

HEALTHY U

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"No one can make you feel inferior without your consent."—Eleanor Roosevelt

Editor: Marilyn Kile

WIND CHILL, FROSTBITE, & HYPOTHERMIA 101

Wind chill is the temperature your body feels when the air temperature is combined with the wind speed. It is based on the rate of heat loss from exposed skin caused by the effects of wind and cold. As the speed of the wind increase, it can carry heat away from your body much more rapidly, causing skin temperature to drop. You can check out the [Wind Chill chart](#) to see the difference between actual air temperature and perceived temperature, and the amount of time until frostbite will occur.

Frostbite is an injury to the body caused by freezing body tissue. The most susceptible parts of the body are your fingers, toes, ear lobes, and tip of the

nose. Symptoms include a loss of feeling in the extremity and a white or pale appearance. You should seek medical attention immediately if these symptoms occur. The area should be slowly re-warmed.

Hypothermia is abnormally low body temperature (below 95 degrees Fahrenheit). Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. Medical attention is needed immediately. If medical help is unavailable, begin warming the body slowly.

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Wind Chill, Frost Bite & Hy-



Counseling Corner

Mental Health Medication
101, Tuesday, Feb 12

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

Free Relaxation Break

For Students, Staff and Faculty. The last Thursday of every month

Ask UHCS

New questions and answers are up on our site.

[More Info on Page 3](#)

STRESS MANAGEMENT

We will all experience hard times periodically throughout our life span. It is inevitable. Some people will deal better than others with these stresses. Resilient people cope better with whatever life throws at them. They roll with the punches and recover from disappointments, obstacles and setbacks stronger than ever.

Some people are born with a great deal of resiliency, but all people can increase their ability to cope and recover by consciously developing the traits of resilient people.

What are these traits?

Responsibility: Own up to your role in making things different to fight off crippling self pity.

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THE MANY BENEFITS OF INDIVIDUAL COUNSELING

Often times, people may feel a bit hesitant to begin individual counseling, usually for a number of reasons including: general uncertainty about how counseling works and misperceptions that "only crazy people go to counseling". In reality, coun-

seling at our center involves the concerns and problems of normal college students including but not limited to relationship concerns, family conflicts, depression and anxiety, stress and substance abuse. Counseling can provide a safe and confidential

space for students to talk about these issues with a trained and objective listener. In fact, many students report a significant reduction in their distress after their first meeting with a

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VALUABLE LINKS

Building Resiliency (The site describes resilience and some factors that affect how people deal with hardship. It focuses on developing and using a personal strategy for enhancing resilience.)

Intimacy and Depression (This site offers information on disconnection and reconnecting, intimacy and antidepressants, resources, media events, quizzes, and answers to frequently asked questions.)

Assertiveness (Expressing your thoughts, feelings, and opinions and standing up for your rights is important. You are your first and biggest supporter, so it's important that you speak up for yourself. Assess yourself and learn how to become more assertive at this site)

Campus Blues (A site just for college students as they move through their personal transitions. Information on loneliness, study skills, time management, depression, anxiety, abuse, roommates, friends, family etc.)

"Did You Know...?"

*Specializing in the
Unique Needs of
College Students*



To unsubscribe write to kilem@uww.edu

WELLNESS RESOURCE CENTER

If you are feeling stuck and want to move forward with your life, try these CD's.

Accepting Change and Moving On: Loss or separation can be regarded as a positive challenge when you come to accept change as the beginning of new life. In whatever form, loss can lead to a greater appreciation for your unique strengths and abilities. This guided meditation helps with letting go.

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.

Core Inner Strength: Using self hypnosis techniques, this program can help you feel more confident and in control. Access unconscious resources that provide you with an authentic sense of becoming comfortable in your own skin with self esteem and self confidence.

pothemia 101 Cont.

Prevention. During the cold weather, you should wear layers of loose-fitting, lightweight, warm clothing. Trapping air between the layers will insulate you. Outer garments should be tightly woven, water repellent, and hooded. Wear a hat, because 40 percent of your body heat can be lost from your head. Cover your mouth to protect your lungs from extreme cold. Mittens, snug at the wrist, are better than gloves. Try to stay dry and out of the wind.

Source: "Wind Chill." <http://www.weather.com/>

The Many Benefits, Cont.

counselor. Many students wonder "Why should I tell a stranger personal problems, won't it be hard to talk about what's bothering me with someone I don't even know?" This is a common concern for most people considering individual counseling. In reality, the fact that the counselor is not a friend or family member may actually make it easier for him or her to help you. Unlike those close to us who may be biased, counselors work to be non-judgmental, objective helpers, working to understand you and your goals in a strictly confidential setting.

Let's focus on the specific benefits of counseling for a moment. We all experience times in our lives when we experience challenges that may lead to depression, anxiety or other problems. Through counseling you can explore your options, build on your strengths and develop new and healthy ways to cope with life's challenges. The many benefits of counseling may include: improved communication, increased self esteem, feeling happier and experiencing more peace of mind, experiencing more satisfaction out of life and improved academic and job performance, to name a few. The benefits of counseling can be invaluable.

We are always happy to answer questions related to the counseling process. Please visit our website for additional information about hours, scheduling and staff. There is no fee for counseling services. If you would like to schedule an appointment with a counselor please call 262-472-1305 or stop by the Counseling Services located on the second floor of the Ambrose Health center.

By Lynn Mucha MSW LCSW
UWW Counseling Services

Stress Management, Cont.

Take control of what you can and witness your own strength. Develop pride in your ability to survive tough times and effectively improve your situation.

Flexibility. Accept that change is inevitable and don't fight it. Embrace change as an opportunity for a better future.

Responsiveness: Be engaged in the world around you. React positively to new ideas. Adopt a life-long learning attitude as a way to more easily adjust to life's curve balls.

Authenticity: Be yourself with all people in all situations. Don't waste your energy and time trying to please everyone and trying to be someone you can't be.

Faith: It helps to have a belief in yourself, others, and the potential for good. Religious faith or a spiritual meaning to life that is larger than yourself helps people cope with misfortune. Whatever your convictions, foster commitment to them.

Risk Tolerance: Purposefully go outside your comfort zone to seek positive change. Seek support from friends and family to strike out on a new path.

Social Connectedness: Seek out social support and make use of the expertise of those around you. Helping others can help you to put your own distress in perspective and aid in your healing.

Hope: Notice the ebb and flow of life. There are easy times and tough times. Notice the personal growth that has come out of handling challenges in the past. Remember that new positive beginnings can be born out of a tragedy.

Purpose: Develop a belief about why you are here and what you are meant to do. Allow time for thoughtful reflection and discussion of ideas around life purpose.

For more ideas read "The Art of Resilience: 100 Paths to Wisdom and Strength in an Uncertain World" by Carol Orsborn

What's New, More Information

Counseling Corner

Mental Health Medication 101; Tuesday, Feb 12

12-1pm, 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!

Free Relaxation Break

For Students, Staff and Faculty

The last Thursday of every month – 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.

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.