

FINANCES

The typical college student's mail on any given day may contain both bills and pre-approved credit card applications. Don't fall into the trap of running up bills on several credit cards. Be practical about your income and your bills. Make a budget, and stick to it. Don't keep more than one or two credit cards. Avoid the pitfall of ever-increasing debt.

SAFER SEX

The decision to initiate sexual activity should be made with careful consideration of the psychological and physical implications of being sexually active. A healthy sexual relationship is one that is mutually satisfying to both partners, and is not psychologically or physically harmful to either partner.

Young adults must protect themselves from sexually transmitted infections (STIs) / sexually transmitted diseases (STDs). The best prevention is abstinence. If abstinence is not your choice, minimize your risk of STIs by limiting your number of sexual partners, and use protection for every act of sexual intercourse. This includes vaginal intercourse, oral sex, and anal sex. Remember that every time you have sex, you are having sex with your partner and all of their previous partners. Learn to talk with your partner about your concerns. Condoms and dental dams (both available at UHCS) improve protection against most STDs / STIs, although only abstinence will give 100% protection.

UHCS health and counseling professionals are available to confidentially discuss these and other health-related topics, and to assist you in meeting your own goals for personal health. Information about these topics and more is also available in the Wellness Resource Center in the Health Center lobby.

Created by Jane Thielman, MSN, APNP, reviewed by Donene Rowe, M.D.

The University of Wisconsin-Whitewater is committed to equal opportunity in its education programs, activities and employment policies for all persons regardless of race, color, gender, creed, religion, age, ancestry, national origin, disability, sexual orientation, political affiliation, marital status, Vietnam -era veteran status, parental status, and pregnancy.

Document Name: T:\UHCS\Wellness-Prevention\StayHealthyW.20
Review Date: 12-09
Next Review: 12-10

UNIVERSITY HEALTH AND COUNSELING SERVICES

www.uww.edu/uhcs

Corner of Prairie and Starin
Division of Student Affairs, UW-Whitewater

Hours

Monday-Friday 8:00 - 4:30; except state holidays

Health Services 262-472-1300

- * Examinations and treatment for illnesses and minor injuries
- * Laboratory tests and medications
- * Allergy injections and immunizations
- * Pelvic exam and Pap test
- * Contraceptives
- * Wisconsin Family Planning Waiver Program (Forward card)
- * STD and HIV antibody testing
- * Men's health needs
- * Smoking cessation
- * Phone consultations with RN
- * Rehabilitation and physical therapy for students with disabilities

Counseling Services 262-472-1305

- * Individual counseling for many concerns, including...
 - * Relationships
 - * Depression
 - * Self-esteem
 - * Values clarification
 - * Alcohol and other drugs use
 - * Sexual assault and abuse
 - * Decision-making
 - * Anxiety
 - * Sexual orientation
 - * Stress
- * Group and couple counseling
- * Consultations with staff
- * Referrals to community agencies
- * Crisis intervention
- * Practicum training site

Wellness Services 262-472-1300 ext. 2244

- * Lobby Resource Center
- * Royal Purple articles
- * Bulletin board kits
- * Student Health 101
- * Web site
- * Posters
- * Wellness fairs
- * Educational presentations

Employee Assistance Program 262-472-1305

- * Confidential assistance and referral for employees with concerns such as:
 - * Stress
 - * Depression
 - * Finances
 - * Alcohol and other drug use
 - * Troubled coworkers
 - * Marriage/family
 - * Health

24-Hour Emergency help:

911 Whitewater Rescue Squad/Police

262-472-1060 Sexual Assault Response

Team

262-741-3200 or 1-800-365-1587 Crisis Line

Staying Healthy in College

PERSONAL SAFETY

Accidents are a major cause of death and disability in young adults. Preventing injury and illness is an important aspect of your self-care. Learn to prevent injury and illness.

Prevent motor vehicle accidents:

- ◆ Always wear seat belts.
- ◆ Never drink alcohol and drive.
- ◆ Never ride with a driver who has been drinking alcohol or using other drugs.

Prevent injuries:

- ◆ Always wear a helmet when riding a motorcycle, ATV, bicycle or when skating.
- ◆ Wear protective gear appropriate for work or play.
- ◆ Learn to swim.
- ◆ Avoid alcohol when swimming or boating.
- ◆ Wear a life vest when boating.
- ◆ Use smoke detectors and test them regularly.
- ◆ Avoid exposure to loud noise levels, which will damage hearing over time.
- ◆ Do not carry or use weapons.

Prevent illness:

- ◆ **Tobacco** is an addiction that is hard to break. The habits begun in college will affect the rest of your life. 9 out of 10 persons that use tobacco are likely to become addicted. It is expensive \$\$ and “turns off” many prospective dating partners. It yellows teeth, damages skin and makes you smell bad. It is also the leading cause of lung cancer and heart attack. If you already smoke, see a health care provider or make an appointment for help to stop now.
- ◆ **Alcohol abuse and illegal drugs** can lead to addiction, cause serious illness, increase the likelihood of accidents, and can seriously inhibit your ability to learn and add to sleeping problems. Use alcohol in moderation or not at all. Don't use illegal drugs. Alcohol and other drug risk assessment are available at University Health and Counseling Services (UHCS).

EATING WELL

The food you eat is the fuel on which your body runs. Poor fuel will give poor performance. Good nutrition helps your body stay healthy and strong, helps your immune system fight off colds and other infections, and gives you the energy you need for the activities you want to do. Try to eat a variety of foods, including whole grains, lean sources of protein, low-fat or fat-free dairy products, and at least five servings of fruit and vegetables every day. Limit your intake of fats and sugar. Drink at least eight cups of non alcohol containing fluid per day. Help with nutrition counseling or disordered eating is available at UHCS.

SLEEP

Sleep is essential for good health. Lack of sleep has many undesirable consequences, including difficulty concentrating and learning, reduced resistance to infections, low energy, headaches, and irritability. Most people need between seven and nine hours of sleep every day. Try to get enough sleep, and keep your sleeping and waking hours as regular as possible. Getting up early some days, while staying up late and sleeping in on other days, can cause problems like difficulty sleeping or lack of energy. Avoid alcohol and evening caffeine intake that interferes with normal sleep.

FITNESS

Regular exercise promotes health by keeping your heart and lungs healthy, building muscles, promoting strong bones, and helping to maintain a healthy weight. Regular activity also decreases feelings of stress and improves mood, even in people who are clinically depressed. Choose activities that you enjoy, and try to exercise at least three times per week. A goal of one hour of exercise on most days is even better! Most health experts recommend:

- ◆ 30 minutes or more of moderate physical activity on most days of the week (e.g., walking, swimming, running).
- ◆ Strength building activity two days per week (e.g., lifting weights, working with elastic bands).
- ◆ Flexibility training several days a week (e.g., stretching, yoga).

Any activity is better than no activity. Taking the stairs, even one flight, is healthier than taking the elevator. Parking your car several blocks from class and walking will help your health. Biking, walking, or in-line skating are fun ways to increase activity.

MENTAL HEALTH

Stress is a normal part of everyone's life, and it's not all bad. Stress is what gives an athlete extra energy before a big event. But sometimes stress can seem overwhelming, and you may not know how to handle it. The ways you choose to deal with stress will have a direct effect on your physical and mental health. It is important to recognize when your stress is getting too high or out of control. Some signs include:

- | | |
|----------------------|-----------------|
| + Upset stomach | + Headaches |
| + Trouble sleeping | + Feeling tired |
| + Fast heart rate | + Irritability |
| + Poor concentration | + Cold sweats |
| + Hunched shoulders | + Rigid posture |

Learn to cope with your stress in a positive manner. Find ways to relax your body. You can try deep breathing, stretching, exercise, taking a bath, or getting a massage. It is important to find ways to relax your emotions as well. Our society has a lot of unhealthy ways to cope with stress: we overeat, or we develop other eating disorders like bulimia or anorexia; we smoke; we drink alcohol. But we have healthy ways to manage stress, too, like talking to a friend or counselor, writing in a journal or reading for escape, and laughing or crying for emotional release. If you are having trouble managing your stress, talk to a health or counseling professional about what you can do. Also, relaxation tapes and CD's can be checked out from the Wellness Resource Center in the Health Center lobby.

IMMUNIZATIONS

You should know with certainty which immunizations you have received, and which ones are recommended for you. If you do not have your own immunization records, check with parents, your pediatrician or family physician for the precise dates of immunizations that you have received. Carrying an immunization card in your wallet is a good way to have this information accessible when you need it. A health care provider at UHCS can help you determine whether your immunizations are up to date, and can administer most needed immunizations.