold is different. What's important to know is how to deal with it. Keep in mind that moderate levels of stress may actually improve performance and efficiency but that's an entirely different story. In healthy stress management, you must first be able to identify stressors: work, school, relationships, illness, finances, etc.



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To effectively manage stress, we need to employ stress relieve strategies: Body relaxation techniques such as deep breathing exercises, physical exercise, meditation and/or counselling. Other tips include: changing/modifying mindsets, setting reasonable/realistic goals, avoiding procrastination, setting boundaries and most importantly, scheduling “Me” time for recreational activities. It is interesting to note that improper stress management may cause an Anxiety Attack.

Anxiety Attacks

What is an Anxiety Attack you may say? It is a sudden, acute episode of intense anxiety and feelings of panic. Persons experiencing this may feel restless, edgy, irritable and may find it difficult to breathe. Taking deep breaths greatly helps. If you realize that you are experiencing an anxiety attack, remove yourself from your immediate surroundings. Find a quiet area and practise deep breathing. Don't panic and do not raise an alarm as the frightening attention from others around you will make you more anxious.

The measures listed to deal with stress management are great techniques to utilize in order to prevent anxiety/panic attacks. It is also very important to make use of the school's support system: Guidance Counsellor, Chaplain,

Nurses and Administrators. These individuals are trained to assist you in identifying your stressors and help you to deal with them.

Influenza

Influenza, commonly known as the flu, is a common respiratory illness. Jamaica's influenza season begins in October and ends in May of the following year. It is important to note the difference between the flu and the common cold. The flu is caused by the Influenza Virus. The Cold, on the other hand is caused by a different virus and has milder symptoms than the flu. The flu causes weakness and fatigue for up to two or three weeks. It is also accompanied by muscle aches, chills, fever, stuffy/runny nose, headaches and sore throat.

Since we are still in the Influenza season, it is important to know how to prevent it. Here are a few tips:

- ✓ Frequent hand washing or use of an alcohol (ethanol) based hand sanitizer
- ✓ Stay warm and dry. Remove all wet clothing as soon as possible
- ✓ Take multivitamins daily as these boost your immune system
- ✓ Sneeze/cough into a rag or in the elbow
- ✓ Increase your fluid intake especially orange juice and coconut water which are rich in Vitamin C and antioxidants
- ✓ Eat lots of fruit and vegetables.

“The body heals with play, the mind heals with laughter and the spirit heals with joy”-Proverb

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