

HEALTHY U

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"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."
Martin Luther King, Jr.

EAT FISH THE RIGHT WAY

Fish and shellfish, with high concentrations of omega-3 fatty acids, low levels of saturated fat and lean protein, are an important part of a healthy diet. In fact the nutrients in fish contribute to heart health and children's proper growth and development. So, how do we balance the health benefits of fish with the fact that nearly all fish contain traces of mercury—a chemical detrimental to brain and nervous system functions?

The Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) advise women who may become pregnant, pregnant women, nursing mothers, and young children to avoid

some types of fish and eat fish and shellfish that are lower in mercury. The bottom line: Keep eating fish, but make wise decisions on the type and amount of fish you eat.

Fish to Avoid...

As a basic rule of thumb, do not eat shark, swordfish, king mackerel, marlin, orange roughy, tuna steaks or tilefish because they contain high levels of mercury. Nearly all fish and shellfish contain traces of mercury, but larger, older fish have the highest levels of mercury because they've had more time to accumulate it.

If you love canned tuna, opt for chunk light over

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UHCS
UNIVERSITY HEALTH & COUNSELING SERVICES
Specializing in the Unique Needs of College Students

WHAT'S NEW

Facts on Tap

Thursday, March 12

6:30-7:30pm

Williams Center, Room 185

Tai Chi Easy™

Thursdays, 12:15-1:00 pm

UC room 261 (no session on March 12th)

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 6 is Transcendence and one of its character strengths is gratitude.

This strength has received more attention in the research than many of the others. People who take time every day to think about what they are grateful for in their lives are usually happier, regardless of their life circumstances. Gratitude is about how you perceive and experience your life, not about how much wealth, power or prestige you have.

Gratitude has been described as 'wanting what you have' and appreciating each day that you are alive.

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LOW COST MASSAGE THERAPY AT UHCS

Many people seek therapeutic massage as a natural means to promote healthy body functioning, relieve stress and tension and provide general relaxation. According to the Associated Bodywork and Massage Professionals

(ABMP) organization, massage therapy has many healthful benefits, such as:

- Increasing circulation
- Stimulating the lymph system to help the body fight toxic invaders
- Relaxing and softening

injured and sore muscles

- Reducing spasms and cramping
- Reducing recovery time and pain for athletes following strenuous workouts.

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VALUABLE LINKS

[Take a Break](#) (Give yourself a relaxation break right now with this beautiful four minute long pictorial presentation set to music.)

[Relaxation Exercises](#) (Several different recordings of breathing, relaxation and mindfulness exercises that you can listen to and practice from your computer)

[Yoga at Your Desk](#) (Three short videos demonstrating yoga postures that can be done at your desk. Great for study or work breaks.)

[Desk Top Spa](#) (Free audio or video guided exercises linked to your symptoms. Put GUEST as the corporate code. You can also sign up for email reminders at set times of the day to do your relaxation exercises)

[Stress: Coping with Everyday Problems](#) (Tips for reducing and controlling stress)

"Did You Know...?"

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Unique Needs of
College Students*



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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

Massage: The listener is guided through revitalizing shiatsu and acupressure massage routines designed to reduce stress and offer the healing benefits of soothing touch. Audiotape

Guided Mindfulness Meditation: Jon Kabat-Zinn provides impeccable guidance as he models presence, being in the moment, accepting things as they are and then letting them go with his fluid, mellow voice, timing and skill. CD

Healing Journey: This sequence helps the listener visualize healing. Audiotape

Healthy Balancing: Feeling pulled in too many directions? Listen as the narrator leads you to rebalance yourself with breathing, visualization and imagery. CD

Meditation: A guide to meditation practices for stress reduction and well being. This beautiful and inspirational video provides a complete introduction to the concept of meditation, its benefits, underlying philosophy and detailed instructions. Videotape

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.

Eat Fish the Right Way, Cont.

albacore. It might not taste as great, but its mercury levels are far lower. For instance, the FDA recommends a 150 lb adult can eat chunk light every three days versus nine days for albacore.

What does mercury do to humans?

Mercury acts as a neurotoxin in the human body, interfering with the brain and nervous system. This is especially detrimental to developing bodies and brains.

In adults, mercury poisoning can adversely affect fertility and blood pressure regulation and can cause memory loss, tremors, vision loss and numbness of the fingers and toes. Mercury poisoning is reversible. Although it may take up to six months to see the effects, mercury leaves the blood stream over time.

What should you do?

Adults should eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury. Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish. Anchovies, butterfish, catfish, clam, crab (domestic), crawfish/crayfish, croaker (Atlantic), flounder, haddock (Atlantic), hake, herring, mackerel (N. Atlantic, chub), mullet, oyster, perch (ocean), plaice, salmon (canned), salmon (fresh, farmed salmon may contain PCB's, chemicals with serious long-term health effects), sardine, scallop, shad (American), sole (Pacific), squid (calamari), tilapia, trout (freshwater), whitefish and whiting are all good choices too.

For more information about the risks of mercury in fish and shellfish call the FDA food information line toll-free at 1-888-SAFEFOOD or visit FDA's Food Safety website www.cfsan.fda.gov/seafood1.html

Massage Therapy, Cont.

- Increasing joint flexibility
- Releasing endorphins, the body's natural painkiller
- Improving range of motion and decreasing discomfort for individuals with low-back pain
- Relieving pain for migraine sufferers
- Providing exercise and stretching for atrophied muscles

In addition to the physical benefits, massage provides much needed caring touch that is often absent in today's world. Safe and caring touch provides a human connection that promotes relaxation and emotional well-being.

Three certified and registered massage therapists from the community come to Ambrose Health Center and provide massages for students, staff and faculty at four different session lengths:

- 15 Minute chair massage = \$10.00
- 25 Minute table massage = \$15.00
- 50 Minute table massage = \$30.00
- 55 minutes Hot Stone massage = \$35.00

Massages are available by appointment on Wednesdays and Fridays from 10:00 am - 4:30 pm and Thursdays from 2:30 pm - 6:30 pm. Call 472-1305 for an appointment.

If you have insurance coverage through UW-W under Dean Care, you can be reimbursed 50% of your massage fee up to \$100 per year by submitting a form available from their web site and your statement from UHCS. Other insurance companies may provide reimbursement as well. Contact your insurance company for more information.

What's New, Cont.

Facts on Tap

Thursday, March 12

6:30-7:30pm

Williams Center, Room 185

Do you drink when you are stressed out? Do you drink to make it easier to talk to people? Do you have questions about binge drinking?

What is *normal* drinking behavior?

Come to this fun, interactive workshop to learn more about the relationship between drinking and mental health.

If you have a disability or desire accommodations, please contact Jill Mallin at 472-1305

Tai Chi Easy™

Thursdays, 12:15-1:00 pm

UC room 261 (no session on March 12th)

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.

In order to be grateful we must stop to notice all the gifts we have in our lives – our bodies and minds, the beauty of nature, friends, family, struggles to overcome, challenges to meet, excitement and peace.

People express gratitude to their God, other people, fate or good fortune. Expressing gratitude to others builds good will, which further enhances the grateful person's life. Those who are least likely to be grateful are people who view themselves as passive victims, have a sense of entitlement, a preoccupation with acquiring material goods and a lack of self reflection.

To increase your level of life satisfaction, consider keeping a daily gratitude journal. Young adults who reflect daily on their gifts report higher level of alertness, enthusiasm, determination, attentiveness and energy.

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