Stress Busters
at Emory

Resources to help you feel your best!
Stress Busters@Emory

Take a walk in Lullwater Park. The park contains paved trails as well as hiking paths in addition to a lake and plenty of picnic spots. Trails in Lullwater range from .8 mile to 1.2 miles. Walk or wheel on campus using the new sustainability map at http://sustainability.emory.edu/html/map/index.html.


Join an organization, faith group or volunteer activity:
- Office of Student Leadership and Service 727-6169, http://osls.emory.edu/
- Volunteer Emory, 727-6269, http://volunteer.emory.edu

Connect with a higher power. Prayer services are offered several times a week, call 727-6226 for more information.

Take a class in yoga. Or reap the benefits of almost any physical activity. Contact Fitness Emory at the Office of Recreational Services at 727-6551.

Go to a play, listen to a concert, laugh out loud. Arts@Emory can give you a break from it all, visit http://www.emory.edu/ARTS/ for more info.

Talk with a counselor at the Counseling Center, 404-727-7450.

Find out if biofeedback/relaxation training in the Counseling Center’s Stress Clinic is right for you, 404-727-7450.

More information on Stress and Stress Management:
- Stress and Strategies for Lifestyle Management, KB Matheny and RJ Riordan
- Learned Optimism, ME Seligman
- The Relaxation Response, H Benson
- The Relaxation and Stress Reduction Workbook, M Davis et al
- Don’t Sweat the Small Stuff...and it’s All Small Stuff, R Carson

For more information, contact Heather Zesiger, MPH, CHES, Director of Health Education and Promotion; 404-727-1736, heather.zesiger@emory.edu, http://www.studenthealth.emory.edu
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Did you know there are 2 types of stress? “Good” stress (eustress) can help you stay alert. “Bad” stress (distress) exhausts your body & mind. Experts tell us that the negative kind of stress results from one’s perception that his or her demands exceed his or her resources for coping with those demands. Thus, the “stress equation” for bad stress could be written as:

\[ \text{STRESS} = \text{DEMANDS} \rightarrow \text{RESOURCES} \]

To reduce negative stress we have to a) reduce our demands, b) increase our resources, or c) adjust our perception so that we are honestly evaluating both our demands and our resources.

✞ Take a moment to identify some examples of your demands and resources.

Demands might include: classes, homework, parental pressures, relationships, friendships, making choices about how to spend one’s time, financial concerns, roommate issues, too many extracurricular activities, etc.

✞ List your current demands:

___________________________________  _________________________________  
___________________________________  _________________________________  
___________________________________  _________________________________  
___________________________________  _________________________________

To limit your demands, try making a list of what is most important — prioritize based on what needs to happen on a daily, weekly and monthly basis. Also, become comfortable saying “no” if others ask you to increase your demands in ways that are unsatisfying to you or which don’t help you reach the priorities you have set for yourself.

Resources might include: supportive friends and/or significant others, open communication with friends and family, time management, eating well, exercise, a good balance of extracurricular activities, regular study breaks, etc.

✞ List the resources you have:

___________________________________  _________________________________  
___________________________________  _________________________________  
___________________________________  _________________________________  
___________________________________  _________________________________

Additional Stress-Relief Methods Include:

• Yoga  • Journaling  • Meditation  • Going for a walk  • Volunteering  
• Talking to a friend  • Collecting jokes  • Clipping funny photos  • Deep breathing  • Visiting a museum  
• Reading a favorite book, just for fun!  • Joining an activity: Call 404-727-6169  • Playing with puppies in the park  • Watching a funny movie or tv show  • Counseling: Call 404-727-7450 to learn more

Books w/ Further Information on Stress and Stress Management
Stress and Strategies for Lifestyle Management, KB Matheny and RJ Riordan  
Learned Optimism, ME Seligman  
The Relaxation Response, H Benson  
The Relaxation and Stress Reduction Workbook, M Davis et al  
Don’t Sweat the Small Stuff...and It’s All Small Stuff, R Carson  
The Anxiety & Phobia Workbook, Edmund J. Boume, Ph.D.

FYI - Dependence on drugs, alcohol, nicotine or caffeine will only aggravate your body’s reaction to stress. To feel better, also limit sugar and high-carb foods. Whole-grains, fruits and vegetables, low-fat proteins, and enough water can help your body fight stress.
Take a deep breath! You are not alone. There are people here who care about you and your success.

Ask for help - from your professor, advisor, friend, mentor, tutor, or Learning Services: www.epass.emory.edu; 404.727.5300.

Make a plan! Some students find it helpful to use a PDA to manage their time. Others use calendars, journals, index cards or sticky notes. Experiment to find a system that works best for you and keep it updated. Back-up your calendar if possible so you won’t lose everything if it is stolen or misplaced.

Be honest with yourself regarding your strengths and weaknesses. Choose to do the harder tasks, assignments and projects when you are most rested – resist the urge to save the hardest task for last!

Use “lost” time while you are standing in lines, showering, commuting, etc. to either clear your mind and relieve stress by breathing deeply and slowly OR use the time to brainstorm how to tackle creative projects that are coming up. You may feel less anxious if you feel you aren’t “wasting” time.

Start as early as possible on your assignments. Equipment or materials may take longer to access or use than you first planned.

Sleep is your friend. Getting enough sleep to stay alert during the day will help you be the most efficient and productive with your time. Many students don’t recognize the food-sleep connection. Avoid eating lots of protein late in the day (if you want to be able to fall asleep later). Limit such foods such as pizza, burgers, wings, & fried or sugary foods late in the day. Opt instead for fruit, veggies, rice and beans, a lean-meat sandwich or veggie burger, cheese and crackers, etc. (any combination of a light carbohydrate and lean protein). And, of course, limit caffeine within 6 hours of when you would like to fall asleep. Learn more about enhancing your sleep by downloading our SleepWell@Emory materials.

Avoid drugs which claim to help you stay awake and alert. Dependence on these drugs can be harmful and will cost you more time (and money) in the long-run.

Do what you need to do to feel your best and to avoid getting sick. Health-enhancing behaviors, even for the chronically time-deprived, include taking full breaths, exercising when possible, meditating as a study-break, talking with friends, laughter, smiling, eating healthy foods for energy and brain function, taking a walk, washing your hands regularly (to reduce the risk for contagious illness), relaxing baths or showers, exchanging massages with a friend, hugging.

Set goals. Write them down. Keep them where you can see them when you need inspiration or a “second wind” to help you get through a tough assignment. Posting photos of friends, family, pets or other sources of inspiration can also help you get through the tough times.
Resources for Developing a Relaxation Response

Online tools and downloads
Virtual Meditation Rooms
• http://life.gaiam.com/gaiam/p/Gaiam-Life-Meditation-Rooms.html

Downloadable Relaxation Scripts and Audio Files
• http://www.allaboutdepression.com/relax/

StressBusters@Emory Resource Kit
• http://studenthealth.emory.edu/hp → follow the menu links to “handouts”

Meditation Stations
Learn to Meditate * Refine your Practice
FREE of CHARGE
Days and Times vary – check our website or contact Shirley for details.
Learn basic techniques that are practiced by people of any faith or of none.
All meditators are welcome: new and experienced, religious and secular.
For more information contact Shirley Banks, Health Educator, at
404-727-7312 or shirley.banks@emory.edu.
Sponsored by the Office of Health Promotion at Emory Student Health and Counseling Services.

Meditation Resources
• http://studenthealth.emory.edu/hp/hp_meditation.php
Includes a downloadable meditation log; metta recitation; calendar of events and more!

Books
   Boston: Wisdom Publications.

iTunesU – Exclusively Emory
Free podcasts on health topics of interest to Emory students are available on http://itunes.emory.edu/ in the Exclusively Emory section. To access them: login (same as you would for OPUS), select “Campus Life” and then click on the “Health Promotion” album. If iTunes is not installed on the computer you are using, you will need to download free software before proceeding. We’ve created podcasts on sleep, stress, meditation, nutrition, hookahs, and more. You’ll also find videos and animated shorts including an introduction to Student Health and Counseling Services, healthy relationships, flu shots, and Swoop visits the doctor! We’re always eager to work with students interested in helping us develop and record podcasts. If you would like to volunteer, please contact Shirley Banks at 404-727-7312 or shirley.banks@emory.edu.
MEET ME @ LULLWATER

Walk or Wheel on Emory’s Campus Using the Sustainability Map
http://sustainability.emory.edu/html/map/index.html
100 Ways Emory Students Handle Stress

- Use a stress ball
- Make Art
- Read
- Meditate
- Hug someone
- Ask a teacher for help
- Finish a task
- Bake
- Do a puzzle
- Go to the park
- Travel
- Play with a pet
- Swim
- Have sex
- Watch a movie
- Take a Shower
- Get a massage
- Relax
- Make a to-do list
- Attend a concert
- Put things into perspective
- Listen to music
- Light incense
- Talk about problems
- Pray
- Be alone
- Play computer games
- Take deep breaths
- Knit
- Email
- Do housework
- Volunteer
- Be outside
- Play sports
- Cook
- Eat with friends
- Get a head start on work
- Dance
- Take a break
- Rock climb
- Lay in bed
- Enjoy hobbies
- Exercise
- Eat sweets
- Attend a religious service
- Clean
- Stop thinking about stressors
- Cry
- Play a musical instrument
- Hike
- Problem solve
- Watch TV
- Do martial arts
- Socialize
- Drink tea
- Get organized
- Stretch
- Tell jokes
- Draw
- Go for a drive
- Take medication as prescribed
- Vent
- Prioritize
- Go for a run
- Surf the web
- Sit in silence
- Garden
- Do yoga
- Ride a bike
- Limit activities
- Throw a football around
- Laugh
- Play a game
- Write music
- Go for a walk
- Study
- Sing
- Drink coffee
- Take a bath
- Find diversions
- Play with children
- Get a manicure
- Use positive self-talk
- Get counseling
- Read a religious text
- Work on time management
- Shop
- Take a nap
- Play billiards
- Talk to a religious leader
- Rant
- Reward self upon finishing a task
- Get out of the house
- Facebook
- Stop procrastinating
- Masturbate
- Spend time with friends and loved ones
- Write in a journal
- Talk to friends, family, or a significant other
GUIDELINES FOR HEALTHY MEALS AND SNACKS

Remember: Protein • Carb • Low-fat • Water

Be sure to include:

◆ **Protein**
  While having a piece of fruit or a glass of juice may appear to be a nutritionally excellent choice, it most likely will not last as long as a snack. Always try to pair a carbohydrate with a protein source.

◆ **A Plant and/or Whole Grain**
  Whenever you can, select a plant (fruit or veggie) or select a whole grain product instead of a processed food. You’ll be giving yourself vitamins/minerals, antioxidants, and fiber, which contribute to a healthy and fit body.

◆ **Water**
  Even slight dehydration can negatively affect energy and the ability to concentrate. Plus, you’ll be more prone to OVER eating if you’re dehydrated. Have at least 8 ounces of water at each snack and meal.

◆ **Remember to keep it low in fat!**

**Breakfast Suggestions**
- Old-fashioned oatmeal, fruit, skim milk, possibly scrambled eggs
- Whole-wheat toast or small bagel, peanut butter, fruit and/or skim milk
- Kashi or similar cereal that is high in fiber; add raw oats, skim milk, fruit
- Scrambled eggs with whole wheat toast, skim milk and/or fruit

**Snack Suggestions**
- String cheese + fruit or whole grain cracker (e.g., Triscuits, Kashi, Wasa)
- ½ sandwich with lean meat on whole grain bread
- Peanut butter + fruit or carrots
- Dry roasted soynuts with or without fruit (soynuts contain carbs)
- Cottage cheese + fruit
- Boiled egg + whole grain crackers or veggies
- Protein bar containing at least 15 grams of protein
- Hummus + raw veggies
- Yogurt + 1-2 T old-fashioned raw oats added (sustains energy)
- 1/4 - 1/3 cup nuts or seeds
- Whole grain bread with peanut butter or cheese

**Lunch and Dinner Suggestions**
- Veggie pizza (light on the cheese), salad with vinaigrette, skim milk, fruit
- Turkey or ham sandwich on whole wheat, pretzels or Tricuits, salad with vinaigrette, skim milk, fruit
- Burrito: wrap/beans, rice/cheese or guac/salsa, fruit – watch out for the chips! – if it’s a huge burrito, eat half now, half later.
- Chicken breast, black beans with salsa, salad with vinaigrette, fruit or yogurt
- Pasta: add veggies/tafu or lean meat or shrimp; salad with vinaigrette, fruit or yogurt
- Couscous: same as above
- Lean burger: whole wheat bun if possible, baked potato with light sour cream, salad with vinaigrette
- Stir fry: rice, heavy on the veggies, add tofu or lean meat, fruit

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**Did you know?**
Currently enrolled Emory students can make a **free, confidential** appointment with our nutritionist Carol Kelly, RD, CSSD,LD, by calling 404-727-7551 or on Your Patient Portal at www.studenthealth.emory.edu
Smart Snacking for Late-Night Studying

Need to stay awake to write the paper or read chapters and chapters... or Both?!

Is the following scenario familiar?
It’s late; you’re hungry and tired and you have hours of studying ahead. What can you eat that will help keep you thinking, not put you to sleep, but also won’t keep you from sleeping when you need it?

Research has suggested that some foods may help promote alertness while other foods may enhance relaxation and possible sleepiness.

Need a snack and you’re going to sleep in an hour or so?

Choose foods which have a higher than usual tryptophan content (milk and yogurt) and/or foods which are lowfat, high in carbohydrate content (may enhance tryptophan uptake). Increased tryptophan uptake may enhance relaxation and sleepiness.

For some, spicy foods are stimulating, so you may want to avoid those, too.

Here are some suggestions:
- Yogurt with cereal
- Cereal with milk
- Lowfat cookies such as plain graham crackers or vanilla wafers (one or two portions only, though—not half the box!)
- Toast with jam or jelly

Need to stay alert for hours?

Focus on foods that are high in protein, moderate-to-low in fat and carbohydrate content. More at one time is not better! A large feeding may promote sleepiness. Stay well-hydrated, as dehydration can enhance fatigue (and appetite!)

Try these high protein snacks:
- Cottage cheese with small amount of cereal or fruit if needed
- Half or whole lean meat sandwich (generous with the lean meat)
- Hummus and veggies
- Nutrition Bar that contains at least 15 grams protein
- Edamame

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SleepWell
Sleep Better, Study Better, Perform Better

Resource Page

Sleep for Success

Why is sleep so important?
• Sleep restores energy to muscles.
• Memory and new learning is consolidated during sleep.
• Your immune system recharges during sleep.
• Inconsistent sleep patterns or lack of sufficient sleep can lead to:
  Decreased:
  ↓ Grades
  ↓ Attention
  ↓ Memory
  Increased:
  ↑ Mood Swings
  ↑ Anger
  ↑ Depression

Healthy Sleep Habits:
• Relax before bedtime (stretching, visualization, meditation, etc.).
• Go to bed and wake up at approximately the same time each day. (Yes, even on weekends!)
• Avoid naps entirely or limit naps to 45 minutes in the early afternoon (or no later than 4 pm).
• Exercise on a regular basis but avoid strenuous activity within 4 hours of bedtime.
• Avoid substances with caffeine within 4 hours of bedtime; avoid alcohol within 2 hours of bedtime.
• A light carbohydrate snack and dairy before bedtime may help you sleep: yogurt, plain cookies such as vanilla wafers or graham crackers with milk, small lean meat sandwich. Avoid high fat foods or large amounts of protein that your body has to stay “awake” to digest (pizza, wings, etc.).
• Exposure to natural light, such as a walk outside in the morning, will help you to wake up and feel alert.

Do TV or Video Games Impact Sleep?
Yes. Exciting television programs, movies, and video games can over-stimulate you and make it harder to fall asleep. The “glow” from electronic devices can inhibit our natural sleep cycle. If you have trouble falling asleep, avoid using your computer or other devices for at least an hour before you try to fall asleep.

What should I do if I think too much and can’t sleep?
• Keep blank paper next to your bed and write out all the things you are thinking about.
• Elicit the relaxation response through breathing exercises or meditation.

What should I do if my roommate or residence hall is too noisy?
• You can use soft, disposable earplugs which will reduce the noise. You can also use a sleep mask to cover your eyes if your roommate leaves the light on.
• Talk to your roommate to make a plan that better meets both of your needs. Talk to your RA if the entire hall tends to be noisy, or, if you live off campus talk to your housemates and/or landlord.

What if I like to stay up late on the weekend?
If you don’t feel well rested, then getting consistent sleep, even on weekends could help a lot. But, if you just can’t shake the party bug:
• If possible, take classes that start later.
• If you select Friday as your only late night out, that will give you more time to resume your sleep schedule for Monday.
• Get outside and exercise in the morning; sunshine and exercise can reset the biological sleep clock.

For more information, contact Heather Zesiger, MPH, CHES, Emory Student Health & Counseling Services, 404-727-1736.
A Bed is a Bed, not a Desk - Stimulus Control Instructions

Part of learning to sleep better is helping your brain associate your bed with sleep, and only with sleep. If you do your homework in bed, or do exciting things like watch movies in bed or spend a lot of time online with your laptop in bed, you may find it difficult to then relax and sleep in bed. Take advantage of other locations to study and socialize (lounges, library, common areas, cafes and coffee shops, etc.).

To turn your bed into a cue for sleep:

1. Use your bed only for sleep and intimacy.

2. Establish a set of regular pre-sleep routines that signal to your brain that it is time for sleep. Each night do the same wind-down routine. Examples: prepare materials for the next day, tidy up room, clear off bed, take a warm shower, say good-night to friends and loved ones, meditate or pray, etc. If you have trouble quieting your mind, try breathing exercises to elicit your body’s relaxation response.

3. At bedtime: Lie down intending to sleep only when sleepy. If unable to fall asleep after about 15 minutes, get up and go into another room. If in a residence hall, get out of bed and do something relaxing, not homework (homework will just wake up your brain again). Try to avoid bright lights from a television or computer during this time. Return to bed only after you feel sleepy. If, once in bed, or if you re-awake at a later time and cannot fall asleep within 15 minutes, get out of bed once more and repeat the process.

Products that May Negatively Impact Sleep

Beverages and Candy that Contain Caffeine

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Caffeine Content (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Coffee (8 oz)</td>
<td>60 – 350 mg</td>
</tr>
<tr>
<td>Decaffeinated Coffee</td>
<td>2 – 4 mg</td>
</tr>
<tr>
<td>Black Tea (8 oz)</td>
<td>30 – 120 mg</td>
</tr>
<tr>
<td>Green Tea</td>
<td>30 – 50 mg</td>
</tr>
<tr>
<td>Colas (Coke, Pepsi, Root Beer, etc)</td>
<td>20 – 60 mg</td>
</tr>
<tr>
<td>Energy Drinks (Red Bull, Vault, Full Throttle, Monster)</td>
<td>50-150 mg</td>
</tr>
<tr>
<td>Chocolate (per oz)</td>
<td>8 - 20 mg</td>
</tr>
</tbody>
</table>

Caffeine content information retrieved 12/6/07 from http://www.mayoclinic.com/health/caffeine/AN01211

Medications

Some over-the-counter medicines contain stimulants such as caffeine or pseudoephedrine. Some prescription medications could interfere with sleep or make you too sleepy; be sure to talk with your health care provider and/or pharmacist about possible side effects of any medications you may be taking.

Alcohol

Do not drink alcoholic beverages within 2 hours of bedtime. Alcohol, since it is a sedative, may make you feel tired, but as your body metabolizes the alcohol it disrupts the sleep process and you may not awaken feeling rested.

Resources

Emory University Student Health and Counseling Services

- Student Health Services Appointments – 404-727-7551 or schedule online via the Patient Portal at http://studenthealth.emory.edu
  - To discuss sleep strategies with a health educator, select Heather Zesiger as your provider when making your appointment.
  - Visits with health care providers at Student Health and Counseling Services are FREE and confidential. Charges may be incurred for lab tests or medications and supplies.
- Student Counseling Center Appointments – 404-727-7450

For more information, contact Heather Zesiger, MPH, CHES, Emory Student Health & Counseling Services, 404-727-1736.
<table>
<thead>
<tr>
<th>Top Ten Facts About Emory University Student Health Services</th>
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</table>
| **1** We are the primary health care provider for Emory students.  
  If you get sick, contact us!  
  If you want preventative health care, contact us! |
| **2** Students can contact us by phone at 404-727-7551 or online at [www.studenthealth.emory.edu](http://www.studenthealth.emory.edu)  
  Use Your Patient Portal to schedule appointments and send secure emails to staff. |
| **3** EUSHS does not charge for office visits. We charge only for medications and lab tests. What a fabulous deal!  
  Emergency Department visits are often expensive. Talk with a clinical provider at EUSHS before going to the ER, unless there is a life-threatening emergency.  
  We dispense many common medications, when prescribed by a EUSHS provider, at a reduced price, including oral contraceptives. |
| **4** Our staff includes specialists in family practice, internal medicine, sports medicine, orthopedics, women’s health, emergency medicine, nursing, substance abuse counseling, sexual assault prevention and response, sexual health counseling, health education, nutrition counseling, psychiatry, and travel/allergy/immunizations. |
| **5** For urgent medical questions or concerns after hours or weekends that cannot wait until we are next in the office:  
  Contact the Emory University Student Health Services’ on-call physician; call 404-727-7551 and press “0.” One of our very own EUSHS clinical providers will call you back. We do not outsource this service.  
  For life-threatening emergencies, day or night, call 911 from an on-campus or off-campus phone.  
  Please note that Emory University Student Health Services is not an emergency facility. |
| **6** We are very protective of students’ confidentiality. |
| **7** Emory University Student Health Services, Office of Health Promotion, and Emory Student Counseling Center are all part of the same organization within the Division of Campus Life. (Emory Healthcare and the Emory Hospitals are a different business.) |
| **8** Students can be part of the Emory Student Health Services’ mission by becoming members of the Student Health Advisory Committee (SHAC). Call us at 424-727-1697 to join. Visit [http://studenthealth.emory.edu/hp/jp_get_involved.php](http://studenthealth.emory.edu/hp/jp_get_involved.php) for more options! |
| **9** EUSHS is open Monday- Friday 8-5. Saturday clinic 10-1 for urgent illnesses and injuries requiring weekend care. During summer session and winter and spring break, EUSHS is open weekdays only from 8:30 a.m. to 5:00 p.m. |
| **10** We are located at 1525 Clifton Road, near the Woodruff Residential Center and the Health Sciences Library. Our Counseling Center is located at 1462 Clifton Road 2nd Floor. |

The mission of Emory University Student Health and Counseling Services is to empower students to take responsibility for their health and to complement the academic mission of the university by providing unified medical, counseling, and health education/promotion services that result in a healthy campus culture. Student Health and Counseling Services is committed to providing caring professional clinical services to a diverse student body and to reducing the stigma associated with seeking mental health services.
Office of Health Promotion, Emory University Student Health and Counseling Services invites students to be well at Emory! We can help you feel your best for success in and out of the classroom.

Heather Zesiger, MPH, MCHES, Director of Health Promotion
Want to get involved? Come see me about our strategic health promotion initiatives, creating a healthy campus culture, and careers in public health/higher education. I also coordinate assessment, evaluation and curriculum infusion. Can’t sleep? Make an appointment with me to enhance your sleep strategies.
Voicemail: 404 727 1736 / Email: heather.zesiger@emory.edu

Virginia Plummer, LCSW, Coordinator of Alcohol & Substance Abuse Prevention Services
See me to find out how to reduce your risk of alcohol, tobacco, and other substance abuse, or to help a friend. I offer interactive presentations to discuss how to enhance your wellness by reducing or abstaining from substance use, increasing enjoyment in substance-free ways, and managing stress.
Voicemail: 404 727 7329 / Email: virginia.plummer@emory.edu

Carol Kelly, MA, RD, CSSD, LD, Coordinator of Nutrition Education
Let’s talk about nutrition! I can consult with you and assess your nutritional needs. I provide ongoing nutrition counseling; presentations on nutrition and healthy eating including study snacks, sports nutrition, and eating for performance.
Voicemail: 404 727 1735 / Email: carol.kelly@emory.edu

Sue Gloor, RHD Fellow 2011-2012
I handle outreach and marketing. I partner with Residence Life and other student groups, and I maintain the department’s presence on Facebook, LL, and other e-communications. I also make the videos for Student Health 101, so talk to me if you want to be famous!
Voicemail: 404 727 9003 / Email: sgloor@emory.edu

Lex Gilbert, Administrative Assistant
Just ask me! I handle materials requests (e.g. condoms, brochures for student groups), and general questions; I’m also the webmaster and graphic designer. I coordinate SHAC, Student Health Advisory Committee—a great way to be involved in health at Emory.
Voicemail: 404 727 1697 / Email: lex.gilbert@emory.edu

Marc Cordon, MPH, Associate Director/Health Promotion Specialist
I’m the coordinator for the ACHA-NCHA study at Emory; I implement and oversee related research on health promotion strategies and student health needs; and I organize Emory’s Healthy Campus initiative.
Voicemail: 404 712 1447 / Email: mcordon@emory.edu

Lauren Bernstein, MSW, Coordinator of Sexual and Relationship Violence Prevention Education and Response
Contact me about advocacy; crisis intervention; counseling and referral for sexual assault survivors. I’m also the advisor to the Alliance for Sexual Assault Prevention (ASAP).
Voicemail: 404 727 1514 / Email: lauren.bernstein@emory.edu

Willie Bannister, LPC, Alcohol and Other Substance Abuse Prevention Counselor
I provide counseling on alcohol and other drug abuse prevention, and give presentations focused on helping you make lower risk choices if and when you choose to drink. We can also talk if you’re interested in quitting smoking or are concerned about prescription drug misuse. It goes without saying that individual meetings are confidential.
Voicemail: 404 727 0395 / Email: wbannis@emory.edu

Shirley Banks, Health Educator, AASECT Certified Sexuality Counselor
Sexuality and sexual health are top of my list! I can help with individual or couple counseling on sexual & relationship issues, as well as confidential HIV testing. I am the advisor for SHAG, Emory’s Sexual Health Awareness Group. I also teach students about the health benefits of meditation.
Voicemail: 404 727 7312 / Email: shirley.banks@emory.edu