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Owning Your Health: Wellness Resources for Young Adults Ages 18-24

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University of Massachusetts Medical School

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Owning Your Health:

Wellness Resources

for Young Adults Ages 18-24



Evaluation Link: <http://bit.ly/2M0QZV7>

Enrollment code: young19

Your Webinar Host



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NNLM NER, Education & Outreach Coordinat

or

University of Massachusetts

Medical School

Worcester, Massachusetts





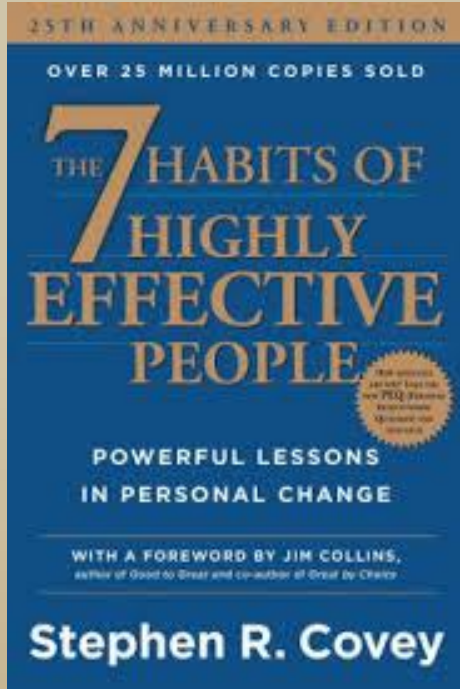
U.S. National Library of Medicine

National Network of Libraries of Medicine
New England Region



Post Secondary Success Formula

Effective Life Skills = HEALTH

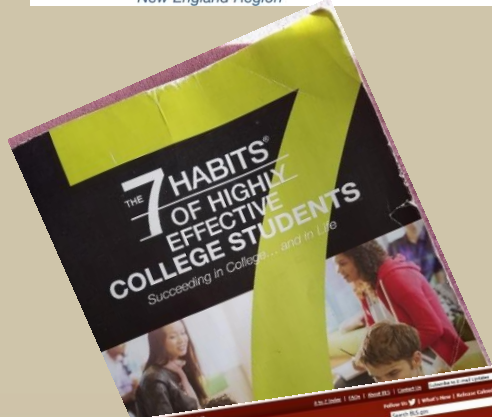


1. BE PROACTIVE
2. BEGIN WITH THE END IN MIND
3. PUT FIRST THINGS FIRST
4. THINK WIN-WIN
5. SEEK FIRST TO UNDERSTAND,
THEN TO BE UNDERSTOOD
6. SYNERGIZE
7. SHARPEN THE SAW





Recommended Resources



SAMHSA'S WELLNESS INITIATIVE

Eight Dimensions of Wellness

EMOTIONAL
Coping effectively with life and creating a satisfying relationship.

FINANCIAL
Satisfaction with current and future financial situations.

SOCIAL
Developing a sense of connection, belonging, and a well-developed support system.

SPIRITUAL
Expanding our sense of purpose and meaning in life.

OCCUPATIONAL
Personal satisfaction and fulfillment derived from your work.

PHYSICAL
Recognizing the need for physical activity, diet, sleep, and nutrition.

INTELLECTUAL
Pursuing creative outlets and finding ways to expand knowledge and skills.

ENVIRONMENTAL
Good health by recognizing, understanding, and addressing environmental factors that support well-being.

WELLNESS CONNECTS ALL ASPECTS OF HEALTH

Communication among mental health consumers, professionals, and primary care providers about health information is essential to overall wellness.

Through its Wellness Initiative, SAMHSA pledges to promote wellness for people with mental and substance use disorders by motivating individuals, organizations, and communities to take action and work to meet improved quality of life, cardiovascular health, and decreased early mortality goals.

To learn more and sign the Pledge for Wellness, visit <http://www.samhsa.gov/wellness>.

For information, contact: SAMHSA Wellness Initiative
1 Oneida Center Street
Rochester, NY 14620
Contact: wellness@samhsa.gov

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Best career aptitude tests

1. 123 Career Test
2. Princeton Review Career Quiz
3. My Next Move O*NET Interests Profiler
4. MyPlan.com
5. MAPP Career Test
6. Career Strengths Test
7. PathSource



Steps to Owning Your Health

1 Locate credible health info & evaluate it?

Start your search with National Library of Medicine online sites and databases

2 Understand that Health is multi-dimensional

Balance in each of the dimensions is necessary for health.

3 Use Trusted Wellness Resources and Tools

Don't Google! Use these tools instead!

4 Put Knowledge into Practice

Prepare for medical appointment and communicate effectively with a provider

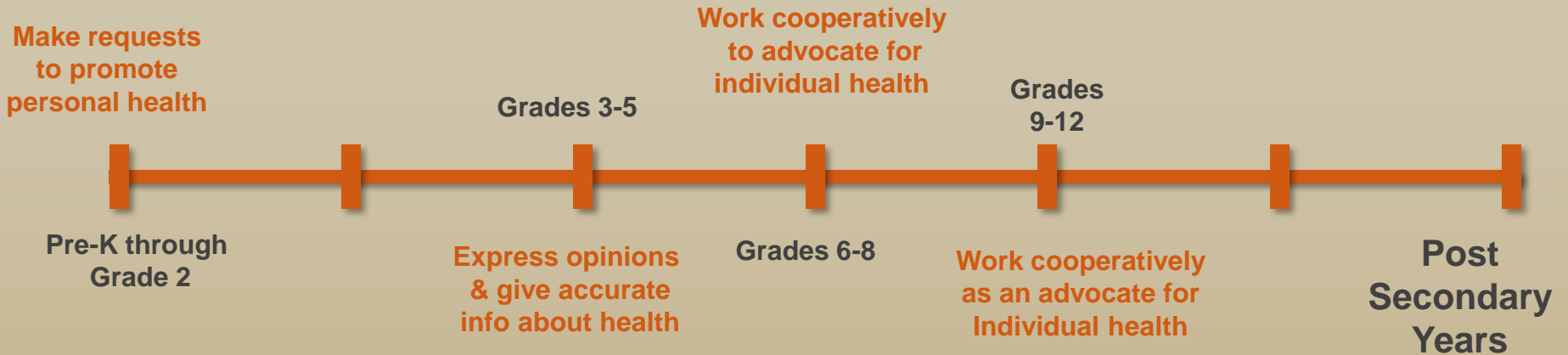


Health Knowledge



K-12 Performance Indicators

Ability to Advocate for Personal Health



"What does a health care provider need to know to take care of me?"



Online Health Information Search Facts

Source: Hopelab/Well Being Trust Teens and young Adults Survey, Feb-Mar 2018. N=1337 young people ages 14-22.

87% have searched online for health information



75% Search for info about a health issue they are dealing with

50% for health issue affecting someone they know

94 % say info found “somewhat helpful.”

29% report info “very helpful.”



What are they looking for?

Table 1: Online health seekers

Among 14-22 year-olds, percent who have gone online for information about:

Fitness and exercise	63%
Diet and nutrition	52%
Stress	44%
Anxiety	42%
Depression	39%
Birth control	30%
Pregnancy	28%
Sleep disorders	27%
Sexually transmitted diseases	26%
Drug or alcohol abuse	24%



Sharing Health Info Through Social Media

“

I shared my experience with IBS on Facebook and gave tips for major flare-ups

22 year-old female

“

I wanted to know something about birth control and people had the same questions and it helped me to know I wasn't alone.

21 year-old female

“

I shared my scoliosis journey and spinal surgery and updates on post-surgery recovery.

20 year-old female

“

I have watched Several people Detail their fitness routines and how They used it to beat mental health disorders...

22 year-old male

”

”

”

”

Source: Hopelab/Well Being Trust Teens and young Adults Survey, Feb-Mar 2018.



The National Library of Medicine (NLM)



Physical library is Bethesda, MD part of the NIH campus.

Largest biomedical library in the world

One of the federal government's largest providers of digital content

The library is open to everyone

NLMs mission

Advance the progress of medicine and improve public health by making biomedical information accessible to everyone.



Pubmed and MedlinePlus

The screenshot shows the PubMed homepage. At the top, there are navigation links for 'Resources' and 'How To', and a 'Sign In to NCBI' button. A search bar is prominently displayed with the text 'PubMed' and a 'Search' button. Below the search bar, there's a banner image of books and a brief description of PubMed: 'PubMed comprises more than 29 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites.'

The main content area is divided into three columns:

- Using PubMed:** Includes links for 'PubMed Quick Start Guide', 'Full Text Articles', 'PubMed FAQs', 'PubMed Tutorials', and 'New and Noteworthy'.
- PubMed Tools:** Includes 'PubMed Mobile', 'Single Citation Matcher', 'Batch Citation Matcher', 'Clinical Queries', and 'Topic-Specific Queries'.
- More Resources:** Includes 'MeSH Database', 'Journals in NCBI Databases', 'Clinical Trials', 'E-Utilities (API)', and 'LinkOut'.

At the bottom, there are sections for 'Latest Literature' (listing new articles from journals like 'Am J Hum Genet') and 'Trending Articles' (listing recent increases in activity for topics like 'Temperature-Responsive Competitive Inhibition of CRISPR-Cas9').

<https://www.ncbi.nlm.nih.gov/pubmed/>

The screenshot shows the MedlinePlus homepage. At the top, there's a search bar with the text 'Search MedlinePlus' and a 'GO' button. Below the search bar, there are navigation links for 'About MedlinePlus', 'Site Map', 'FAQs', and 'Customer Support'. The main content area is divided into several sections:

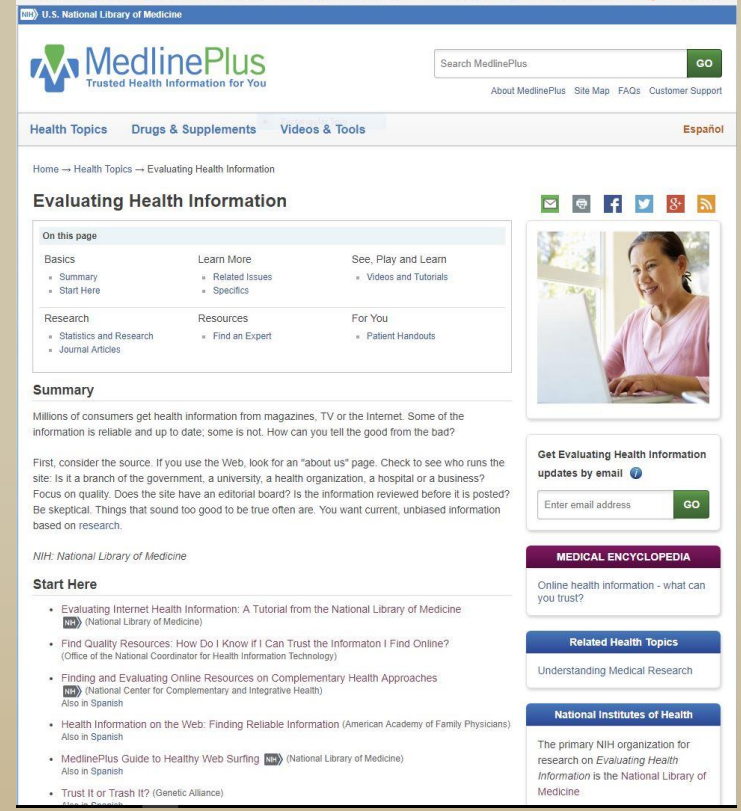
- Health Topics:** Find information on health, wellness, disorders and conditions. Accompanied by an apple icon.
- Drugs & Supplements:** Learn about prescription drugs, over-the-counter medicines, herbs, and supplements. Accompanied by a pill icon.
- Videos & Tools:** Discover tutorials, health and surgery videos, games, and quizzes. Accompanied by a play button icon.
- Lab Test Information:** Learn why your doctor orders laboratory tests and what the results may mean. Accompanied by a flask icon.
- Medical Encyclopedia:** Articles and images for diseases, symptoms, tests, treatments. Accompanied by a stack of books icon.

On the right side, there's a featured article titled 'Winter Crisp is a tart and tangy cranberry and apple dessert that's just perfect on a cold winter night. Try it out!' with a photo of the dessert and a 'Share MedlinePlus' button. Below this, there's a 'Tweets by @MedlinePlus' section showing a tweet from @TheHeartTruth. At the bottom right, there's a 'Stay Connected' section with a sign-up form for the MedlinePlus newsletter and a 'NIH MedlinePlus Magazine' section with a 'Read the latest issue' button. A 'Clinical Trials' section is also visible at the bottom.

<https://medlineplus.gov>



MedlinePlus Teaches How to Evaluate Online Health Information



The screenshot shows the MedlinePlus website interface. At the top, there is a search bar and navigation links for Health Topics, Drugs & Supplements, Videos & Tools, and Español. The main content area is titled "Evaluating Health Information" and includes a table of contents with sections like Basics, Learn More, See, Play and Learn, Research, Resources, and For You. Below this is a "Summary" section with text about the reliability of online health information and a "Start Here" section with a list of related resources. On the right side, there are social media icons, a photo of a woman using a laptop, and a sign-up form for email updates.

<https://medlineplus.gov/evaluatinghealthinformation.html>



Thinking Critically About Online Health Info

- **Consider the source -- Use recognized authorities** - Know who is responsible for the content
- **Focus on quality--All Web sites are not created equal**
 - Does the site have an editorial board?
 - Is the information reviewed before it is posted?
- **Be a cyberskeptic—Lots of Misinformation**
 - Does the site make health claims that seem too good to be true?
 - Does the information use deliberately obscure, "scientific" sounding language?
 - Does it promise quick, dramatic, miraculous results? Is this the only site making these claims?
- **Look for the evidence--Rely on medical research, not opinion**
 - Does the site identify the author? Does it rely on testimonials?
- **Check for currency--Look for the latest information**
 - Is the information current? Look for dates on documents
- **Beware of bias--What is the purpose? Who is providing the funding?**
 - Who pays for the site?
- **Protect your privacy--Health information should be confidential**
 - Does the site have a privacy policy and tell you what information they collect?



Trust it or Trash it Tool

Trust It or Trash It?

How to use the *Trust It or Trash It?* tool

Use this tool to help you think critically about the quality of health information found on websites, handouts, booklets, and more.

Consider three questions to guide you through the critical thinking process:

- (1) *Who said it?*
- (2) *When did they say it?*
- (3) *How did they know?*

Who said it?

Who wrote the information you are reading?

- ✔ **Think about TRUSTING IT if:**
 - The author's name is easy to find.
 - The authors have experience with the condition and are respected in the community and by their colleagues.
- ✘ **Think about TRASHING IT if:**
 - You don't know who wrote it or you can't find the author's name.
 - You can't find information about the author's background or experience, or you can tell they don't have any experience.

Who provided the facts? Where did the facts come from?

- ✔ **Think about TRUSTING IT if:**
 - You can tell where the information comes from – the sources are listed.
- ✘ **Think about TRASHING IT if:**
 - You can't tell where the information comes from – the sources aren't listed.

Who paid for it?

- ✔ **Think about TRUSTING IT if:**
 - The sponsor has a lot of experience with the condition and the information doesn't try to sell a product or point of view.
- ✘ **Think about TRASHING IT if:**
 - The sources listed for the information aren't clearly related to the content or appear to be selling something.
 - Information about the funding or sponsoring group isn't provided.

4301 Connecticut Ave., NW, Suite 404 | Washington, DC 20008-2369 202.966.5537 www.geneticalliance.org

1. WHO SAID IT?

2. WHEN DID THEY SAY IT?

3. HOW DID THEY KNOW?

<http://www.trustortrash.org/>



Helpful Features Offered by MedlinePlus

The screenshot shows the MedlinePlus website interface. At the top left is the NIH logo and the text 'U.S. National Library of Medicine'. The main header features the 'MedlinePlus' logo with the tagline 'Trusted Health Information for You'. A search bar is located on the right side of the header. Below the header is a navigation menu with tabs for 'Health Topics', 'Drugs & Supplements', 'Videos & Tools', and 'Español'. The 'Videos & Tools' tab is highlighted. The main content area is divided into several sections: 'Health Topics' (with an apple icon), 'Drugs & Supplements' (with a pill icon), 'Videos & Tools' (with a play button icon), 'Lab Test Information' (with a flask icon), and 'Medical Encyclopedia' (with a stack of books icon). There is also a 'Today's Health News' section, a 'Stay Connected' section with an email sign-up form, and a 'NIH MedlinePlus Magazine' section featuring a cover image of a man. Red arrows point to the MedlinePlus logo, the search bar, the 'Videos & Tools' tab, the 'Lab Test Information' section, the 'Medical Encyclopedia' section, and the 'NIH MedlinePlus Magazine' section.

NO advertising
Easy to search,
by health topic or use the search box

Info presented in videos, podcasts
and written formats

Info is written by experts, updated regularly
and is peer reviewed

<https://medlineplus.gov/>



Don't Google Health Info Instead Start with MedlinePlus.gov

The screenshot shows a Google search for "std". The search bar contains "std" and is circled in red. Below the search bar, the "All" tab is selected. The search results show "About 68,700,000 results (0.67 seconds)", which is also circled in red with a red arrow pointing to it. The first search result is titled "What Are STDs? | Sexually Transmitted Diseases Information" from <https://www.plannedparenthood.org/learn/stds-hiv-safer-sex>. The snippet reads: "STDs. STDs are infections that are passed from one person to another during vaginal, anal, and oral sex. They're really common, and lots of people who have them don't have any symptoms. STDs can be dangerous, but the good news is that getting tested is no big deal, and most STDs are easy to treat. STD testing · Trichomoniasis (Trich) · Chlamydia · Gonorrhea". Below the search results is a "People also ask" section with four questions: "How is STD caused?", "Can you tell if you have an STD?", "How do you get an STD in the first place?", and "What is a STD call?". At the bottom, there is a link to "Sexually Transmitted Diseases - Information from CDC" from <https://www.cdc.gov/std/default.htm>, dated Jan 16, 2018.

Sexually transmitted disease

Also called: STD

An infection transmitted through sexual contact, caused by bacteria, viruses, or parasites.

Most common types

- Human papillomavirus infection**
An infection that causes warts in various parts of the body, depending on the strain.
- Genital herpes**
A common sexually transmitted infection marked by genital pain and sores.
- Chlamydia**
A common sexually transmitted infection that may not cause symptoms.



Compare Searching for STD Using MedlinePlus

The screenshot shows the MedlinePlus website interface. At the top left is the MedlinePlus logo with the tagline "Trusted Health Information for You". To the right is a search bar containing the text "std" and a green "GO" button. Below the search bar are links for "About MedlinePlus", "Site Map", "FAQs", and "Customer Support". A navigation bar below the search bar contains "Health Topics", "Drugs & Supplements", "Videos & Tools", and "Español". The main content area shows "Home → Search Results" and "Search Help". On the left, there are two boxes: "Related Topics" with links to "Sexually Transmitted Diseases", "HIV/AIDS and Infections", "Infections and Pregnancy", and "Teen Sexual Health"; and "Refine by Type" with "All Results (1,050)", "Health Topics (14)", and "External Health Links (669)". The main content area features a blue header for "Sexually Transmitted Diseases" followed by a paragraph: "Sexually transmitted diseases (STDs) are infections that are passed from one person to another through sexual contact. The causes of STDs are bacteria, parasites, yeast, and viruses. There are more than 20 types of STDs, including". To the right of this text is an image of a hand putting a condom into a pair of jeans. Below the text is a bulleted list of STD types: Chlamydia, Genital herpes, Gonorrhea, HIV/AIDS, HPV, Syphilis, and Trichomoniasis.

MedlinePlus
Trusted Health Information for You

std

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Customer Support](#)

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#) [Español](#)

Home → Search Results [Search Help](#)

Related Topics

- [Sexually Transmitted Diseases](#)
- [HIV/AIDS and Infections](#)
- [Infections and Pregnancy](#)
- [Teen Sexual Health](#)

Refine by Type


All Results (1,050)

- [Health Topics](#) (14)
- [External Health Links](#) (669)

Sexually Transmitted Diseases

Sexually transmitted diseases (STDs) are infections that are passed from one person to another through sexual contact. The causes of STDs are bacteria, parasites, yeast, and viruses. There are more than 20 types of STDs, including

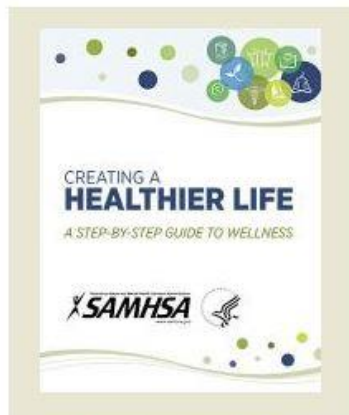
- Chlamydia
- Genital herpes
- Gonorrhea
- HIV/AIDS
- HPV
- Syphilis
- Trichomoniasis



Creating a Healthier Life: A Step-by-Step Guide to Wellness

[Publications Home](#) » [Creating a Healthier Life:](#)


Creating a Healthier Life: A Step-By-Step Guide to Wellness



Available for download only.

A component of SAMHSA's wellness initiative, this handbook defines wellness and presents the eight dimensions of wellness: social, environmental, physical, emotional, spiritual, occupational, intellectual, and financial. It also offers tips for improving oneself in each dimension.

Download Publication 

 [Creating a Healthier Life: Wellness Guide | .pdf](#) (377.7 KB)

Publication ID: SMA16-4958

Publication Date: 4/2016

Format: [Campaign or Initiative](#)

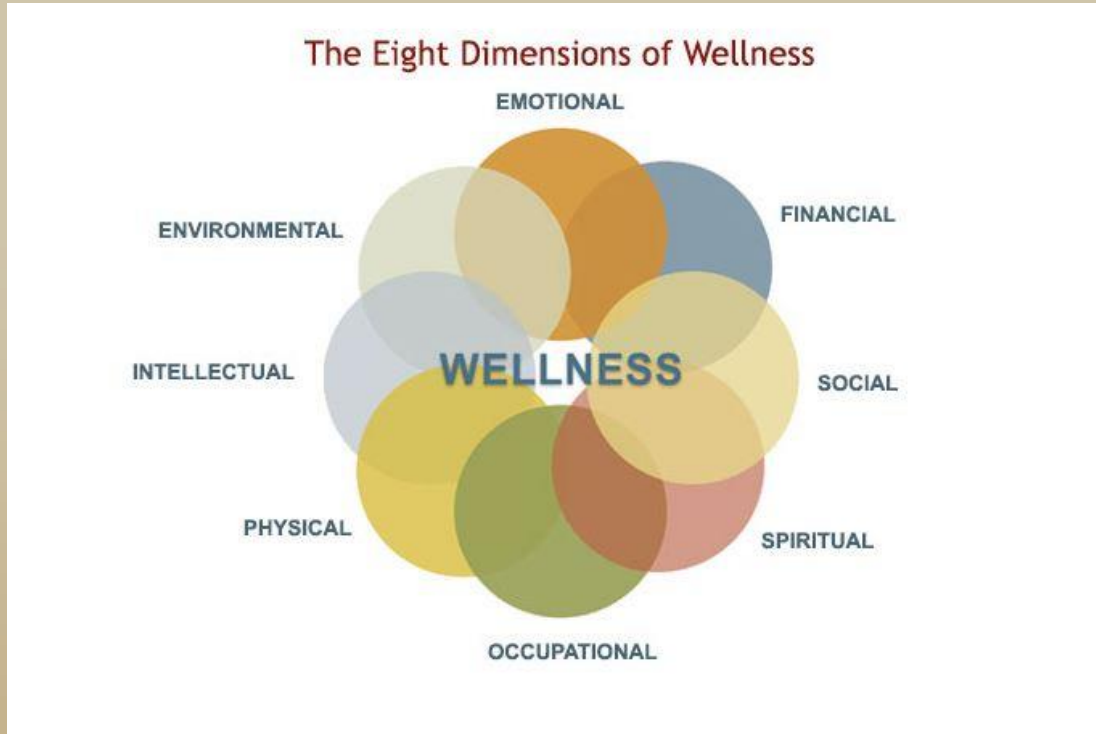
Note: if you experience problems with PDF documents, please [download the latest version of Adobe Acrobat Reader®](#).

[Review SAMHSA's public domain notice](#)

<https://store.samhsa.gov/product/Creating-a-Healthier-Life-/SMA16-4958>

The 8 Dimensions of Wellness

From SAMHSA



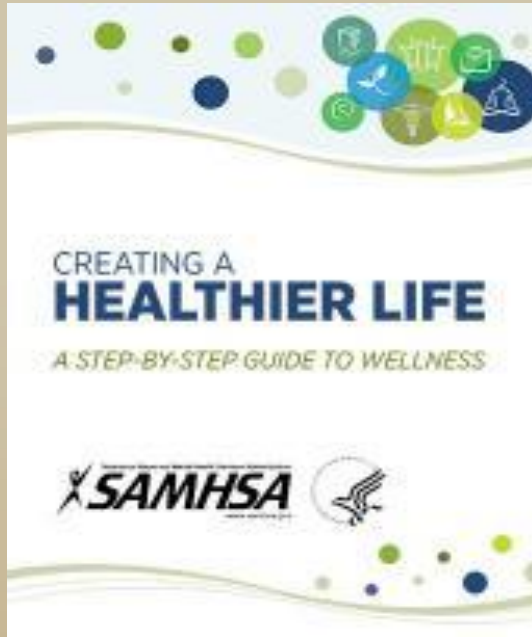
Emotional
Spiritual
Intellectual
Physical
Environmental
Financial
Occupational
Social

Dimensions of Health are Interconnected



Creating a Healthier Life

Step-by-Step Guide



IMPROVING OUR EMOTIONAL WELLNESS

The Emotional Wellness Dimension involves the ability to express feelings, adjust to emotional challenges, cope with life's stressors, and enjoy life. It includes knowing our strengths as well as what we want to get better at, and living and working on our own but letting others help us from time to time.

AREA	THINK ABOUT...	RESOURCES
Feelings/ Emotions	<ul style="list-style-type: none"> Do you allow yourself to be open to and acknowledge your feelings without judgment? Have you found and developed safe relationships with people or groups where you can express your feelings and thoughts? Do you see challenges as opportunities for growth? Do you recognize your limitations and learn from your mistakes? Are you taking responsibility for your actions? 	<ul style="list-style-type: none"> Reflect each day on your emotions, what can they teach you, and how you can express them. Consider using a journal to record feelings and thoughts. Develop regular habits that help you process and deal with your feelings effectively so you move forward in fulfilling your emotional needs. Find a place where you feel the most comfortable and go there when you feel a need for comfort, quiet space, or safety.
Self-Care	<ul style="list-style-type: none"> Have you joined support groups, or thought about starting one? Do you write your thoughts in a journal, listen to music, or talk to family or friends when you are in need? Have you tried yoga, breathing, or meditation to remain calm and centered? Are you maintaining a daily routine? Do you leave yourself plenty of time to get to work and other obligations? Are you eating some meals without distractions, like checking your phone or watching TV? 	<ul style="list-style-type: none"> Discover what you like to do best, and do it often. It will help keep your spirits and emotions up. Find an outlet for physical activity, such as a sports league or a gym/fitness center. Take some time to yourself regularly. Identify resources that can help you with a sleep schedule or ideas for meal planning. Practice positive self-affirmations. Develop a positive statement to repeat to yourself daily. When you change your thoughts, you can change your mood and attitude.
Stress	<ul style="list-style-type: none"> Are you learning to manage stress in ways that work for your lifestyle? Do you recognize stress triggers and appreciate that you are not your feelings? Feelings are fleeting and will pass. Do you welcome and cultivate positive, empowering thoughts and emotions? 	<ul style="list-style-type: none"> Take a step back when in a stressful situation. Practice deep breathing or other relaxation techniques. Try out different coping exercises or strategies when not in a stressful situation. When challenges arise, you will be better prepared to deal with them. Practice finding positives (a silver lining) in something that you feel is negative. Support others in doing this, as well.

Guide has tips for improving oneself in each dimension.

Wellness Resources

IMPROVING OUR EMOTIONAL WELLNESS

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21

CREATING A HEALTHIER LIFE: A STEP-BY-STEP GUIDE TO WELLNESS

Questions to think about

Topics Related to Emotions

Resources to Foster Health

WAYS TO IMPROVE MY EMOTIONAL WELLNESS

WHAT I WILL DO	WHAT I NEED
What will I do?	What I Need?

22

Learn more about the Eight Dimensions of Wellness. VISIT WWW.SAMHSA.GOV/WELLNESS-INITIATIVE

2016 SNA-14-009

CREATING A HEALTHIER LIFE: A STEP-BY-STEP GUIDE TO WELLNESS



Mental Health and Mental Illness

U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus

Health Topics | Drugs & Supplements | Videos & Tools Español

Home → Health Topics → Mental Health

Mental Health

On this page

Basics	Learn More	See, Play and Learn
<ul style="list-style-type: none"> Summary Start Here Diagnosis and Tests Treatments and Therapies 	<ul style="list-style-type: none"> Related Issues Specifics 	<ul style="list-style-type: none"> No links available
Research	Resources	For You
<ul style="list-style-type: none"> Statistics and Research Clinical Trials Journal Articles 	<ul style="list-style-type: none"> Find an Expert 	<ul style="list-style-type: none"> Children Teenagers Women Patient Handouts

Summary

What is mental health?
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

What are mental illnesses?
Mental illnesses are serious disorders which can affect your thinking, mood, and behavior. They may be occasional or long-lasting. They can affect your ability to relate to others and function each day. Mental disorders are common; more than half of all Americans will be diagnosed with a mental disorder at some time in their life. But there are treatments. People with mental health problems can get better, and many of them recover completely.

Stay Connected
Sign up for the My MedlinePlus newsletter

Enter email address

MEDICAL ENCYCLOPEDIA
Learn to manage your anger

Related Health Topics

Start Here

- [Live Your Life Well \(Mental Health America\)](#)
- [Mental Health: Keeping Your Emotional Health \(American Academy of Family Physicians\)](#)
Also in Spanish
- [Mind/Body Connection: How Your Emotions Affect Your Health \(American Academy of Family Physicians\)](#)
Also in Spanish
- [Positive Emotions and Your Health: Developing a Brighter Outlook NIH \(National Institutes of Health\)](#)
Also in Spanish
- [What Is Mental Health? \(Department of Health and Human Services\)](#)

Diagnosis and Tests

- [Mental Health: What's Normal, What's Not? \(Mayo Foundation for Medical Education and Research\)](#)
Also in Spanish

Treatments and Therapies

- [Meditation NIH \(National Center for Complementary and Integrative Health\)](#)
- [Relaxation Techniques for Health NIH \(National Center for Complementary and Integrative Health\)](#)
- [Yoga for Health NIH \(National Center for Complementary and Integrative Health\)](#)

<https://medlineplus.gov/mentalhealth.html>



Substance Use Disorder

The screenshot shows the Environmental Health & Toxicology website. The header includes the NIH logo and the text "Environmental Health, Toxicology & Chemical Information". The main navigation bar has links for Home, Search TOXNET/Tox Subset, Selected Topics (highlighted), Guides, Tutorials, Workbooks, Help, Search Our Resources, Additional Resources, and Mobile Apps. The breadcrumb trail reads "Home > Selected Topics > Opiate Addiction and Treatment: Health Information Resources". There are icons for Updates, Follow, and Email This Page. The page is titled "Opiate Addiction and Treatment Health Information Resources". On the left, there is a "Topics of Interest" sidebar with links like "About Us", "Database Descriptions", "Choose the Right Environmental Health and Toxicology Resource", "Search TOXNET® Databases", "Email Updates, News, and Social Media", "TOXNET Manual", and "NNLM class schedule". Below this is an "A to Z Index of Resources" with a grid of letters from A to Z. The main content area lists various resources: "Understanding Addiction", "Opioid Overdose", "Opioid Drugs", "Treating Opioid Addiction", "Opioid Prescribing", "Pregnancy, Opioid Use, and Neonatal Abstinence Syndrome", "Recovery", "Data, Trends, & Statistics", "Topic-related Searches of National Library of Medicine Resources", "Selection Guidelines", and "Disclaimer". A green bar highlights the "Understanding Addiction" section, which contains a list of links: "Definition of Addiction", "American Society of Addiction Medicine (ASAM)", "Drugs, Brains, and Behavior: The Science of Addiction", "The National Institute on Drug Abuse (NIDA), National Institutes of Health (NIH)", "East to Read Drug Facts", and "The National Institute on Drug Abuse (NIDA), National Institutes of Health (NIH)".

<https://envirotoxinfo.nlm.nih.gov/opiate-addiction-and-human-health.html#a7>



Anxiety and Stress

COLLEGE TO CAREER: SUPPORTING MENTAL HEALTH



Every young adult is unique, but there are some commonly faced challenges:

- Anxiety
- Stress
- Coping skills
- Time management

Reasons for not seeking help

- Stigma
- Bureaucracy or required paperwork

<https://www.jedfoundation.org/wp-content/uploads/2018/06/College-to-Career-Supporting-Mental-Health-JED-UMass-Whitepaper-FINAL.pdf>



Self Advocacy

<https://www.umassmed.edu/TransitionsACR/>

How To Speak Up and Be Heard: Self Advocacy

Community of Practice, Northeast Massachusetts 2014

SELF ADVOCACY IS THE ABILITY TO SPEAK UP FOR YOURSELF AND FOR THE THINGS THAT ARE IMPORTANT TO YOU. AS YOU BECOME OLDER AND TAKE ON MORE RESPONSIBILITIES IN YOUR LIFE, SELF ADVOCACY HELPS YOU:

- ▶ Get what you need
- ▶ Make your own choices
- ▶ Learn how to say no
- ▶ Express your feelings respectfully

Places to Use Self Advocacy

AT WORK OR SCHOOL

- Adjusting your schedule
- Participating in meetings
- Asking for accommodations
- Requesting tutoring
- During a job interview
- Asking for a raise

AT HOME

- Managing finances (bills/roommates)
- Requesting personal space/time
- Renting an apartment
- Sharing food costs
- In a relationship

IN THE COMMUNITY

- Arranging transportation
- Presenting in court
- Making a complaint
- Paying a check

Putting it into Words

- **AT SCHOOL:** E-mail to professor: "I am asking for a week extension for this assignment. I haven't been feeling well and I fell behind."
- **AT WORK:** "I can't work on Sunday, I have a family commitment. Can I work a different shift instead?"
- **WITH ROOMMATES:** "I have class at 8 A.M. Can you stop playing your music by 10 P.M.?"
- **ARGUMENT WITH A SIGNIFICANT OTHER:** "I need to remove myself from this conversation, could we talk about this later when we are both feeling less angry?"
- **AT THE BANK:** "I don't understand this statement, can you explain the fees to me?"
- **SPLITTING A CHECK:** "I'd love to go out

Look under "tip sheets" on the Transitions ACR website



From the JED Foundation

Substance Use and Suicide Prevention



<https://www.jedfoundation.org>

College Transition Summer Checklist



<https://www.settogo.org/college-transition-summer-checklist/>



Concern for Others

Connections with Family, Friends and Community

Print subscriptions & multiple copies available FREE for Clinics, offices, community centers and libraries

nihnewsinhealth@od.nih.gov (link sends e-mail)

NIH News in Health Search NIH News in Health

A monthly newsletter from the National Institutes of Health, part of the U.S. Department of Health and Human Services

Home Latest Issue Past Issues Special Issues Subscribe


February 2017 [Print this issue .pdf](#)

Do Social Ties Affect Our Health?

Exploring the Biology of Relationships

En español | [Send us your comments](#)

Cuddles, kisses, and caring conversations. These are key ingredients of our close relationships. Scientists are finding that our links to others can have powerful effects on our health. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.



Wide-ranging research suggests that strong social ties are linked to a longer life. In contrast, loneliness and social isolation are linked to poorer health, depression, and increased risk of early death.

Studies have found that having a variety of social relationships may help reduce stress and heart-related risks. Such connections might improve your ability to fight off germs or give you a more positive outlook on life. Physical contact—from hand-holding to sex—can trigger release of **hormones** and brain chemicals that not only make us feel great but also have other biological benefits.

Marriage is one of the most-studied social bonds. “For many people, marriage is their most important relationship. And the evidence is very strong that marriage is generally good for

Wise Choices

Making Connections

Social connections might help protect health and lengthen life. Look for ways to get involved with others:

- Join a group focused on a favorite hobby, such as reading, hiking, painting, or wood carving.
- Take a class in yoga, tai chi, or another new physical activity.
- Help with gardening at a community garden or park.
- Volunteer at a school, library, hospital, or place of worship.
- Join a local community group or find other ways to get involved in things you care about.

Links

- Participating in Activities You Enjoy
- Sexuality in Later Life
- Feeling Stressed?
- Positive Emotions and Your Health

References

Hostile marital interactions, proinflammatory cytokine production, and wound healing. Kiecolt-Glaser JK, Loving TJ, Stowell JR, et al. *Arch Gen Psychiatry*. 2005 Dec;62(12):1377-84. PMID: 16330726.

Links

- Participating in Activities You Enjoy
- Sexuality in Later Life
- Feeling Stressed?
- Positive Emotions and Your Health



<https://newsinhealth.nih.gov/.../02/do-social-ties-affect-our-health>

NLM Resources for Physical Wellness

Nutrition, Exercise, Genetics, Family History

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

Your Family, Your History, Your Health
Discover Your Story

Health Information Resources for You

YOUR GENERAL HEALTH
MedlinePlus® is the place to start for extensive consumer health information in both English and Spanish. MedlinePlus features hundreds of health topics, easy-to-read materials, drug information, interactive tutorials with audio, news, surgery videos, and more.
medlineplus.gov

HealthReach offers easy access to quality health information in many languages.
healthreach.nlm.nih.gov

National Center for Complementary and Integrative Health is the Federal Government's lead agency for scientific research on the diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine.
nccih.nlm.nih.gov

Household Products Database offers safety information on over 5,000 common products. What's under your kitchen sink, in your garage, in your bathroom, and on the shelves in your laundry room? Learn more about what's in these products, about potential health effects, and about safety and handling.
hpd.nlm.nih.gov

Healthfinder is the place to find easy-to-understand information and tools to help you and those you care about stay healthy.
healthfinder.gov

Pillbox provides links to drug information and drug labels, and helps you find out the name of a pill. You can search by color, shape, or the letters and numbers on the pill.
pillbox.nlm.nih.gov

Health Information from the National Institutes on Aging provides reliable, easy-to-understand health information and includes background information, open-captioned videos, quizzes, and frequently asked questions (FAQs).
nia.nih.gov/health

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine
www.nlm.gov/all-of-us

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

Your Lifestyle, Your Wellness, Your Choice
Make the Best Decisions for You

Health and Wellness Resources for You

General Health

YOUR GENETICS
Genetics Home Reference™ is a website information about genetic conditions and associated with those conditions.
ghr.nlm.nih.gov

My Family Health Portal is a tool to help you learn about your risk for conditions.
familyhistory.nlm.nih.gov

GenEd is a safe and useful resource 9-12 to learn genetics.
gened.nlm.nih.gov

YOUR ENVIRONMENT
Tox Town™ is an interactive guide encountered in everyday places.
toxtown.nlm.nih.gov

TOXNET is a collection of data on chemicals, environmental health factors.
toxnet.nlm.nih.gov

ToxMystery™ is an internet years old game about hour.
toxystery.nlm.nih.gov

YOUR LIFE
Nutrition.gov is a USDA information to help you.
nutrition.gov

Smoking & Tobacco Control and Prevention federal agency for.
cdc.gov/tobacco

CDC Health Line
cdc.gov/healthline

CDC Physical Activity
cdc.gov/physical

HIV/AIDS Information
AIDSinfo offers access to all things HIV/AIDS related including approved treatment guidelines, HIV treatment and prevention, clinical trials, and more.
aidsinfo.nih.gov

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine
www.nlm.gov/all-of-us

All of Us RESEARCH PROGRAM
The Future of Health Begins With You
April 2018

Resources for General Health:

- National Center for Complementary and Integrative Medicine
- Household Products Database
- Healthfinder.gov
- Pillbox

Resources for Genetics:

- Genetics Home Reference
- My Family Health Portal
- GenEd

Resources for Lifestyle:

- Nutrition.gov
- Smoking and Tobacco Use
- CDC Healthy Living
- CDC Physical Activity
- Health Eating



Healthy Eating

More than 1000 delicious,
Heart healthy recipes
from regional and
multicultural cuisines

U.S. Department of Health & Human Services

NIH National Heart, Lung, and Blood Institute Health Topics Grants and Training News and Events About NHLBI

Delicious Heart Healthy Recipes

My Saved Recipes Register / Sign In Search All Categories

DOWNLOAD COOKBOOKS!

Recipes Home

About

All Healthy Eating Recipes

Healthy Dinners

Healthy Family Meals

Stay Young at Heart

Healthy Latino Recipes

Home Cooking African American Style

American Indian/Alaska Native Recipes

Vietnamese Community Recipes

Filipino Community Recipes

Cooking Resources

Family Resources

Tools & Resources

Healthy Eating Video Clips

Media

NHLBI Recipe Collections

We Can!

calories 340
total fat 11 g
saturated fat 2 g
cholesterol 107 mg
sodium 334 mg
total fiber 8 g
protein 14 g
carbohydrates 59 g
potassium 369 mg

Oatmeal Pecan Waffles (or Pancakes)
Your children will jump right out of bed for this delicious meal.
[View Recipe >>](#)

LUNCH/BRUNCH

Browse Recipes!

Browse Delicious Heart Healthy Recipes

Deliciously Healthy Dinners contains 75 recipes influenced by Asian, Latino, Mediterranean, and American cuisine that are good for your heart and taste great too. (SEE: 8,300 KB)

Deliciously Healthy Family Meals contains 40 kid-tested healthy, delicious, and quick recipes, along with cooking tips and ways to get kids involved in the kitchen. (SEE: 8,902 KB)

Delicious Heart Healthy Latino Recipes contains recipes for 26 popular and easy-to-prepare Latino dishes (in English and Spanish), along with cooking tips and heart healthy food substitutions. (SEE: 2,722 KB)

Heart Healthy Home Cooking African American Style contains recipes for 26 tasty and favorite African American dishes, prepared in a heart healthy way, as well as cooking tips and heart healthy food substitutions. (SEE: 3,433 KB)

Browse Videos!

Check out our latest video

Baked Eggrolls

Love eggrolls, but not the fat and oil? Watch this video for a step-by-step guide on how to make this delicious, heart healthy dish.

The New and Improved Nutrition Facts Label – Key Changes



The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1. Servings

The number of “servings per container” and the “Serving Size” declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously 1/2 cup and now is 2/3 cup.

There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

2. Calories

“Calories” is now larger and bolder.

3. Fats

“Calories from Fat” has been removed because research shows the type of fat consumed is more important than the amount.

4. Added Sugars

“Added Sugars” in grams and as a percent Daily Value (%DV) is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and

Current Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	% Daily Value*
Calories 230	Calories from Fat 72
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Protein 3g	
Vitamin A	10%
Vitamin C	10%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Less than 45g	45g
Total Fat	Less than 20g	20g
Sodium	Less than 300mg	300mg
Total Carbohydrate	Less than 2,400mg	2,400mg
Dietary Fiber	30g	37g
	25g	30g

New Label

Nutrition Facts

1 **8** servings per container
Serving size 2/3 cup (55g)

2 **Amount per serving**
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 200mg	15%
Iron 8mg	45%
Potassium 235mg	6%

3 * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

sugars from concentrated fruit or vegetable juices. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

5. Nutrients

The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

6. Footnote

The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

Transitioning to the New Label

Manufacturers still have time to begin using the new and improved Nutrition Facts label, so you will see both label versions for a while. However, the new label is already starting to appear on products nationwide.

For more information about the new Nutrition Facts label, visit:
www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm

January 2018

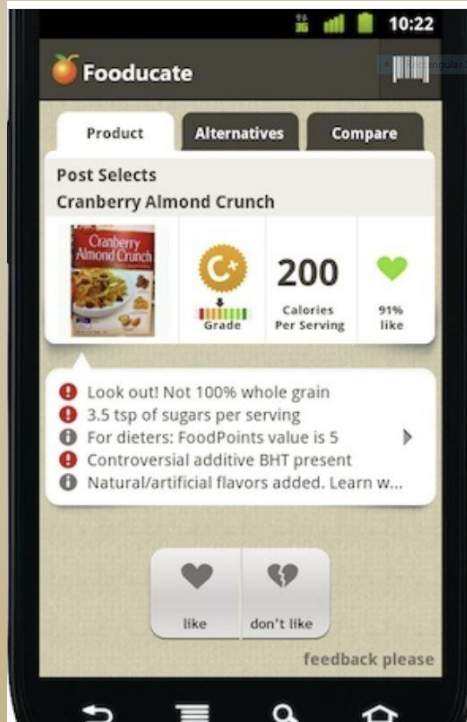
<https://www.fda.gov/downloads/Food/LabelingNutrition/UCM511646.pdf>

<https://healthyeating.nhlbi.nih.gov/>



Understanding Nutrition

Fooducate App



<https://www.fooducate.com/>

Other Helpful Sites for Nutrition Info:

USDA -

FDA

CDC (See Healthy Living Section)


Academy of Nutrition and Dietetics



Be an Informed Consumer

When considering Complementary or Integrative Treatment



Search NCCIH 

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Información en Español

Health Info

Research

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Training

News & Events

About NCCIH

Be an Informed Consumer

Share:



Decisions about your health care are important—including decisions about whether or not to use complementary health products and practices. Take charge of your health by being an informed consumer. Find out and consider what scientific studies have been done on the safety and effectiveness of the product or practice that interests you.

Discuss the information with your health care provider before making a decision. These fact sheets and resources can help you think about the issues to consider and



<https://nccih.nih.gov/health/decisions>



Wait there's more.. NLM has Apps too!!

National Library of Medicine Mobile Resources

Reliable health information at
your fingertips!



HIV/AIDS

Public Health

Toxicology

Drugs and Medical Devices

Consumer Health

Education

<https://nnlm.gov/sites/default/files/shared/files/trifolds/mobiletri.pdf>



More NLM Apps



NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

Your Data Your Device Your Apps

Use Technology for Your Health

Mobile Health Resources for You

MedlinePlus is a mobile friendly resource for extensive consumer health information in both English and Spanish. MedlinePlus features hundreds of health topics, easy-to-read materials, drug information, interactive tutorials with audio, news, surgery videos, and more.
medlineplus.gov

HerbList App gives you fast, free access to science-based summaries on more than 50 popular herbs. Available for Android and Apple IOS.
nccih.nih.gov/Health/HerbListApp

Milestone Tracker App tracks your child's developmental milestones from age 2 months to 5 years. Available for Android and Apple IOS.
cdc.gov/nccidd/actearly/milestones-app.html

QuitGuide App can help you understand your smoking patterns and build the skills needed to become and stay smoke free. Available for Android and Apple IOS.
smokefree.gov/tools-tips/apps/quitguide

AIDSinfo HIV/AIDS Drug Database App provides access to the same drug information provided by the AIDSinfo Drug Database. The app includes two versions of each drug summary—one for consumers (English and Spanish) and one for health care professionals. The app automatically refreshes content so the information is always up-to-date. Available for Android and Apple IOS.
aidsinfo.nih.gov/apps

BAM! Dining Decisions App helps you make smart food choices to stay powered up. Designed for kids ages 9–12. Available for Android and Apple IOS.
cdc.gov/bam/nutrition/mobileapp.html

CDC Mobile App: Health and Fitness gives you access to timely, vital health information wherever you go. Available for Android and Apple IOS.
cdc.gov/mobile/applications/cdgeneral/promos/cdcmobileapp.html

CDC's Health IQ App is an interactive, educational, and fun health trivia application. Available for Android and Apple IOS. Available in English and Spanish.
cdc.gov/mobile/applications/healthiq/index.html

CDC's TravWell App helps you plan for safe and healthy international travel. Available for Android and Apple IOS.
www.cdc.gov/travel/page/apps-about/travwell

All of Us The Future of Health Begins With You
RESEARCH PROGRAM
August 2018

- HerbList App
- Milestone Tracker App
- QuitGuide App
- AIDSinfo HIV/AIDS Drug Database App
- BAM Dining Decisions App
- CDC Mobile App: Health and Fitness
- CDC Health IQ App
- CDC TravWell App

<http://bit.ly/2VAtEhe>



Clean Air, Food and Water

NLM Environmental Health Resources

Tox Town ENVIRONMENTAL HEALTH CONCERNS AND TOXIC CHEMICALS WHERE YOU LIVE, WORK, AND PLAY

NIH U.S. National Library of Medicine

Sources of Exposure | Chemicals & Contaminants | Diseases & Conditions | Key Concepts & Glossary | Community Action Tools | Tools for Teachers

Welcome to **TOX TOWN**

Tox Town provides consumer-level information on everyday locations and situations where you might be exposed to toxic chemicals. This site will help you better understand risks of exposure, potential health effects, and how to protect yourself.

Sources of Exposure

Explore places and situations where you might be exposed to hazardous chemicals and contaminants. Learn how you can minimize your risk.

[EXPLORE](#)

Chemicals & Contaminants

- Sources of Exposure
- Chemical & Contaminants
- Diseases and Conditions
- Key Concepts & Glossary
- Community Action Tools
- Tools for Teachers

<https://toxtown.nlm.nih.gov>




What's in My Hair Color or Gel Manicure?

All Sources of Exposure

Abandoned Military Sites	Factories
Agriculture	Fish Farming
Air Pollution	Food and Cooking
Algae Blooms	Fuel Industry
Beaches	Gas Station
Boats and Ships	Hair and Nail Salons
Brownfield	Healthcare Services
Chemical Spills and Accidents	Homes
Chemical Storage Tank	Meat Processing
Construction	Microplastics
Drinking Water	Mines
Dry Cleaning	Natural Disasters
Electromagnetic Fields	Noise Pollution


Pests
Power Plants
Runoff
Schools
Sheep Ranching
Shellfishing
Trash
Uranium Tailings
Urban Sprawl
Vehicles and Engine
Wastewater Treat

Tox Town ENVIRONMENTAL HEALTH CONCERNS AND TOXIC CHEMICALS WHERE YOU LIVE, WORK, AND PLAY  U.S. National Library of Medicine [Twitter](#) [Facebook](#) [Google+](#)

[Sources of Exposure](#) |
 [Chemicals & Contaminants](#) |
 [Diseases & Conditions](#) |
 [Key Concepts & Glossary](#) |
 [Community Action Tools](#) |
 [Tools for Teachers](#)

Home > Sources of Exposure > Hair and Nail Salons

Hair and Nail Salons



What are they?

Why are they a concern?

Who is at risk?

What pollutants are of greatest concern?

Reduce your risk

External links

What are they?

Hair and nail salons offer cosmetic treatments for men and women. They provide foot, hand, and nail care; nail manicures; haircuts and hair styling; and other services.

See also: [Acetone](#) [Solvents](#)

Why are they a concern?

Salon products may contain potentially harmful chemicals that can cause asthma among workers, as well as other health concerns. Many chemicals in nail products evaporate into the air, potentially affecting clients as well as workers. Nail polish removers are sometimes abused as recreational inhalants to get high.

Some hair dye products contain ingredients that may irritate or penetrate the skin. Some products must not be used to dye eyelashes or eyebrows because they may cause blindness.

Salon workers may be exposed to latex dust if they use latex gloves. This can cause allergies.

Hair sprays are flammable and contain a variety of chemicals.

Who is at risk?

- Salon workers, owners, and clients are at risk.
- Children are especially at risk if they are exposed to or accidentally drink nail polish removers and artificial nail removers.



What's in My Meds or in My Cleaning Products?

TOXNET TOXICOLOGY DATA NETWORK

Welcome to TOXNET
Your resource for searching databases on toxicology, hazardous chemicals, environmental health, and toxic releases.

SEARCH TOXNET Search all or select specific databases

BROWSE ADVANCED SEARCH

e.g. benzene, endocrine disruptor

ALL DATABASES Search

TOXNET Databases

MOST VISITED BY TOXNET USERS	<p>HSDB Hazardous Substances Data Bank. Peer-reviewed toxicology data for over 5,000 hazardous chemicals</p> <p>TOXLINE 4 million references to literature on biochemical, pharmacological, physiological, and toxicological effects of drugs and other chemicals</p> <p>ChemIDplus Dictionary of over 400,000 chemicals (names, synonyms, and structures)</p>
BREASTFEEDING & DRUGS	<p>LactMed Drugs and Lactation Database. Drugs and other chemicals to which breastfeeding mothers may be exposed</p>
DEVELOPMENTAL TOXICOLOGY LITERATURE	<p>DART Developmental and Reproductive Toxicology Database. References to developmental and reproductive toxicology literature</p>
CHEMICAL RELEASES & MAPPING	<p>TOXMAP TOXMAP: Environmental Health Maps provides searchable, interactive maps of EPA TRI and Superfund data, plus US Census and NCI health data</p>

Environmental Health & Toxicology
Resources on environmental health and toxicology

Did you know

- There is a guide to choosing a database
- Which Resource Should I Use can help you pick the right resource for your search.
- There is training for using TOXNET databases
- Visit Learn to Use TOXNET for a training schedule and TOXNET workbook.
- There is an intro to toxicology

ToxTutor is an advanced level self-paced tutorial covering key principles of toxicology.

More FAQs

<https://toxnet.nlm.nih.gov>

Household Products Database

U.S. Department of Health & Human Services

Household Products Database
Health & Safety Information on Household Products

U.S. National Library of Medicine

Home Products Manufacturers Ingredients Health Effects

Quick Search

Product, Manufacturer etc...

Advanced Search >

Browse by Category

- Inside the Home
- Home Maintenance
- Personal Care
- Landscape/Yard
- Arts & Crafts
- Pet Care
- Pesticides
- Auto Products
- Home Office
- Commercial / Institutional

Browse A-Z

- Product Names
- Types of Products
- Manufacturers
- Ingredients

Support

- About the Database
- FAQ
- Product Recalls
- Help
- Glossary
- Contact Us
- More Resources

Inside the Home
Air Freshener, Bleach, Cleaners, Toilet Bowl Cleaner, and more...

Home Maintenance
Caulk, Grout, Insulation, Paint, Putty, Stain, and more...

Personal Care
Antiperspirant, Hair Spray, Makeup, Shampoo, Soap and more...

Landscape/Yard
Fertilizer, Lawn Care, Swimming Pool Products, and more...

Arts & Crafts
Adhesive, Glaze, Glue, Primer, Varnish, and more...

Pet Care
Flea & Tick Control, Litter, Stain/Odor Remover, and more...

Pesticides
Animal Repellent, Fungicide, Herbicide, Insecticide, and more...

Auto Products
Brake Fluid, De-icer, Lubricant, Sealant, and more...

Home Office
Ink, Toner, Correction Fluid, Electronics Cleaners, Pens and more...

Commercial/Institutional
Cleaner, Disinfectant, Floor Polish, Insecticide, Lubricant, Solvent, and more...

For advice if someone is poisoned, call your local Poison Center at 1-800-222-1222.

Home | Products | Manufacturers | Ingredients | Health Effects

<https://hpd.nlm.nih.gov/>



A Penny Saved is a Penny Earned

DAIRY

MyPlate says:

Choose low-fat (1%) or nonfat milk and milk products.



The Budget Shopper says:

Compare unit prices to find the best deal.

Larger packages of foods often have a lower unit price. In the dairy aisle, compare unit prices for a gallon versus a half-gallon of milk, a tub of yogurt versus individual-size packages, or a larger versus smaller bag of cheese. Choose the item with the lower unit cost. Worried you won't use up the larger item before it goes bad? Dairy foods can be frozen for later use.

Not sure where to find unit price? You can usually find it on the shelf tag just under the food. It will often be listed as "price per ounce" or "price per gallon" — think of gas prices, which are listed as "price per gallon." The unit price tells you how much it costs for a set amount of food, so you can compare "apples to apples" (or "yogurt to yogurt").



Time-saving tip: Compare unit prices for block and pre-shredded cheese. Sometimes pre-shredded cheese can have a lower unit price, particularly if it's on sale. You won't know until you check.



Consumer Financial Protection Bureau (CFPB) Guides Available: Auto Loan, Military Life Financial Life Cycle, and Paying for College

<https://www.consumerfinance.gov>

Telling Your Money What to Do: The Young Adult's Guide

Community of Practice, Northeast Massachusetts 2013

Has it ever felt like your money, or the lack of it, is telling you what you can or can not do? If you take control of your money and spending, you can find ways to do more with what you have. This sheet provides tips on how this can be done.

Top Money Tips

Tell your money what to do by following these tips.

- ✓ **Track your money** for one or two weeks to see where your money is going — then develop a basic budget to set goals on spending. You can use the one on this tip sheet.
- ✓ **Monitor your checking account** and make sure you understand your bank's policy on overdrafts. Fines for overdrafts can be costly. You may need a savings account to prevent overdraft fees. You can also ask the bank to deny charges that overdraft your account.
- ✓ **Fees and interest on credit cards** can add up. To avoid this, pay as much of your bills as you can each month.
- ✓ **Emergency funds** can save you if you have a car breakdown, unexpected medical expenses, a traffic ticket, etc.
- ✓ **Start Saving**. 5 to 10% per paycheck is a great start.
- ✓ **Eating out**, though convenient, is VERY expensive — cooking at home can save you a lot of money.
- ✓ **Smoking, drinking and drugs** add up and are expensive. Make sure to include them in your budget.
- ✓ **Borrowing money** from friends or family can add stress to your relationships. If you have to borrow money you may want to put yourself on a payment plan to pay it back.
- ✓ **Lending money** can also add stress to your relationships. Family and friends have financial stress too, so they may not be able to pay it back.

It All Adds Up

One meal out may not seem like much, but if you look at costs over time you see how much it takes from your wallet.

	SPENDING		
	Average Cost per Item	Average Cost per Week	Average Cost per Month
Energy drinks	\$2.50	7x\$2.50=\$17.50	\$75
Daily Coffee	\$2.00	7 x \$2.00 =\$14	\$60
Cigarettes	\$6.25	4 x \$6.25=\$25	\$100+
Eating Out	\$7.00	2 x \$7.00 = \$14	\$60
Taxi Rides	\$10	1 x \$10 = \$10/week	\$40
Cat	---	---	\$60

Cooking Matters
Eating Healthy on a Budget Guide


<http://bit.ly/2SauAKD>

Transitions ACR
Telling Your Money What to Do

<http://bit.ly/2ShpIz5>



Choose a Job You Love, & You Will Never Have to Work a Day in Your Life.

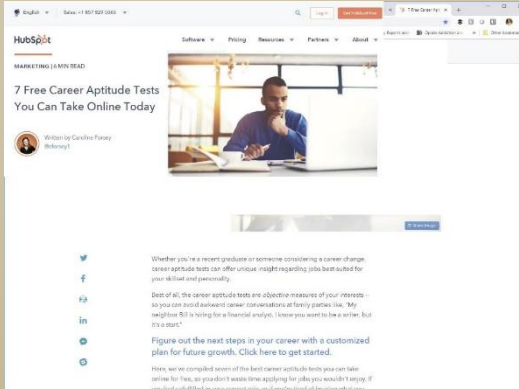


Test Your Career Strengths

Provided by the Johnson O'Connor Research Foundation

Photo: Victor Schrage

<http://bit.ly/2svQXvp>



7 Free Career Aptitude Tests You Can Take Online Today

Written by Caroline Foray, Blogger

Whether you're a recent graduate or someone considering a career change, career aptitude tests can offer unique insight regarding jobs best suited for your skills and personality.

Best of all, the career aptitude tests are objective measures of your interests - so you can avoid awkward career conversations at family parties like, "My neighbor Bill is trying to be a financial analyst. I know you want to be a writer, but it's so hard!"

Figure out the next steps in your career with a customized plan for future growth. Click here to get started.

Here, we've compiled seven of the best career aptitude tests you can take online for free, so you don't waste time applying for jobs you wouldn't enjoy. If you feel qualified in your career field, our free test is being all at you.

<http://bit.ly/2SZDwzr>



OCCUPATIONAL OUTLOOK HANDBOOK

Home | Subjects | Data Tools | Publications | Economic Releases | Students | Beta

SEARCH BLS.gov

Home

The OOH can help you find career information on duties, education and training, pay, and outlook for hundreds of occupations.

OCCUPATION GROUPS

- Architecture and Engineering
- Arts and Design
- Building and Grounds Cleaning
- Business and Financial
- Community and Social Service
- Computer and Information Technology
- Construction and Extraction
- Education, Training, and Library
- Entertainment and Sports
- Farming, Fishing, and Forestry
- Food Preparation and Serving
- Healthcare
- Installation, Maintenance, and Repair
- Legal
- Life, Physical, and Social Science
- Management
- Math
- Media and Communication
- Military
- Office and Administrative Support
- Personal Care and Service
- Production
- Protective Service
- Sales
- Transportation and Material Moving

SELECT OCCUPATIONS BY

2017 Median Pay | Entry-Level Education | On-the-job Training | Number of New Jobs (Projected) | Growth Rate (Projected) | GO

FEATURED OCCUPATION

Sales Engineers

Sales engineers sell complex scientific and technological products or services to businesses. They must have extensive knowledge of the product's parts and functions and must understand the scientific processes that make these products work.

[View profile](#)

A-Z INDEX

ABCDEFGHIJKLMNOPQRSTUVWXYZ

BROWSE OCCUPATIONS

- Highest Paying
- Fastest Growing (Projected)
- Most New Jobs (Projected)

<https://www.bls.gov/oooh/>



Getting a Job And Keeping It!

Download these tip sheets for useful info about:

How to Apply for a Job

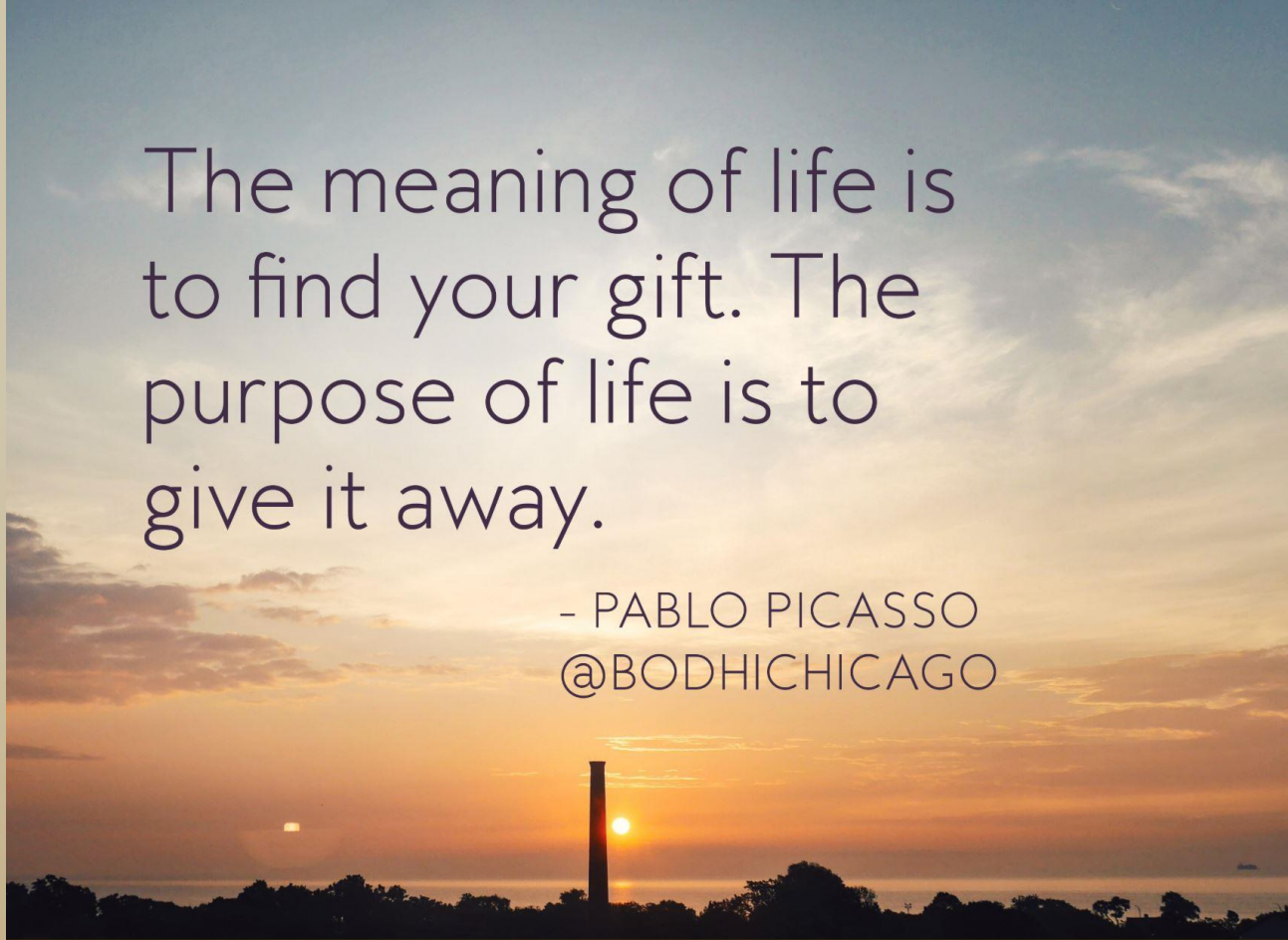
How to Get a Job and Keep It

<https://umassmed.edu/TransitionsACR/publication/>



The meaning of life is
to find your gift. The
purpose of life is to
give it away.

- PABLO PICASSO
@BODHICHICAGO



Deep Thoughts....

Cultivating Spiritual Health

- Meditate
- Spend time in Nature
- Listen to Inspiring Music
- Write Poetry or Journal
- Perform Service for an Organization or person in need
- Attend a worship service



Cultivating Intellectual Health

- Take part in community events
- Teach or lead a class or workshop
- Visit the public library
- Subscribe to newspapers, newsletters, journals
- Travel
- Learn a new skill or language
- Befriend someone who stimulates your mind.



Owning Your Medical Care

NLM's "Engage for Health" Program



<https://nnlm.gov/mar/guides/programming-class/engageforhealth>



NLM's "Engage for Health" Program

Communication



"The single biggest problem in communication is the illusion that it has occurred."

—George Bernard Shaw



Preparation, Engagement and Asking Questions

Tips to Stay Engaged



- ▶ Take a friend or family member with you
- ▶ Write things down
- ▶ Repeat back what you've heard
- ▶ Ask questions

3 Types of Questions



- ▶ **What** is this test for?
- ▶ **What** are my choices?

- ▶ **Why** do I need this treatment?
- ▶ **Why** do I need to decrease how much salt I eat?

- ▶ **How** often do I need to take the medication?
- ▶ **How** do you spell the name of that drug?



Congratulations
You Now Have Lots of Resources to
Help Young Adults
Own Their Health!!!



Owning Your
Health Webinar
Graduate Badge

Susan Halpin
NNLM NER Education and Outreach Coordinator
Susan.Halpin@umassmed.edu

Claiming MLA CE Credits for this webinar



Congratulations You have successfully completed Owning Your Health

Complete an evaluation and claim an MLA Certificate of Credit for your participation

Evaluation Link: <http://bit.ly/2M0QZV7>

Enrollment code: **young19**

You have 60 days from the date you completed the course to complete an evaluation and claim credit.

1. Go to www.medlib-ed.org.
Login. If you do not have a current MLANET login, Register as an MLA guest.
After you've set up your MLA account and you're logged in to MLANET, click MEDLIB-ED on the navigation bar to return to MEDLIB-ED.
2. Click My Learning on the blue bar near the top of the MEDLIB-ED home page.
3. Enter **young19** as the enrollment code. Complete the evaluation & claim credit.
4. To learn more about MEDLIB-ED, please see the FAQ in the About menu.
5. For questions, please email MEDLIB-ED@mail.mlahq.org.

