

HEALTHY U

Volume 5, Issue 9

February 20, 2009

Editor: Marilyn Kile

"This art of resting the mind and the power of dismissing from it all care and worry is probably one of the secrets of energy in our great men." Captain J. A. Hadfield

DON'T WEIGH YOUR SELF ESTEEM

For many people, the number that appears when they step on the scale in the morning determines the mood they are in for the entire day. 25% of American men and 45% of American women are on a diet on any given day, and Americans spend over \$40 billion on dieting and diet-related products each year.

Guess what? The number on the scale does not determine your self-worth.

According to the National Eating Disorders Association (NEDA), four out of ten Americans either have suffered or have known someone who has suffered from an eating disorder. In the United States, as many as 10 million females and 1 million males are fighting a

life and death battle with an eating disorder such as anorexia or bulimia. Approximately 25 million more are struggling with binge eating disorder.

In observation of National Eating Disorders Awareness Week (Feb 23-27), here is a list of things you can do to "Get Real." And remember, be more than a number – be you.

1. Create a list of all the things you like about who you are – read it and add to it often.
2. Don't let your weight or shape keep you from participating in activities that you enjoy.
3. Become aware of what

[Continued on Page 3](#)



WHAT'S NEW

National Eating Disorders Awareness Week

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

Tai Chi Easy™

Thursdays, 12:15-1:00 pm
UC room 261 (on March 5th we will meet in UC 275B)
Free

Open to new people

[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 three of it's character strengths are humility, prudence and self regulation.

Americans often mistakenly view humility as shame or embarrassment with one's self. In fact it is quite the opposite. Humble people have an accurate awareness and acceptance of their strengths and weakness. They have no need to boast or appear superior to others and can easily acknowledge and learn from their mistakes. They are so comfortable with themselves that they don't need to seek out

[Continued on Page 3](#)

FAQ FOR HEALTHY TRAVELING

Traveling can be an enriching experience with wonderful life-long memories. But making your trip a safe and healthy trip instead of a one you'd like to forget takes pre-planning. A travel consultation with a health-care provider can go

a long way towards a safe, healthy trip.

Why should I meet with a health-care provider to discuss my travel plans?

- Different countries, and sometimes areas within a given country, have

different health issues. Many health-care providers can help you sort out what vaccines you need and pre-cautionary measures you need to be aware of to travel safely.

[Continued on Page 4](#)

VALUABLE LINKS

Travel health information

[Centers for Disease Control and Prevention](#) - Comprehensive source of up-to-date information offering region and disease specific information and travel advisories

[World Health Organization](#) - Provides information of disease outbreaks around the globe and provides country and disease specific information

[U.S. Department of State](#) -Supplies country and region specific travel warnings and information on crime and how to obtain assistance should trouble occur while visiting another country

[International Association for Medical Assistance to Travelers](#) - A non-profit organization that advises travelers about health risks, the geographical distribution of diseases worldwide, immunization requirements for all countries, and to make competent medical care available to travelers by western-trained doctors who speak English besides their mother tongue.

"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

Beyond the Image- Takes viewers through their own personal process of looking at their body image and encourages self reflection and body acceptance. Videotape

Anger and Forgiveness - Designed to promote feelings of acceptance and forgiveness, of self and others; motivate and heal; reduce anger and blame; evoke compassion and empathy; encourage feelings of safety and support; encourage future success. Guided imagery and affirmations. CD

Panic Attacks - Healing imagery and powerful music to reduce or eliminate acute anxiety and panic attacks. 4 exercises designed to counter panic, instill a sense of mastery and control and manage or eliminate symptoms. 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

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 25th, 2 - 4 pm, and Thursday, Feb 26th, 8 - 10 am

Stop by the Rocker Room (2023S) in 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 (on March 5th we will meet in UC 275B)

Free

Open to new people

Relax, Unwind!

Experience the calming and revitalizing practice of Tai Chi, a moving 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

Authentic Happiness, Cont.

undue attention and are able to focus on the needs of others.

Prudent people are able to balance the long view with the current situation. It isn't that they aren't willing to take risks, but they only take carefully evaluated risks. They do not pursue short term gratification that will risk losing long term gain. Prudent people are responsible for their lives and their choices. Rather than being like rudderless ships, they plot a course for their lives.

Self control allows us to manage our destructive impulses and reactions. Self discipline helps us set goals and do what is best for ourselves and others, even if it isn't easy. Self regulated people have an internal locus of control. They are in charge of their lives. Their behavior and thoughts are not compulsive or overly restrictive nor do they dwell on negative thoughts or fears. Self regulation is a great predictor of personal success.

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

Don't Weigh Your Self Esteem, Cont.

your body helps you do each day. Remember that it is the instrument of your life, not just an ornament.

4. Think about all the things you could accomplish with the time and energy you currently waste worrying about your appearance. Try one of those things
5. Exercise to make your body healthy and strong, and because it makes you feel good.
6. Remind yourself that life is too short to waste time hating your body.
7. Avoid making comments about other people or yourself on the basis of body size or appearance.
8. Enjoy your favorite meal without feelings of guilt or anxiety over calories and fat grams.
9. Eat when you are hungry. Stop when you are full. Rest when you are tired. Surround yourself with people that remind you of your inner strength and beauty.

Adapted from [National Eating Disorders Association](#)

If you or someone you care about may have an eating disorder, call the University Health & Counseling Services at 472-1305 for more information.

Jill Mallin, Ph.D.
Staff Psychologist

FAQ for Healthy Traveling, Cont.

Who should consider seeing a health-care professional for a travel consultation? Travelers who:

- are going to Africa, Asia (including India), Central and South America, Eastern Europe, the former Soviet Union, and the South Pacific (except Australia and New Zealand) require advanced travel planning
- are traveling in the U.S. or other parts of the world who need an update on their vaccines or are uncertain of their vaccine status
- have a chronic medical condition
- who are pregnant

When should I make an appointment for a travel medicine consultation?

- Ideally you should meet to discuss your travel plans 2 – 3 months before you travel. Some vaccines and preventive medications need to be started well in advance of your travels in order to be fully effective by the time you reach your destination.
- If you aren't able to plan that far ahead, schedule the appointment as soon as possible.

What information do I need to bring to my visit?

- Specific information as to where you will be traveling including:
 - Country, city names, areas of the country including if you'll be traveling in rural, coastline, or urban areas
 - Activities you are planning
 - Detailed list of your previous vaccinations/ immunizations
- The original pill containers for all prescription or over-the-counter medications you take
- Name of any medication you are allergic to and the type of reaction you have
- Details of any allergies you may have (foods, insects, etc.)

Where can I find a health care provider who offers travel medicine consultations?

- UW- Whitewater Health and Counseling Services : telephone 262 472 1300 (for appointments)
- Some public health departments
- Your health care provider may offer travel consults or refer you to another travel clinic
- Many larger clinics have Travel Medicine Specialists

Questions? Call the Health Center for an appointment at 262 472 1300.

By Linda Lamont, APNP
Nurse Practitioner