

HEALTHY U

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"What we see depends mainly on what we look for." - Anonymous

Editor: Marilyn Kile

MYTHS ABOUT ALCOHOL

1. MYTH: I can drink and still be in control.

FACT: Drinking impairs your judgment, which increases the likelihood that you will do something you'll later regret such as unprotected sex, being involved in date rape, damaging property, or being victimized by others.

2. MYTH: Drinking isn't all that dangerous.

FACT: One in three 18- to 24-year-olds admitted to emergency rooms for serious injuries is intoxicated. Alcohol is also associated with homicides, suicides, fatal vehicle accidents, and drownings.

3. MYTH: I can sober up quickly if I have to.

FACT: It takes about 3 hours to eliminate the alcohol content of two drinks, depending on your weight and a number of other factors. Nothing can speed up this process—not even coffee or a cold shower.

4. MYTH: It's okay for me to drink to keep up with my boyfriend.

FACT: Women process alcohol differently. No matter how much he drinks, if you drink the same amount as your boyfriend, you will be more intoxicated and more impaired.

5. MYTH: I can manage to drive well enough after a few drinks.

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Free Relaxation Break

For Students, Staff and Faculty
The last Thursday of every month, 12:30-1:30pm

Mental Health Medication 101

Tuesday Feb 12
12-1 Rocker Room, 2nd Floor,
Ambrose Health Center

Ask UHCS

New questions and answers are up on our site.

[More Information on Page 3](#)

STRESS MANAGEMENT

Who's got your back? Who helps you up when you fall down? Who can double your joy and halve your sorrow? Social support is essential for stress management. Life can be tough. You can't do it all alone. Part of building a social support network is developing and maintaining quality relationships. Honesty, trust, mutual respect, clear and open communication and sufficient time are essential ingredients for a strong connection to family and friends.

Sometimes we do things that weaken our relationships. Try to avoid the following: over dependence on others or total self sufficiency;

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NOT AGAIN!

Don't tell me it's time for midterms already!

I'm so far behind – I'll never make it. Or, even worse: it's time for finals and I don't even know where the semester went. I can't face my professor and I can't tell my

parent I'm in this mess. I wish I'd made some different choices this semester, like maybe I shouldn't have partied so much.

Does that sound familiar? If so, you probably have no intention of getting into that

situation this semester. You've learned a lot from either watching others or from your own past mistakes. But how do you turn good intentions into action?

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VALUABLE LINKS

There are many fascinating and helpful health site links on the UHCS web site. In this new section some of those links will be highlighted.

ULifeline (An online behavioral support system for young adults. Visitors to this site can get fast, frank answers to hundreds of questions about behavior and emotional health, find links to support groups and crisis centers, search behavioral health topics and a drug database, or take an online assessment to gauge their state of emotional well-being.)

How much is too much? (If you consume alcoholic beverages, it is important to know whether your drinking patterns are safe, risky or harmful. This site can help you assess your own drinking, learn about alcohol and health issues, and find resources for additional help.)

Take a Break (Take a Break - "Right Now" presentation from The Daily Motivator. This presentation includes a four minute long message set to pictures and music to motivate you through the day.)

The Daily Motivator (The Daily Motivator is a brief motivational message that is published each Monday through Saturday on the web and by e-mail. Each daily message is about 200 words long and can easily be read in a minute or two. The Daily Motivator provides a fast, regular and reliable positive boost each day. Specific positive values, such as gratitude, discipline, acceptance, balance, focus and many others are reinforced again and again, yet in a new and refreshing way each time.)

Did You Know...?"

*Specializing in the
Unique Needs of
College Students*



WELLNESS RESOURCE CENTER

The following new CD's have been added to the Wellness Resource Center.

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. This is a 4 CD set that also includes instructions for yoga postures to enhance the meditation. CD

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

A Day Away from Stress – five easy relaxation exercises over a backdrop of soothing music and five tracks of music only. CD

The Wellness Resource Center is located in the lobby of the Ambrose Health Center. These 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

To 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.

Myths about Alcohol, cont.

FACT: About one-half of all fatal traffic crashes among 18- to 24-year-olds involve alcohol. If you are under 21, driving after drinking any alcohol is illegal and you could lose your license. The risk of a fatal crash for drivers with positive blood alcohol concentration (BAC) compared to other drivers increases with increasing BAC, and the risks increase more steeply for drivers younger than age 21 than for older drivers.

6. MYTH: I'd be better off if I learn to "hold my liquor."

FACT: If you have to drink increasingly larger amounts of alcohol to get a "buzz" or get "high," you are developing tolerance. Tolerance is actually a warning sign that you're developing serious problems with alcohol.

7. MYTH: Beer doesn't have as much alcohol as hard liquor.

FACT: A 12-ounce bottle of beer has the same amount of alcohol as a standard shot of 80-proof liquor (either straight or in a mixed drink) or 5 ounces of wine.

If you think you have a problem with alcohol, call UHCS at 472-1305 for a free assessment.

Source: "Alcohol Myths," National Institute on Alcohol Abuse and Alcoholism, www.collegedrinkingprevention.gov.

Not Again, cont.

Try working with someone who knows how to help you with that, who can help you plan for success this semester before alcohol and/or other drug use gets in the way.

University Counseling Services has counselors who can help. Our counselors work with college students to help them overcome the undesired outcome of using alcohol and/or drugs in a way that negatively impacts their success at UW-Whitewater and they can help you with that, too. Ideally, people address their concerns before they become real problems but sometimes it takes a real problem to get people to notice what's going on. In either case, we're here for you.

We offer alcohol and other drug abuse (AODA) assessments for students who are either interested in making changes in their use patterns or for those who have been required to complete the assessment by a campus administrator. AODA assessments are free for UW-Whitewater students, though they are not provided in order to meet court orders or legal requirements. It's a great opportunity to look at what's working for you – and what isn't – and to set realistic goals for change. Assessments are usually completed in three sessions and take place in a confidential, individual counseling format. You're welcome to call for an appointment: (262) 472-1305.

Amy Margulies, MS, LPC, SAC
Coordinator, Employee / Student Assistance Programs

WHAT'S NEW, Cont.

Free Relaxation Break

For Students, Staff and Faculty

The last Thursday of every month – January 31, February 28, March 20, April 24, 2008

12:30 – 1:30 pm, in room 2023S (rocker room) of the Ambrose Health Center. Come once or all year.

Unwind, soothe and reenergize your body and mind. Leave in a state of relaxed alertness. Experience a combination of breathing exercises, tai chi, stretching, meditation, and guided imagery.

Counseling Corner

Mental Health Medication 101

Tuesday Feb 12

12-1 Rocker Room, 2nd Floor, Ambrose Health Center

Understanding how medications for mental health concerns, like depression and anxiety, work can be extremely confusing. Having accurate information and understanding side effects are important. Meet with a medical provider and a mental health counselor for an informal workshop geared to answer your questions about medications. Bring your lunch with your questions if you wish!

Ask UHCS

New questions and answers are up on our site. Submit your questions anonymously about physical and mental health at [Ask UHCS](#). All questions will be read and a limited number will be answered by our staff and posted on our web site.

Stress Management, cont.

withdrawal or lashing out when hurt; defensiveness; complaining and negativity; feeling sorry for yourself and trying to get others to feel sorry for you; having unrealistic expectations; being too serious or too flippant; gossiping or breaking confidences; frequently seeking approval from others; denying problems or your contribution to them; trying to control others or activities; monopolizing the conversation or never sharing about yourself; manipulating others; going back on your word; and blaming others for your problems. Investing time and energy in quality relationships with family and friends is well worth it.