

Student Health Newsletter

sexual assault awareness month

According to the CDC, "Sexual violence is any sexual activity where consent is not freely given. . . . More than 1 in 3 women and nearly 1 in 4 men have experienced sexual violence involving physical contact at some point in their lives."

The Sexual Assault Survivors Support Group is Thursdays at 7pm (ET)
<https://zoom.us/j/4424345024>

Ali also tables Wednesdays 11:30am-12:30pm (ET) if you want to drop by and chat



What's Up Wellbeing?

Our lives have changed in sudden, unexpected ways, disrupting the routines and support systems many people rely on for good mental health, and causing many people to struggle. An excellent way to help boost mental health is exercise. Stay active in ways that are fun and make you proud of yourself. You can go on a walk, or just turn on music and dance in your bedroom. Different types of physical activities have different impacts on mental wellbeing, and not everyone gets the same response from the same activities. I hope to help find ways to be active that work for everyone, and connect these physical activities to the science behind their impact on mental health so readers understand why different activities affect us the way they do. If there is a specific topic you would like me to address, email williamhuntley@bennington.edu.

• **EXERCISE OF THE WEEK** •
• (Green) Mountain Climbers •

DR RANDY'S WEEKLY WORDS

ALLERGIES VS COVID-19

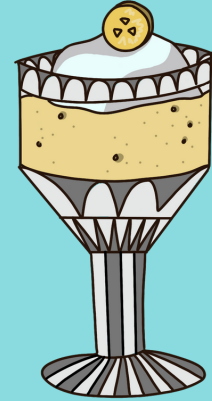
Some symptoms of normal reactions to allergens and weather changes include mild sore throat, nasal/sinus congestion, runny nose, post-nasal drip, a cough that is triggered by ticklishness or mucus in the throat, pressure-like headaches in the sinus area, etc. Allergies do **not** cause a fever, a deeper "chest" cough, or shortness of breath (unless associated with asthma). If you get these symptoms, it is important not to write them off as due to allergies, but rather, you should contact a doctor for advice on whether you could have COVID-19.

healthservices@bennington.edu

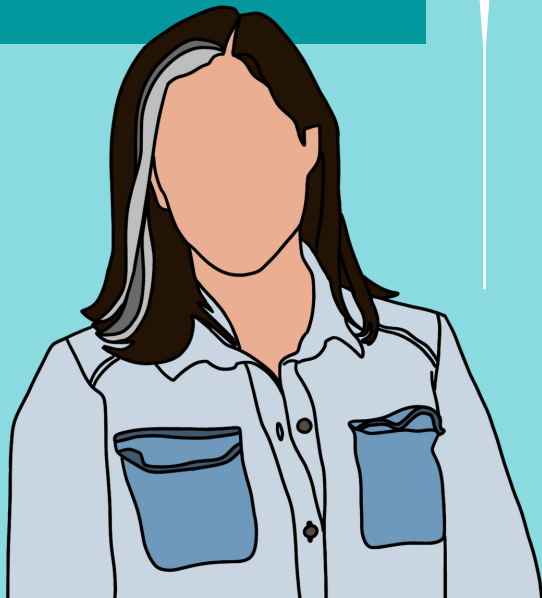


Calming Content

Recipe of the Week!



Claire Saffitz (and the rest of the Bon Appetit test kitchen): Claire Saffitz is a professional pastry chef for Bon Appetit. On her Gourmet Makes show, she recreates classic snacks like Doritos, Twix, and even Pop Tarts while her hilarious coworkers attempt to distract and help her at the same time. Check her and the rest of the Bon Appetit people out if you need a good laugh or a fun recipe to try out.



banana custard

This week, my mother and I made banana custard. A rich, creamy, delight. It is the perfect comfort food. We served it in glass goblets because we're fancy like that, and ate it while watching The Great British Baking Show. It's pretty simple to make, just takes some time to set and whip. Doesn't take too many ingredients either!

½ cup sugar
1 tbsp. cornstarch
⅛ tsp. salt
1 ½ cups milk
3 egg yolks, lightly beaten
1 tsp. vanilla extract
1 or 2 ripe bananas, sliced

In a small saucepan, combine the sugar, cornstarch and salt. Stir in milk until smooth. Cook and stir over medium-high heat until thickened and bubbly. Reduce heat to low; cook and stir for 2 minutes longer.

Remove from the heat. Stir a small amount of hot filling into egg yolks; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir for 2 minutes. Remove from the heat; gently stir in vanilla. Cover and chill for 1 hour. Just before serving, fold in the banana (if you want a stronger banana-y flavor, add and let sit for a couple of hours.)

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