Lehigh students cite STRESS as the #1 impediment to academic performance (Lehigh NCHA Spr’14). Healthy coping strategies for time, study and stress management can be found by tapping into Lehigh’s existing resources or by developing techniques that work for you.

Three Common Myths Surrounding Stress

Dispelling them enables us to understand our problems and then take action against them.

**Myth 1: Stress is the same for everybody.**
Completely wrong. Stress is different for each of us. What is stressful for one person may or may not be stressful for another; each of us responds to stress in an entirely different way.

**Myth 2: The most popular techniques for reducing stress are the best ones.**
Again, not so. No universally effective stress reduction techniques exist. We are all different, our lives are different, our situations are different, and our reactions are different. Only a comprehensive program tailored to the individual works.

**Myth 3: Only major symptoms of stress require attention.**
This myth assumes that the “minor” symptoms, such as headaches or stomach acid, may be safely ignored. Minor symptoms of stress are early warnings that your life is getting out of hand and that you need to do a better job of managing stress.

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**The Optimal Buzz**

*More isn’t always better.*

.05 is the optimal BAC for a “good buzz.” How can this be, you ask? It’s called the biphasic effect. A BAC of about .05 (.055 to be exact) is the point at which a stimulating buzz will not get better with more alcohol (Phase 1). In fact, drinking more alcohol at this point can lead to more negative, depressive effects (Phase 2).

- Wash your hands often with soap and water or use alcohol-based sanitizer
- Avoid touching your eyes, nose and mouth with unwashed hands
- Get a flu shot to protect against flu viruses and limit the spread of illness
- Cover your nose and mouth with a tissue when you cough or sneeze
- Avoid touching your eyes, nose and mouth with unwashed hands
- Don’t share drinking cups, utensils or make-up with other students

Percentage of Lehigh Students vs. Reference Group reported being diagnosed or treated for the following illnesses in 2014:

- 53.5% of students believed .14 was the optimal BAC, which is incorrect. **.05 is the optimal BAC.** 11.6% got the answer correct. Thank you for polling your answers.

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**Prevent Illness: Protect Yourself and Others**

A Few Simple Acts That Can Make A Big Difference in Your Health

Undergraduate student results (n=418) from the Spr’14 National College Health Assessment; a nationally recognized research survey conducted at Lehigh every February. NCHA Reference Group consisted of 96,611 undergraduate respondents.

Lehigh students reported more preventable illnesses than the Reference Group.

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**Excuse Policy**

Lehigh’s Health & Wellness Center doctors and nurses do not write medical excuses for missed classes.

* A Dean's Note is only required for students who miss more than a full week of classes OR miss an exam.

Be proactive and contact your professors via e-mail or phone and arrange to make up missed work. Students who have concerns or miss class for more than a week or miss an exam are to contact: inacsup@lehigh.edu.

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