

# HEALTHY U

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“The person who says it cannot be done should not interrupt the person doing it.” Chinese Proverb

Editor: Marilyn Kile

## RELIEVE STRESS WITH EXERCISE

With the semester coming to an end, many students, staff, and faculty are stuffed with a heavy workload, and great deal of stress. And while stress is a part of our everyday lives, enough stress can contribute to numerous health problems. For example, high blood pressure, headaches, depression, or a less powerful immune system. So with this in mind, what can be done to stay on track with school, stay positive, and stay mentally and physically healthy?

Exercise! According to the Mayo Health Clinic, exercising can decrease the production of stress hormones and counteract your body's natural stress response. Exercising can also

increase your feel-good endorphins, can take your mind off your everyday worries, and can improve your overall mood. It is important to remember than when incorporating exercise into your life, to do something that you enjoy. Any form of physical activity, whether it's working out at the gym or going on a hike with friends, can help reduce and manage every day stress.

With the workload at an extreme high this time of year, here are some suggestions to loosen the tension during high stress situations. Sitting down for long periods of time while studying or grading papers can tighten muscles and

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## WHAT'S NEW

**Tai Chi Easy™**  
Tuesdays, 12:30-1:15 pm  
UC room 259B  
Free

Open to new people  
Dec. 2 is last session this semester

**Discover Your Excellence:  
Improving Self Esteem**  
Wednesday, December 3rd  
6:30 - 7:30 pm

Basement of Tutt Hall

[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 3 is Humanity and the character strengths that define it are love, kindness and social intelligence.

Love is caring for and protecting others, putting others needs first, valuing the uniqueness of another and having a special emotional closeness. Love can take many forms. You can love a parent, child, other relative, friend, and romantic partner. Being loved as an infant and child is important to the development of adequate emotional attachment to others throughout one's life.

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## HELP QUITTING TOBACCO PRODUCTS

The UHCS Health Service provides **free** one on one tobacco cessation support services for faculty, staff, and students with a nurse.

The support services include:

- As many / as few return visits as you need

- Follow-up calls / e-mails (if desired)
- Assistance in establishing a "plan for quitting".
- Prescription and non-prescription medications for students

- Information about medications for Faculty and Staff
- CDs and tapes including relaxation techniques (available to borrow)

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## VALUABLE LINKS

**Ask UHCS** If you are a UW-Whitewater student, use this site to anonymously ask UHCS staff a question. All questions will be read but only a limited number will be answered. You can also read the questions and answers previously submitted.

**iQUIT** Podcasts, videos, SMS text messaging, and Facebook page to help young adults quit smoking

**Smoker Aid Program** Created to motivate you and to help you quit smoking, there are testimonies, forums, personalized reports, questionnaires, various brochures, and consultations. The questionnaires include one on mood and tobacco withdrawal symptoms, a survey for pregnant smokers, and one for smokers and ex-smokers.

**QuitNet** On this website you can create your own quit plan, ask questions of expert counselors, get support from the QuitNet community, learn from science-based quitting guides, and get help whenever you need it while having fun.

**FixNixer** This free, anonymous and customized program helps you quit smoking or chewing tobacco in just 21 days. It will help you create a personalized program that carves out your best path to quitting and gives you all the support you need to get there, including , your own online QuitBlog, and even personalized text messages that help you stay strong when you're feeling the urge to give up.

*"Did You Know...?"*

*Specializing in the  
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

**Journey of a Lifetime:** Smoking cessation resource created by a college peer education network. Includes a Media Center of information, Cross Roads decision making center and Road Trip personalized quitting plan. CD-ROM

**Stop Smoking:** Guided imagery to help you experience the positive results of being smoke free. CD

**Hollywood's Smoke and Mirrors:** Women's Health at Risk. Videotape

**Secrets Through the Smoke:** Dr. Wigand shares his experiences about the tobacco industry's manipulation of the truth. Videotape

**Women and Tobacco:** Seven Deadly Myths- Explores the myths about smoking and empowers women to become or stay smoke-free. 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.

### What's New, More Information

#### [Tai Chi Easy™](#)

Tuesdays, 12:30-1:15 pm  
UC room 259B  
Free

Open to new people

*Transform your day and your life!*

Experience the calming and revitalizing practice of Tai Chi, an ancient wellness and stress mastery tool.

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, relieve pain, and diminish the effects of daily stress.

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

#### [Discover Your Excellence: Improving Self Esteem](#)

Wednesday, December 3rd,

6:30 - 7:30 pm,

Basement of Tutt Hall

Are you able to see yourself as you really are? Can you accept your "good" and the "not-so-good" qualities? This Counseling Corner workshop will teach how to feel more confident and better about yourself.

If you teach a class for which you would like attendance to be offered as extra credit or as a requirement, please contact Jill Mallin ([mallinj@uww.edu](mailto:mallinj@uww.edu)) to make appropriate arrangements.

### Help Quitting Tobacco Products, Cont.

\*NICOTINE PATCH (14 patches=\$31)

\*NICOTINE GUM (50 pieces=\$19)

\*BUPROPION (\$25/Month)

Students may put charges on their university bill.

\*prices subject to change

Students may get prescriptions for other medications as well.

**Tried to quit before?** Most persons have tried.

Nicotine addiction is a chronic illness. "Relapse" is common with all chronic illnesses. It doesn't mean you have failed. You learn something from every quit attempt, something that will help you be successful the next time.

**Smoke when you are tired?** Take a brisk walk instead. Keep something near you to chew on.

**Smoke when you are upset?** Learn relaxation techniques.

**Like the taste of smoke?** Wouldn't you rather be tasting the good foods you eat instead?

There is NEVER a reason that makes quitting impossible. Be good to yourself and others. Quit now – you are worth it!

Judy Lembrich, RN, C  
Nurse Clinician

### Relieve Stress, Cont.

joints, so make sure short breaks are incorporated into your tasks at hand. Get up, stretch and move around. This will not only keep those muscles from tightening, but this will also keep you alert and more energized. After a hard day of school or work make sure to spend at least twenty minutes doing a physical activity that you enjoy. And always remember to plan ahead, when the week looks particularly stressful; make sure to find time to add in something physically active to decrease high amounts of stress.

By Jamie Bishop

UHCS Wellness Intern

### Authentic Happiness, Cont.

The ability to give and receive love is essential for a fulfilling life.

"She gets me" describes a person with social intelligence. It is the ability to read signals concerning another persons' psychological state, perceptions or motivation, also called insight, accurate impression formation or emotional intelligence. This strength is especially important in relationship building. It helps us to understand why people do what they do and relate to them. We use phrases like "to see the world through someone else's eyes" to describe this ability. Life has more depth and social interaction make more sense to the person with social intelligence.

Kindness, generosity, and compassion make people feel better whether they are on the giving or receiving end and it tends to be contagious. Being nice has both intrinsic and extrinsic rewards because it just plain feels good and others approve of such actions. Kindness can be a quick simple act such as holding the door open for someone carrying packages. Smiling at someone costs nothing but can improve their day. On the other hand, altruism can cost one's wealth, comfort and even one's life, as in helping victims escape from their enemies.

It is interesting to note that when one group of people wants to conquer another group of people, they will often try to take away their humanity by dehumanizing them. Keeping their humanity, even when persecuted, is one way that occupied or enslaved people have triumphed.

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](http://www.authentichappiness.org)