

HEALTHY U

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"We can let circumstances rule us, or we can take charge and rule our lives from within." — Earl Nightingale

Editor: Marilyn Kile

DANGERS OF INTERNET DATING

Think internet dating can be fun? You're right! It can be fun, *if* you proceed with caution. The internet is an incredible tool that opened up immeasurable resources to us. We are now able to buy and sell anything to anyone, anytime, anywhere, get a date, speak to people in china, have real-time web conferences, and even adopt a dog. However, there are also many dangers meeting people online...

- People can lie about who they are.
- They can already be in a relationship.
- They could be married.

- They can be visiting several sights seeking out multiple relationships.
- If you use the internet for dating, make sure you adopt a few simple safeguards...Meet in a busy place so your first time meeting that person is casual and public.
- Email through the website before giving out your own personal email address.
- Don't give out your phone number, class schedule or address right away. Wait until after you have met him or her in person and

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WHAT'S NEW

CONFLICT: What is it and Who Needs it?

Tuesday, February 10th
12:00—1:00 PM
Rocker Room (20235) of the Ambrose Health Center

National Eating Disorders Awareness Week

"Starved"
Tuesday, February 24
7 PM, UC 275A

[Tai Chi Easy™](#)
Thursdays, 12:15-1:00 pm
UC room 26 1
Free

[More Information on Page 3](#)

AUTHENTIC HAPPINESS

There are 6 virtues and 24 character strengths considered important for optimal human fulfillment and psychological well being. Virtue 5 is Temperance and two of it's character strengths are forgiveness and mercy.

Many cultures around the world value forgiveness. It is encouraged by Judaism, Christianity, Islam, Hinduism and Buddhism (as forbearance and compassion). Choosing to forgive is always an option. It is different from reconciliation, which is not always possible.

Forgiveness heals the forgiver. It should not be confused with condoning, forgetting or even risking re-injury. Forgiveness is letting go.

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SURF YOUR WAY TO HEALTH

UHCS on line is open 24/7! Our web site is chock full of great information, videos and assessment tools, many created specifically for college students. There are fast easy healthy recipes, back issues of this newsletter and e-cards you can send to

your friends. Haven't been to the Health Center yet? Click on map and directions. Wander around the site and discover for yourself everything that is available right at your fingertips.

- **What's Happening** keeps

you up to date on health alerts and health promotion programs we are currently offering.

- **Health Information A to Z** has articles, videos, brochures, assessments

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VALUABLE LINKS

[Stress Assess](#) (Stress Assess is an educational tool designed to enhance your knowledge about stress. The program will evaluate your current stress sources, distress symptoms and lifestyle behaviors. Based on your personalized assessment, you can learn healthy and effective strategies to balance the stress in your life.)

[Ulifeline](#) (Complete a self-assessment to learn telling insights about your current state of mind. The Self e-Valuator provides a valuable and objective perspective if or when you're struggling with troubling thoughts. This is a confidential and anonymous mental health screening. The Self e-Valuator found here was developed for Ulifeline by Duke University Medical Center.)

[Livewell](#) (Livewell includes various questions on one's physical fitness, physical nutrition, physical self-care, drugs and driving, social environment, emotional awareness, emotional control, intellect, occupation, and spirituality in order to evaluate his/her lifestyle in these areas and realize areas for improvement.)

[Ping My Health](#) (This survey is a tool for college students to learn about their personal health. This survey will take approximately 5 minutes to complete. Once you have answered all of the questions, a personalized feedback report will be delivered. The health information provided in the report comes to you in an educational but entertaining manner.)

"Did You Know...?"

*Specializing in the
Unique Needs of
College Students*



To subscribe or unsubscribe write to kilem@uww.edu

This newsletter is not meant to replace the advice of a health care or counseling professional. You should not rely on any information on these pages, or links, to replace consultations with qualified professionals regarding your own specific situation.

WELLNESS RESOURCE CENTER

Core Inner Strength: Using hypnosis techniques this program can help you feel more confident and in control. Access unconscious resources that provide you with an authentic sense of becoming comfortable in your own skin with self esteem and self confidence. CD

Combat Depression: Designed to mobilize energy; reduce hopelessness; reduce fatigue; inspire feelings of love, hope and gratitude; connect with inner strength. Guided imagery and affirmations. CD

The Self-Esteem Workout - Makes you feel great and helps you create the life you want. Videotape

Self Confidence: Increase feelings of self-esteem, confidence and worth; improve mastery and performance; reduce anxiety, and fear of failure; heighten self-reliance, creativity, endurance and ability to focus within; and enhance optimism and trust in the future. Guided imagery and affirmations. CD

The [Wellness Resource Center](#) is located in the lobby of the Ambrose Health Center. Materials are available for check out for free for 2 weeks. They are located on a library cart under the brochure holders. The center is open Monday – Friday, 8:00 – 4:30.

What's New, More Information

CONFLICT: What is it and Who Needs it?

Tuesday, February 10th

12:00—1:00 PM

Rocker Room (2023S) of the Ambrose Health Center

Would you like to be able to resolve conflict in a calm, assertive manner?

Come learn the rules of "fair fighting" and how to create healthier relationships in all areas of your life. If you have a disability and desire accommodations, please contact Lynn Mucha at 472-1305.

National Eating Disorders Awareness Week

"Starved"

Tuesday, February 24

7 PM, UC 275A

View and discuss this enlightening documentary that takes you on the year-long journey of five women reclaiming their lives from disordered eating.

Refreshments will be provided. If you have a disability and desire accommodations, please contact Jill Mallin at 472-1305.

Wednesday, Feb 25 and Thursday, Feb 26

Stop by Counseling Services (2nd floor of Ambrose Health Center) to complete a free and confidential screening of your eating and exercise habits.

February 23-27

Stop by the tables in the UC, Drumlin, and Esker all week from 11-1 PM to pick up your free pens and other fun giveaways!

[Tai Chi Easy™](#)

Thursdays, 12:15-1:00 pm

UC room 261

Free and Open to new people

Relax, Unwind!

Experience the calming and revitalizing practice of Tai Chi, an active form of meditation.

Come and learn some simple but very relaxing Tai Chi and Qi Gong movements. Perfect for beginners; can be done seated or standing.

Tai Chi has helped people of all ages improve balance, increase flexibility, sharpen their focus, and diminish the effects of daily stress.

If you have questions or have a disability and need accommodations, contact [Marilyn Kile](#), Certified Tai Chi Easy facilitator, 262-472-1300 X 2244

Dangers of Internet Dating, Cont.

have gotten to know that person well enough to trust him or her. Keep the relationship casual and on your terms.

- Make the first date short. If you want to meet the person again, you can.
- Make sure you tell a friend that you are going on a date. Also tell them where you are going and anything you know about the person you're meeting.
- Never invite someone into your house on a first date. Take it slowly. A valuable relationship will grow in healthy ways, over time.
- Have a safety plan for yourself, so if the person you're meeting makes you uncomfortable for any reason, you have a reason to leave.

If you follow these simple rules internet dating can actually be fun. You can meet lots of interesting people...and perhaps, someone with whom you'll want to build a relationship.

Jessica Cosgrove

Masters of clinical psychology

Surf Your Way to Health, Continued

tools, calculators and links to health information in 17 different subject areas.

- **Ask UHCS** allows you to anonymously submit a general physical or mental health question. A member of our staff will answer the question on the web site. You can also read the questions others have submitted. Other students often have the same concerns you have.
- **Health Services** explains the wide array of services we offer, fees, hours, how to make appointments and where to get services after hours. You can also see our directory explaining the qualifications of each staff member. You can download forms, find out about internship opportunities at UHCS, the family planning program, student health insurance, patient rights, and other pertinent information.
- **Counseling Services** describes our mission, our services, and current therapy groups or support groups. 24 hour crisis line phone numbers are posted. There is also information on what students say about our services, massage therapy, sexual assault and the Employee Assistance Program.
- **Parents** offers suggestions to parents on getting ready to send their son or daughter off to college as well as information on some of the important issues facing them when they are here.

If you are on Facebook, check out our group page. If you join our group you will automatically receive announcements of upcoming events.

By Marilyn Kile, LCSW

Wellness Coordinator

Authentic Happiness, Continued

It is not allowing a past injury to keep causing the psychological pain of anger, bitterness and resentment. It is the freedom to move on to a better tomorrow. The understanding and acceptance of human imperfection necessary to forgive others also allows the forgiver to forgive him or herself when the need arises.

Forgiveness can heal the transgressor and allow that person to see him or herself as a person who is worthy and who can choose not to reoffend. Repentance i.e., sincere remorse, making amends and trying not to reoffend, on the part of the transgressor is usually necessary for reconciliation or genuine self forgiveness to occur.

Viewing others with compassion, benevolence and empathy fuels mercy. Merciful people choose to use their personal or occupational power to harm or punish others with restraint. They do not seek revenge. They use their resources to help those in distress.

The concept of authentic happiness comes from the field of positive psychology pioneered by Dr. Martin Seligman. If you would like to better understand your own character strengths, take the Signature Strengths Questionnaire at www.authentichappiness.org