

HEALTHY U

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"Don't curse the darkness. Light a candle."
Chinese Proverb

Editor: Marilyn Kile

COPING WITH DEPRESSION

Most college students say they feel "down" or "blue" every once in awhile, but people suffering from clinical depression have a medical illness that affects the way they eat, sleep, and view themselves and their surroundings. Those who are clinically depressed may feel badly for weeks, months, and sometimes years without treatment. They may not even know why they feel so sad and tired. They cannot simply "get over it".

The most common symptoms of depression are:

- loss of interest or pleasure in ordinary activities
- changes in appetite
- sleep difficulties
- restlessness or

sluggishness

- decreased energy and extreme fatigue
- difficulty concentrating or making decisions
- feelings of guilt, hopelessness or worthlessness
- persistent sad or empty mood
- thoughts of death or suicide

Depression is not always easy to spot. It may be expressed through substance abuse, sexual promiscuity, or hostile, aggressive, and risk-taking behavior. Many factors can contribute to the onset of depression, including the presence of other emotional disorders, stress, genetic predisposition,

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WHAT'S NEW

Fact or Fiction Shape Up for Spring Fair

Wednesday, March 12, 11 am – 1 pm, Hamilton Center in the UC

Conquer Anxiety!

Friday, March 14th from 1:00-2:00 PM
2nd floor Ambrose Health Center, Rocker Room

Relaxation Break

For Students, Staff and Faculty

[More Information on Page 3](#)

STRESS

MANAGEMENT

To buffer the stressors of the day, make your space -room, apartment, house or office- a relaxing retreat. Our mood and our ability to relax are all affected by our physical environment.

- Start by cleaning up. Clutter is a cacophony of visual noise and makes it difficult to relax. Pick up the mess for the sake of you and the others you live with, not to impress visitors. Let your space reflect how much you value and care about yourself.
- Fill your space with scent to relax (lavender, geranium, rose) or pep-rize (citrus, peppermint, rosemary)

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24 HOUR SERVICES AVAILABLE

There are several options for receiving health care when the UHCS is closed.

Monday - Friday 5-9 p.m. and Saturday 9 a.m.-5 p.m.
at Mercy Whitewater Urgent Care 473-0400

M-F 5-11 PM, Weekends Noon-11 PM
at Fort Health Urgent Care 920-568-5330

24 hour
Fort Atkinson Memorial Health Services Emergency Department 1-920-568-5330

Phone assistance is available if you have a question about a substance consumed by or spilled on someone. The National **Poison Control** Center emergency line is 1-800-222-1222

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VALUABLE LINKS

[The Daily Motivator](#) (The Daily Motivator is a brief motivational message. Each daily message 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.)

[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.)

[Go Ask Alice](#) (Go Ask Alice is Columbia University's Health Question and Answer site. It includes links to New Ask Alice Questions, Reader Responses, Weekly poll and the Theme of the Week. Questions and Answers are also sorted by the following topics: Relationships, Sexuality, Sexual Health, Fitness and Nutrition, Emotional Health, Alcohol and Other Drugs, and General Health.)

[Complementary Medicine](#) (Daily O and A, Health Centers, Supplements and Herbs, Weil Lifestyle, Forum and My Optimum Health Plan)

["Did You Know...?"](#)

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WELLNESS RESOURCE CENTER

There are several excellent CD's and tapes to help with balancing your emotions.

Self Confidence: Increase feelings of self-esteem, confidence and worth; improve mastery and performance; reduce anxiety, and fear of failure; heighten self-reliance, creativity, endurance and ability to focus within; and enhance optimism and trust in the future. Guided imagery and affirmations. CD

Personal Empowering: Discover a box of inner resources for meeting life's challenges or take a quiet visit to a timeless desert canyon that restores a sense of perspective, power and strength. Audiotape

Panic Attacks: Healing imagery and powerful music to reduce or eliminate acute anxiety and panic attacks. 4 exercises designed to counter panic, instill a sense of mastery and control and manage or eliminate symptoms. CD

Anger: Deal with it before it deals with you. Learn to understand anger, deal with the cause, express it in healthy ways, and release it. Explore the problem of anger addiction, suppression and depression. 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.

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.

Coping with Depression, Cont.

poor nutrition, physical illness, personal loss and relationship difficulties. Not everyone experiences depression the same way. Some people may experience primarily behavioral changes, some mainly emotional changes, and still others mostly physical changes.

It is not uncommon for people who are depressed to think about suicide and it is important to seek help immediately if you or someone you know is having these thoughts.

The good news is that depression is *highly* treatable. Between 80% and 90% of all depressed individuals respond to treatment. Counseling can help people identify and cope with the factors that contribute to their depression in an atmosphere of acceptance and support. There are many helpful techniques including challenging negative thought patterns, developing a positive self-image, changing behaviors or life situations that are contributing to the problem, and forming meaningful relationships. Treatment may also include medication, exercise, nutritional changes, and reduction in the use of alcohol and other substances.

Please contact Counseling Services at 472-1305 if you would like to speak with a licensed professional about these issues.

Sources: www.ulifeline.org and www.halfofus.org

By Marilyn J. Kile, LCSW, Wellness Coordinator and Jill Mallin, Ph.D., LPC, Staff Psychologist & Outreach Coordinator

24 Hour Services, Cont.

There are also a number of options for emergency care available 24 hours per day.

The UHCS is not equipped to handle life threatening emergencies. In case of an emergency **call 911** and arrange for **immediate** and rapid transport to an emergency facility, such as a hospital, where sophisticated equipment and resources are available. Whitewater has it's own rescue squad and will transport to Fort Atkinson Hospital.

In the case of a mental health emergency when UHCS is closed, call **1-800-365-1587** for the 24 hour Walworth County **Crisis Line** or the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**.

For assistance following a sexual assault, call the **UWW Sexual Assault Response Team** at **472-1060** 24 hours per day for support, information/referral and advocacy.

Stress Management, Cont.

you depending on your mood.

- Use fabrics and furniture that are comfortable and make you feel nurtured.
- Choose colors to set the mood you need. Yellow is cheerful. Orange is creative. Red is stimulating. Green is healing. Blue is restful. Violet is calming and reflective. Brown is grounding.
- Experiment and arrange the furniture in a way that makes you feel welcomed, safe and secure.
- Breathe life into your space with living plants and natural materials.
- Choose pictures and decorative items that remind you of people and places you love.
- Play calming music, listen to wind chimes or running water; whatever best enhances your relaxation.
- Bring in as much sunlight as you can during the day and create a feeling of security by closing good fitting window coverings at night.

What's New, Continued

Fact or Fiction Shape Up for Spring Fair

Wednesday, March 12, 11am – 1 pm, Hamilton Center in the UC
Learn the facts and dispel the myths about nutrition and exercise. Eat smart and exercise to get the greatest benefit.

Game show with prizes!

BOSU demonstrations – the newest group fitness class to be offered on campus.

Drawing for free fitness assessment and coupons for \$ off personal training packages.

Healthy cooking demonstration.

Free snacks!

Information on:

Grocery shopping strategies and checklist.

Find out when fresh fruits and vegetables are available locally.

Easy healthy dishes with only 4 ingredients.

Inexpensive and quick recipes.

Making the best choices when eating on campus.

Choosing healthy snacks.

Conquer Anxiety!

Friday, March 14th from 1:00-2:00 PM

2nd floor Ambrose Health Center, Rocker Room

Is your performance anxiety making it difficult to reach your potential? Does your mind go blank when you sit down to take a test, give a speech or compete in an athletic event?

Come to this Counseling Corner Workshop to learn strategies for managing your performance anxiety. Learn how to prepare for stressful situations to improve your chances for success.

Free Relaxation Break

For Students, Staff and Faculty

Thursdays – 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.