

# Wellness InSTALLments

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# November

## Upcoming Events

- 11/3— Cash Cab**  
2-4pm, Main Campus
- 11/6— Prize Team**  
11-1 pm, Main Campus
- 11/8— Party Smart Mocktails**  
7:30-8:30pm, Eagles Landing
- 11/10— VETERAN'S DAY (Observed) No Classes**



- 11/15— Tips Tuesday: Thanksgiving Tips**  
11-1pm, In front of P&W
- 11/15— Healthy Hump Day: Thanksgiving Day Swaps**  
12-3pm, In front of P&W
- 11/22—Study Day (no classes)**
- 11/23—Thanksgiving (no classes)**
- 11/24—Thanksgiving Observed**
- 11/27— Cash Cab**  
2-4pm, Main Campus
- 11/30— Prize Team**  
11-1pm, Main Campus

*Please see our online calendar for a full, updated schedule*

## WELLNESS TIP

Caffeine is a key active ingredient in many headache medications. It can help reduce inflammation, and that can bring relief from the pain.

## Question of the Month

**True or False?**  
**Women are more likely to suffer from headaches than men.**

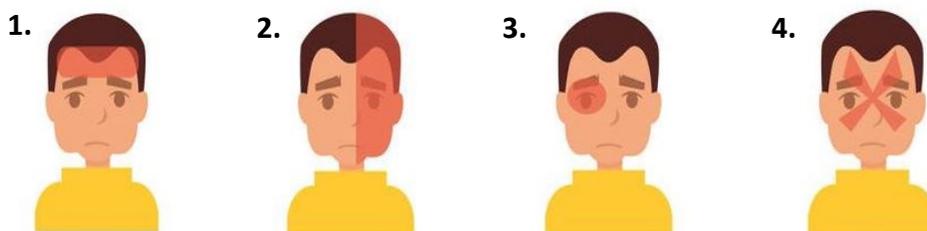
Email us at [pws@fgcu.edu](mailto:pws@fgcu.edu) with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

## Headaches A Pain In The Neck?

Is the strain of this semester giving you a headache? A headache is the result of pain signals that occur among brain tissues, nerves, chemicals, and blood vessels. Many people experience headaches, often due to triggers related to their age, gender, health, and overall lifestyle. Other factors that can trigger headaches for some people include stress, noise, light, and weather. College students are especially at risk for headaches as they are more likely to suffer from stress, fatigue and anxiety. In addition, they also strain their eyes and muscles from sitting in hunched over positions, reading textbooks, and staring at computer screens. **According to the National Headache Foundation and the World Health Organization, women are twice as likely to suffer headaches as compared to men.** The main reason for this is due to hormonal influences.



## Type of Headaches



- Tension** — The most common type of headaches. Pain like a band squeezing the head. Can be brought on by lack of sleep, stress and skipping meals.
- Migraine** — The most debilitating headache. Pain, nausea and changes with vision are typical of this type of headache.
- Cluster** — Short but extreme pain occurring in and around one eye.
- Sinus** — Pain behind brow bone and cheek bones as the sinuses swell. Fluids and over the counter medications usually help with this headache.

## Tips for College Students!

- Studying for long periods of time can cause eyestrain. Take frequent breaks to give your eyes a rest.
- Stay hydrated.
- Exercise regularly.
- Set aside time to relax and practice these techniques.
- Get an adequate amount of sleep and try not to vary your schedule too much.
- Drink coffee in moderation. Caffeine withdrawal is a common trigger.
- Try not to skip meals. Missing or delaying meals can trigger headaches.
- Drink alcohol in moderation, with plenty of water in between drinks to avoid a hangover headache in the morning.



**PEERS CARE**  
Educate. Engage. Empower.

