

The final weeks: 'Tis the season to be stressful

By Peggy Polacek

Only eight more days of school — then finals. The 12-page paper is due, the eight-page paper is due, and what about the tests?

Stress-related illnesses caused by the final weeks of school are evident, said Dr. Gerald Fleischli, medical director of the University Health Center.

Stomach pains prevail in stress-related symptoms, Fleischli said. Often this is a sign of an ulcer forming. Cramps and diarrhea also can be caused by stress.

Stomach pains are caused by increased amounts of acid secretion in the stomach, he said. Caffeine, nicotine, alcohol and stress all contribute to the increased secretion level.

Students often have difficulty sleeping because they are thinking about their studies, he said. Caffeine from coffee drinking also contributes to the sleepless conditions.

The health center rarely prescribes sleeping pills for this condition except in extreme cases, such as a student who recently had not slept for three days, Fleischli said.

Headache reports have increased slightly but are not as prevalent as the other stress symptoms, he said.



Although all these conditions are related to stress, studies show that people also have more accidents during stressful times because they do not pay attention to their health, he said.

Fleischli recommends that students take breaks from studying to prevent illness and stress. Studying continuously puts a student in a self-defeating cycle, where the student performs less efficiently than normal. Fleischli explained that as concentration lessens, students believe they need to study more.

The best prevention of stress-related illness is to start studying early in the semester to prevent the final cramming, he said.

Once students come to the health center, they must try to identify factors that may be affecting their health, he said. Sometimes students may not know some pop has caffeine in it, which may be the cause of their sleepless nights.

Complex psychological problems may be at the root of the illness, or students may just need extra confidence in themselves to calm their fears, he said.

Fleischli suggests good hygiene and diet habits to prevent further illness. He also recommends being aware of the amount of caffeine intake.



Staff Photo by Dave Bentz

Jacobson joins Legislature

Clarence Jacobson of Hastings was sworn in Monday as the state senator from the 33rd District, replacing state Sen. Richard Marvel who has resigned. Jacobson, 70, is shown standing between Nebraska Gov. Charles Thone and Marvel. Thone appointed Jacobson to the office.

Jacobson is a retired commodity broker for Mid-America and grain merchant for

Morrison-Quirk. He has served on the Nebraska Equal Opportunity and Employment Commission and the Security Division of Nebraska. He also was a fundraiser for Thone's campaign for governor in 1978 and his bid for re-election this year. Born in Lexington, Jacobson is a World War II and Korean War veteran. He and his wife Dorothy have two children.



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