

Health News Fall 2016

Student Health Services

Location: Saucier Wellness Center O.K. Allen Bldg 220 Hebrard Blvd Lafayette, LA 70504

Office Hours: Monday-Thursday 7:30am – 5pm

Clinic Hours: Monday & Wednesday: 7:45 am – 3:45 pm

Friday: 7:30 am-12:15 pm

Friday: 7:45 am – 10:45 am

- SHS strives to provide quality, accessible, cost sensitive, primary medical care and active health promotion to the students within the campus community.

Services We Offer:

- All registered UL Lafayette students are eligible to use Student Health Services. Membership fees are assessed each semester either as a part of the student's tuition or when they are seen at Student Health Services for the first time during the semester. Membership entitles the student to a medical evaluation with a clinician. This includes assessments for any illness, minor injuries, and general physicals.
- Blood pressure checks and weight checks are available to faculty and staff to assist their primary care practitioner in managing their care. Faculty and staff may also receive other services for a fee. Please call for 337-482-5464 for more information.
- For a comprehensive list of services and clinic hours visit our website: <http://studenthealth.louisiana.edu>

How We Work

- SHS operates utilizing a combination of appointment and walk-in services.
 - Patients are triaged by a nurse prior to being seen by a clinician.
 - Allow time for completing and/or updating personal data each semester.
 - If you have any insurance coverage, please bring your insurance card each semester.

Call for: Appointment: 482-1328, Nurse: 482-5464, Billing: 482-5919, Student Insurance: 482-6826

Chris S. Hayes, MD, Director

Amy Landry, APRN

Paulette Landry, APRN

Schantell Edmond, RN

Rebecca Rue, LPN

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Madeline Husband-Ardoin, Chief Admin. Officer

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Brenda Broussard, APRN

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Jennifer Middleman, LPN

Ellen Simon, Admin. Assistant

Julia Lognion, RN, Nurse Supervisor

Elaine White, APRN

Michelle Stelly, RN

Fonda Guillory, LPN

Shawn Arceneaux, Health Information Coder

Darlene Champagne, Admin. Assistant

Staying Well in Stressful Times

Life's challenges are stressful. Stress can interfere with sleep, cause mood swings, and even reduce your body's ability to fight off common things like colds and flu. It can make conditions like high blood pressure, diabetes, asthma, and chronic pain much more difficult to control, and it can make positive lifestyle changes like smoking cessation, eating right, and exercising much more difficult to make.

There isn't a good way to completely eliminate stress, but here are some things you can do to make daily stressors a little easier to deal with.

1. **Set aside "me" time.** You can't take care of others until you take care of yourself. Don't feel guilty about carving out a little time each day to do something restful and relaxing.
2. **Try not to overschedule.** When things get insanely busy, take a moment to sit down and look at your schedule. Do the things that must be done now. Less critical things can wait. Get enough sleep so you can function at your best.
3. **Regular exercise is a mood elevator and stress reliever.** Of course it's hard to find the time to exercise, but you won't regret putting physical activity into your daily routine. It will make you feel better.
4. **Talk to someone when things get bad.** Share the rough times. Ask for help and advice. You might be surprised by the support you'll get from friends and family. Don't ignore problems and hope they'll go away. Talking about them will help you feel better, and who knows, you might find a way to solve them.

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COUNSELING & TESTING CENTER

Location: (OK Allen Hall) Saucier Wellness Center

Office Hours: Monday-Thursday 7:30 am – 5:00 pm

Friday 7:30am to 12:30 pm

Phone: 482-6480

Services: Confidential & Free of Charge/Appointments can be made by stopping by or calling in

Emergencies: The counselors make every attempt to attend to persons in crisis as soon as possible. It is important to let the receptionist know that the situation seems to be an emergency. After regular office hours or on weekends contact the UL Lafayette Police at (337) 482-6447 and give them your name and phone number. They will contact the counselor on call and get back with you as soon as possible.

Director: Brian P. Frederick, Ph.D

Assistant Director: Kristy Fusilier, Ph.D, LPC-S

Counselor: Lorraine Hebert-Palmer, M.S, LPC-S

Counselor: Bruce Buggs, II, M.A, LPC-S

Counselor/ Testing Supervisor: Karlie Butterworth, M.S, P-LPC

Administrative Assistant: Beverly Craig

Time Management

Do you ever feel under too much pressure with too much to do? Do you ever feel disorganized, or that your life is out of control? Time management problems can occur at any age to people in all stages of life.

One of the best methods to use your time efficiently is to plan when you will do specific tasks by creating a schedule.

1. First list all projects with their due dates.
2. Break large projects into smaller tasks and select dates for the completion of each task.
3. Identify your body's natural highs and lows and plan to schedule tasks when you energy is high and your concentration is at its best. Save mundane tasks, such as shopping and housework, for late afternoon or evening when you're normally tired.
4. Map out a weekly schedule. Label the various tasks A (high priority), B (medium priority), or C (low priority), depending on the necessity of completing the task, and focus on performing the high priority tasks first.
5. Don't forget to schedule in time for sleeping, eating, socializing, and exercise or relaxation time

Some tips when creating your schedule:

- When planning how to use a large chunk of time, it is usually more effective to alternate subjects or tasks, so that in a 4 hour period you should spend 1 hour on 4 different things.
- Anticipate deadlines and high stress periods and plan for extra preparation hours.
- Plan frequent breaks; they help to relieve stress and sustain motivation, but only take one 10-15 minute break per hour of work.