WELL-BEING | ISSUE 7 | SPR. 2020

SHARAE HIGHTOWER EXEMPLIFIES WELL-BEING

Sharae Hightower nurtures and protects her well-being by setting boundaries. “Basically, I let it be known where my headspace is,” Sharae said. “I don’t do things that I feel I can’t accomplish in the best way possible.”

How does Sharae set boundaries when asked to take a position or fulfill a task she feels is not a good fit for her? “I would say, ‘I have a lot on my plate right now. Is there anyone else?’” explained Sharae, a third-year pharmacy student from Gary, Indiana.

Mental Health & Coping During COVID-19

Concerns about the coronavirus disease 2019 (COVID-19) may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

The CDC offers information on how to cope here: https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html?_ga=2.169550949.570381452.1584101212-1595452309.1450107385

CAPS Update

CAPS will continue to be available and offer our services as normal to students on campus for the foreseeable future. Any changes made at the university level in regard to elevated safety concerns/precautions may change this and result in more limited services being offered. We will continue to update the website with any changes in our operations. Additional information can be found at: https://www.purdue.edu/caps/

UPCOMING EVENTS WHAT CAN YOU DO NOW?

MEET THE RESEARCH COLLABORATIVE ONLINE
https://www.purdue.edu/stepstoleaps/about/faculty.php

WELL-BEING ONLINE MODULES
“Many times people wonder what to do to lose weight, but when you go out to eat, it’s better for you to pick a side of vegetables than a side of fries,” Sharae said. “You know that, but you have to make that choice.”

Sharae is the events coordinator for ACE Campus Food Pantry, which makes food more readily available to members of the Purdue community who may be experiencing food insecurity. “I reach out to other organizations or businesses on campus to partner with ACE,” Sharae said. ACE has partnered with Purdue Wellness for cooking demonstrations and with Starbucks to offer a discount with a donation of canned goods.

Sharae is also involved in the Purdue Academy of Managed Care Pharmacy (AMCP). The mission of AMCP is to empower members to serve society by using sound medication management principles and strategies to achieve positive patient outcomes. She also participates in outreach endeavors in the Greater Lafayette area. She administers vaccines at the Tippecanoe County Health Department, and she volunteers at Lafayette Transitional Housing and the Home for Hope where she educates individuals regarding HIV and hepatitis C with Purdue’s chapter of College of Psychiatric and Neurologic Pharmacists.

Sharae Plans to do a residency and specialize in psychiatric pharmacy. “It’s a big passion of mine,” said Sharae. “A lot of my family members had untreated mental health conditions, and I recognize now that they should have been treated.” While nurturing her own well-being, Sharae looks after the well-being of others.

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The study explored the relationship between a variety of health behaviors and life satisfaction in college students. University students (N=794) enrolled in a midwestern university during the Fall 2006 and Spring 2007 semester, completed an online Health Behavior Assessment designed to measure body mass index (BMI), frequency of physical activity behavior, fruit and vegetable consumption, sleep behavior, alcohol use, frequency of use of stress-management skills, stage of change for physical activity, stage of change for fruit and vegetable consumption, stage of change for frequency of stress-management skills, and life satisfaction.

As predicted, significant correlations were found between life satisfaction and BMI, frequency of physical activity, fruit and vegetable consumption, and frequency of use of stress-management skills. Students who regularly received 6-8 hours of sleep showed higher levels of life satisfaction. Students in the maintenance stage of change for physical activity behavior and stress-management skill use were found to have higher levels of life satisfaction compared to individuals in earlier stages of change.

Results indicated that increased life satisfaction is related to a variety of health behaviors in college students.