

Marijuana for Stress?

Many students choose marijuana as a method of "winding down". Medical and psychological studies show this is not often a successful way of handling stress. Frequently, there are physiological and psychological effects that complicate the influence of stress in our lives.

While a person may feel more relaxed, the body actually goes through some stress-related processes more rapidly when under the influence of marijuana. One initial effect is increased pulse rate and blood-pressure. Both of these rise and fall randomly when the body is exerted.

Over time, marijuana inhibits the body's endocrine system. This interferes with its natural process of releasing certain hormones that prepare the body for stress.

Students using marijuana during a time of recreation may tem-

porarily avoid stress with the intention of resuming responsibility later. The problem with this is that frequent users, during periods of non-use, often experience insomnia, anxiety, and irritability. While stress may be avoided during recreation, the long term stress reactions are actually heightened.

Studies also show that R.E.M. (Rapid Eye Movement) sleep does not occur when the brain is affected by marijuana. This means that while the body may be rested, the brain has not, leaving a student less able to cope with the stressors in his day than if he had slept well.

Overall, the emotional effect of marijuana is deceiving. The chemical occurrences in the body and brain do not match the "relaxed feeling". The frequent use of marijuana actually hinders a student's long term, developing ability to deal with stress.

By John Schwartzman

RECIPES

THE HEALTH SHAKE

½ cup ice-small cubes or crushed
½ cup orange or other fruit juice
1 medium sized apple - cut up

Optional:

1 raw egg
¼ cup yogurt
1 tablespoon protein
or use your imagination

Put ice and juice in blender. Blend on medium speed. While blender is still running, drop in apple. Cut banana in thirds and drop it in a piece at a time. Blend until smooth. Pour into your favorite glass and enjoy!

Great when you don't have time for a real meal, or if you're just in the mood for something to quench that midday hunger. For a special treat see what the store has in season and add that.



INTRODUCING THE LIFESTYLE PLANNING PROGRAM:

Are you a health conscious individual seeking more information concerning health-related topics? The Lifestyle Planning Program, located in the Student Health Center, may be just what you are looking for.

The Lifestyle Planning Program has many unique things to offer students, and all of the programs are free of cost.

The program is run by Peer Health Advisors (upper-division and graduate students who are knowledgeable in a major topic area relating to health) and three G.T.F. program coordinators. The Peer Health Advisors are para-professionals in their specialized areas, and they generally work in one or two of the five following areas:

- Fitness
- Nutrition/Eating Disorders
- Sexuality
- Substance Abuse
- Stress Management

The advisors will help students design behavior

change programs based on specific needs and concerns, as well as providing information in these areas free of charge.

The Lifestyle Planning Program also has a library of current health books and cassette tapes that can be checked out by any U of O student. There are also a large number of free pamphlets and handouts of current articles available to students.

The last service which is available is the Educational Outreach Program. This is a program that is available to any residence hall, sorority, fraternity, co-op, student organization or any other campus group that is interested in having a Peer Health Advisor prepare and give a presentation.

For more information, or to make an appointment with an advisor, contact the Student Health Center at 686-4456. If you're in the neighborhood, stop by the Health Education Center on the first floor of the Health Center between the Pharmacy and Area B.

THE EXERCISE CONNECTION

It is the middle of midterms, you have a paper to write, your friends want you to go to a party with them, the phone bill is due, and you haven't slept more than five or six hours a night in the last week. Stress is building within all aspects of your life and you don't know what you can do to cope. If only time and money grew on trees. Unfortunately they don't, so how do you deal with these situations in such a manner that they don't begin to dictate your life? EXERCISE.

Exercise in itself will not get these things done for you but it can help to clear your mind and get rid of your frustrations without abusing your roommate. Exercise can help you to relax and dissipate the stress by allowing you to put things into a realistic perspective. You will realize that the world is not going to come to an end if you take a half hour out of your day to exercise. You may even realize that you have more time than you

think you do and things aren't as bad as you thought.

So you are too tired to get out and exercise? Believe it or not, exercise can increase your energy levels by getting your blood flowing more and getting all your systems into action. Exercise makes you feel rejuvenated when you finish.

Exercise can dissipate the detrimental effects of stress on your health by strengthening your body's capability to fight off illness and infection. It can enhance the body's ability to deal with these effects if they do occur as well.

So for your next study break, instead of sitting in front of the television, put on your walkman and go out for a walk, a run, go to an aerobics class, go for a bike ride, go play racquetball or tennis, or gather up a few friends and play frisbee or football.

Stress your body and your body will help you cope with stress.

By Jackie Gorman

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