



Department of Public Safety

Mott Community College



2011

Do you know where to find us?

We are so easily accessible! And in many different ways. Do you know all of the ways to contact your Department of Public Safety?

- Call us! You can reach us 24 hours a day, 7 days a week, 52 weeks of the year at **(810) 762-0222**. We will answer your call promptly.
- Come see us at the main office! We are always in attendance at our office on the main campus. We are located at the corner of **Gorman Drive and Presidential Court**.
- Come see us at the **Centers!** We are on sight at each of the Centers: Lapeer, Northern Tier, Southern Lakes, and the Workforce Development/Wagner Building.
- Come see us at our **mini-stations!** We're periodically staffed at one of our mini stations located in the Ballenger Field House 105A, Curtice-Mott 1129D, Curtice-Mott Emergency Response Center 1143, Curtice-Mott Health Services 1146, Mott Memorial Building 1122A, Prah! College Center B020, Parking Ramp G Level 3, and Physical Plant Operations 1202.
- Check us out **on the web!** From the home page of www.mcc.edu, you can click on "Public Safety" located in the center of the page. It's that easy! You can also find us using the "Search MCC" feature. You find lots of information about our services on our page.
- Find us **walking!** We are continually patrolling the campus and centers on foot. We'd love to talk to you!
- Find us on our **bikes!** We have several officers on bikes during fair weather.
- Push the **Call Box** button! Emergency call boxes are marked with a red sign in the buildings and with a blue light in the parking ramps and lots. Push the button for Public Safety assistance.

Finding us is easy! Contact us today with your public safety needs.

Car Seat Check—Jim Waldron Collision Center

9447 Lapeer Rd., Davison

Saturday, August 13 10 am to 2 pm

Take your car, car seat and the child for the best check.

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CALL US!

- **EMERGENCY**
(810) 762-5666
- **Non-Emergency**
(810) 762-0222
- **Campus Closing**
(810) 232-8989





Nothing Ever Stays the Same!

The fall semester is fast approaching. Have you seen all of the changes that are happening on campus? Before the rush of the new semester, take a walk around campus—familiarize yourself with the exciting changes taking place all over!



Stress Can Affect Reasoning and Responses

A reasonable amount of stress can spark creativity, motivation and change. But once that your personal level of stress reaches an overwhelming status then things become unmanageable. Critical thinking processes shut down leaving you vulnerable. Actions and responses that you need to make for your own safety can be compromised. Are you feeling stressed? You may deny it but ask yourself if you are showing any of these signs:

Signs of Stress

- Irritability
- Forgetfulness
- Lack of motivation
- Procrastination
- Difficulty waking up
- Excessive crying
- Lack of concentration
- Social isolation
- Racing heart
- Sweaty palms
- Headaches
- Not having enough time
- Driving too fast
- Showing up late
- Losing things

Managing Stress

Some stress is just unavoidable but if you're showing these signs *most of the time*, consider these ways to manage the stress:

- Force yourself to stop and assess your situation. What are the top three things stressing you out?
- List and prioritize your stressful items. What has to get done today? What can wait until next week?
- Control your response. Even though you can't control all events, you can control most of your responses to unexpected situations.

Stress Less

Make the choice to reduce and manage your stress. A frazzled mind leaves you less likely to respond and react appropriately to potentially dangerous or emergency situations. Simple, 5 minutes responses to stress can help. Find what works well for you.

• Chat with a friend • Take deep breaths • Get a mini massage • Listen to music • Say, "no, thanks" •

Or try these:

• Take a walk in nature • Keep a journal • Read a good book • Laugh • Pursue your passions •