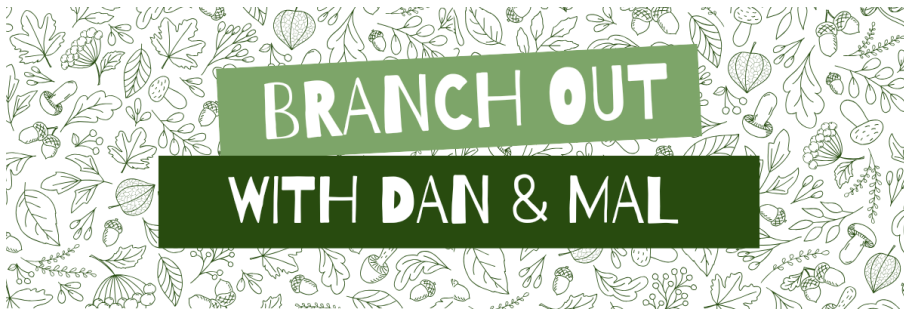




Welcome to Branch Out with Dan & Mal, a weekly newsletter on all things health, wellbeing, and wellness at Midland!

OAKay, Let's Talk...

Mallory's Report:

This week was an eclectic mix of sports injuries, colds, poison oak, and relentless coughs. Never a dull day in the Health Office, that's for sure. As we inch closer to the end of the academic year, it's crucial that we open up our carefully crafted self-care toolboxes and start using the tools we know help us. For me, it's moving my body, creative writing, cooking a meal, reading in bed, and hanging out with my husband Ryan. What's in your self-care toolbox? How are you going to prioritize those tools the last couple weeks of the academic year? Respond to this email and tell me (:

Dan's Report:

Over the past several days there have been a wide variety of dynamic issues to address across our community. It's no longer the way it was up until about a week ago with consistent steady meetings all day every day. As we get closer to the end of the regular class schedule, a wider pattern has emerged with greater consistency. From the more typical individual student sessions to more emergent student concerns where I might need to visit someone's cabin for an after dinner check-in - here's been a broader mix of issues to address with increased unpredictability. Students are locked into academic deadlines, excited about fun end-of-the-year events, and also carrying some worries in anticipation of further change at Midland. This community is tired, energetic, and focused all at once. In summary, Midland is truly ALIVE right now! A full school year at a boarding school is a deeply layered and loaded experience! And in the end, that transformative experience is exactly why most of us are here!

In a Nutshell -- Deep Dive of the Week

Since we are deep in allergy season, I thought it might be fun to do a deep dive on three major daily allergy pills and how they differ.

Zyrtec, Claritin, and Allegra belong to a class of medications called antihistamines. Antihistamines, as the name suggests, work against histamine. Histamine is a chemical in the body that is released when the immune system is fighting allergens, which causes allergy symptoms. Zyrtec, Claritin, and Allegra block histamine's effects, which helps reduce allergy symptoms (Source: GoodRx).

Claritin (loratadine) starts working within 1-3 hours, and can last for up to 24 hours. The most common side effects include headache, dizziness, dry mouth, and occasionally fatigue.

Zyrtec (cetirizine) starts working within 20 minutes to an hour, the fastest of the three options. The most common side effects include drowsiness (the one of the three that can make you drowsy!), sore throat, dry mouth, and dizziness.

Allegra (fexofenadine) starts working in 1-2 hours, and can last for up to 24 hours. The most common side effects include headache, indigestion, back pain, and dry mouth.

It's important to remember that antihistamines are more effective when taken BEFORE you are exposed to an allergen, and if taken daily.

Acorny Ending

It's almost *thyme* for the school year to be done. We hope you are in *mint* condition when you get there! In the meantime, we hope you have *dill*-ecious time with your friends and listen to all of the *sage* advice from your faculty. You best *bay-leaf* that the Health Office is here to support you along the way!

(Wow, that was so bad. I'm sorry, and I love you all. - Mallory)

We're on your team—and we're rooting for you.



Mallory McPherson-Wehan
Health Director



Dan Petrocelli
School Counselor

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