

# HEALTHY U

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"The smallest good deed is better than the  
grandest good intention." Duguet

Editor: Marilyn Kile

## LET GO OF STRESS

You've got to write that paper, complete your final project, light a fire under your other group members for your group presentation, figure out when and how you are going to move all your stuff home, say goodbye to your friends/special someone and arrange the hours you will work at your summer job or internship. That's a lot of demands. That can put your body and mind into the stress response with muscles tense, heart rate up, mind racy and feeling irritable.

When the pressure is on it is important to take short breaks once every hour so the stress response doesn't

build. Try one of these 3 minute exercises.

- Go for a brisk walk
- Dance around
- Laugh with friends
- Play catch
- Say affirmations to yourself
- Read a spiritual or other inspiring message
- Meditate
- Do some yoga or Tai Chi movements
- Ask a friend to give you a neck and shoulder massage or

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## WHAT'S NEW

### Tai Chi Easy™

Thursday, May 14 last session

12:15-1:00 pm  
UC room 261  
Free

### UHCS is open in the summer

Counseling and Health services are available all summer to students enrolled in summer session for no additional fee beyond usual charges for lab tests, medication etc.

[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 spirituality.

The transcendent dimension of life that can not be seen or physically touched greatly affects our physical and emotional well being. Spirituality is our understanding of our place in the universe, the existence of a higher power(s) or not, and our reason for being. Our spiritual beliefs give meaning and direction to our lives and guide us in our relationships with others.

Religiousness includes a belief in and connection with God,

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## HEALTH & COUNSELING SERVICES AVAILABLE AT UHCS OVER SUMMER

If you are a student this spring, you can receive health services, over the summer, even if you graduate.

**If you graduate in May,** you can receive health services

for no additional fee through June 5. To continue services through September 1 there is a one time fee of \$39.

**If you are enrolled for the fall, but not the summer,**

you can receive health services for no additional fee through June 5 and after August 1. To continue services through the whole summer there is a one time fee of \$39.

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## VALUABLE LINKS

[Spirituality & Health](#) (Take interactive self-tests. Get a daily spirit booster and read the blogs about taking care of soul, body and earth)

[Spirituality Practice](#) (Instruction on trying around 35 different spiritual practices, blogs, poetry, books, films, and e courses)

[Summer Safety](#) (Tips from the CDC)

[Guide to Summer Health and Safety](#) (Videos and articles on how to stay healthy and recommendations on health and safety products)

### *“Did You Know...?”*

*Specializing in the  
Unique Needs of  
College Students*



To subscribe or unsubscribe write to [bruegge@uww.edu](mailto:bruegge@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

**Test Taking Mastery** –Use hypnosis techniques to work with your unconscious mind, first maximizing your study time and then making sure that you are in the ideal state for acing the exam. Retain more information in less time and then take the test with an increased alertness, focus and level of concentration. CD

**Winning at Learning:** Four easy to use, accelerated learning techniques for studying and test taking. Helps to increase pre study focus and post study retention. CD

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

**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.

### Let Go of Stress, Cont.

massage your own face, hands and feet

- Play relaxing music and imagine you are in your favorite place, just relaxing with no demands on you
- Lie on your back in a comfortable position and put one hand on your abdomen. Close your eyes and focus all of your attention on the movement of your hand. If you are breathing properly it will rise with every inhalation and fall with every exhalation. For the next five minutes think of nothing else than the rising and falling of your hand. If your mind starts to wander, just gently bring it back to your breathing.
- Sit in a comfortable chair. Exhale loudly through your mouth to get started. Breathe in through your nose for a count of four. Hold your breath for a count of two and notice the exhilaration from the fresh clean air. Exhale through your mouth for a count of six. Pause for a count of two. Notice the relaxation from letting go of the things you no longer need to hold on to. Start the cycle over again.

By Marilyn Kile, LCSW  
Wellness Coordinator

### What's New, More Information

#### [Tai Chi Easy™](#)

Thursday, May 14 last session

12:15-1:00 pm

UC room 261

Free

#### *Relax, Unwind!*

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

Tai Chi helps increase flexibility, sharpen 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

#### [UHCS is open in the summer](#)

Counseling and Health services are available all summer to students enrolled in summer session for no additional fee beyond usual charges for lab tests, medication etc.

### Health & Counseling Services, Cont.

**If you are enrolled in summer session**, you can receive health services for no additional fee through September 1.

Students can pick up refills of birth control prescribed through UHCS without paying the summer fee.

Free professional **counseling services** are available during the summer to students

- enrolled for at least one summer credit
- enrolled in spring semester and properly and continuously enrolled for the following fall semester.

Students who

- were enrolled for the spring semester can receive services until June 8, 2009.
- enroll for the fall semester, 2009 can start receiving services August 1, 2009 until the first day of the spring semester

By Marilyn Kile, LCSW  
Wellness Coordinator

### Authentic Happiness, Cont.

gods or a supreme power, a community of likeminded people, prescribed comforting rituals, a moral code of conduct, a sense of sacredness, a social identity, and an explanation of the meaning and purpose of life.

Research has shown a correlation between religiousness and less antisocial behavior, greater emotional self-regulation, better academic performance and delayed sexual involvement among adolescents. Among adults, religiousness correlates with a lower level of marital conflict, more consistent parenting, forgiveness, kindness, compassion, volunteerism, optimism, greater life satisfaction, resiliency, and general physical and psychological well being. The most positive benefits were found among those who internalized and lived out their religious beliefs.

It is well worth the effort to develop your spiritual beliefs, use them to help you understand the experience of living and allow them to give your life direction and meaning.

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.authentic happiness.org](http://www.authentic happiness.org)