

HEALTHY U

Volume 4, Issue 13
April 4, 2008

"We make a living by what we get, we make a life by what we give." -Sir Winston Churchill

Editor: Marilyn Kile

AM I READY TO QUIT USING TOBACCO?

Seldom is anyone "**ready to quit**". Ambivalence is common with any addiction.

There are many resources available to those who are interested in quitting.

Who can benefit from tobacco cessation information?? ANYONE THAT USES TOBACCO!!

Not yet decided to quit?? A Health Care Professional can and should give you messages at every visit on why & how to quit. (Studies show that people are more likely to quit tobacco use when their Health Care Professional recommends it)

Thinking about quitting, but not sure you can do it??

A Health Care Professional may be able to help you to be more confident, weighing risks vs benefits.

Already decided and making plans? A Health Care Professional can help you "tweak" your plan/give you new ideas/order medication, if you desire.

Already quit?? Congratulations!!! A Health Care Professional can give you ideas on how to continue cessation and **should give you praise** on a hard job well-done.

Quit—but relapsed? A Health Professional can assist you in deciding what went wrong, and get back

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WHAT'S NEW

To Sleep Or Not To Sleep, That Is The Question

Rocker Room, Ambrose Health Center
April 18th, 12:30pm

Free Relaxation Break

Thursday, April 24
12:30 – 1:30 pm
Room 2023S (rocker room), Ambrose Health Center.
Open to Students, Staff and Faculty

[More info on Page 3](#)

STRESS MANAGEMENT

The week after spring break is a great time to plan out the rest of your semester. Time management is a huge stress reducer!

Start by writing down all your project/paper deadlines and exam dates. Then go back and set deadlines for when each aspect of the project needs to be done. For each project this would be different. For example to complete a project you may need to prepare an outline, find a group meeting space and common time available, meet with the group x amount of times, call to set up interviews, conduct interviews, reserve studio space, collect data, analyze data, write first draft,

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EMPLOYEE ASSISTANCE PROGRAM

It would be great if we could all be assured that life would go smoothly from this point on, that there would be no more pain or suffering beyond what we've already experienced.

Unfortunately, it doesn't

always work that way. It would also be great if there was someone to talk to, free of charge, in a confidential setting who understands the way our workplace functions, how difficult it can be to balance all the demands of work and family/personal

life and how stress impacts our ability to do our best at work.

Fortunately, there is someone on this campus who can talk with you about your concerns.

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VALUABLE LINKS

[Livewell](#) (Livewell includes various questions on one's physical fitness, physical nutrition, physical self-care, drugs and driving, social environment, emotional awareness, emotional control, intellect, occupation, and spirituality in order to evaluate his/her lifestyle in these areas and realize areas for improvement.)

[My Pyramid](#) (An individualized assessment of what and how much you need to eat for your age, gender and activity level. Enter what you eat each day. The Interactive Healthy Eating Index (IHEI) analyses your diet by calories and nutrients. The Physical Activity Tool assesses your physical activity status and provides related energy expenditure information.)

[Ping My Health](#) (This survey is a tool for college students to learn about their personal health. This survey will take approximately 5 minutes to complete. Once you have answered all of the questions, a personalized feedback report will be delivered. The health information provided in the report comes to you in an educational but entertaining manner.)

[Stress Assess](#) (Stress Assess is an educational tool designed to enhance your knowledge about stress. The program will evaluate your current stress sources, distress symptoms and lifestyle behaviors. Based on your personalized assessment, you can learn healthy and effective strategies to balance the stress in your life.)

"Did You Know...?"

*Specializing in the
Unique Needs of
College Students*



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.

WELLNESS RESOURCE CENTER

If you are looking for a visual image to help you relax, try these two video tapes.

Earth Prayers: The healing power of nature. An inspiring presentation celebrating the beauty of our planet and her profound ability to promote a sense of inner peace. This video is a magical blend of hundreds of relaxing colorful images of nature in her finest moments combined with poems by Nancy Wood, Rumi, Annie Dillard, and Chief Seattle all of which are set to an enchanting musical score.

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.

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.

Quit Tobacco, Cont.

on the right track.

Health Care Professionals include:

*On- Line quit services

[iQUIT](#) (Podcasts, videos, SMS text messaging, and Facebook page to help young adults quit smoking)

[FixNixer](#) (FixNixer will create a personalized program that carves out your best path to quitting and gives you all the support you need to get there, including tips and tools that help you get ready for your quit date, a community forum, your own online Quit Blog, and even personalized text messages that help you stay strong when you're feeling the urge to give up.)

[Smoker Aid Program](#) (Personalized reports, questionnaires, various brochures, consultations, and other useful websites. The questionnaires include one on mood and tobacco withdrawal symptoms, a survey for pregnant smokers, and one for smokers and ex-smokers. There are also tests and tools, testimonies, and forums.)

[QuitNet - A Free Resource to Quit Smoking](#) (Create your own quit plan, ask questions of expert counselors, get support from the QuitNet community, and learn from science-based quitting guides.)

*Judy Lembrich, RN at UHCS

*Your family physician

*Wisconsin Tobacco Quit Line (toll-free): 1-800-QUIT-NOW

CALL – THEY ARE WAITING TO HEAR FROM YOU.

By Judy Lembrich, RN, C
Nurse Clinician

Stress Management, Cont.

visit writing lab, review each chapter and accompanying class notes, etc. Build your daily to do list off of all your deadlines.

When you have the rest of the semester laid out you will know how much and when you have free time available. Then you will be better able to answer that all important question, "What is the best use of my time right now?"

Build socializing and quiet time into your daily schedule. Your day should be a good balance between productivity and relaxing. Cut out the time wasters/nonproductive activity. Remember to spend your time on those things that are your highest priorities in life.

EAP, Cont.

The State of Wisconsin provides Employee Assistance Program (EAP) services for all state employees.

At UW-W, as your EAP Coordinator, I provide confidential assessment, referral and brief counseling services for individuals, couples and family members. You can also arrange to have me speak to your group about many topics pertaining to personal well-being and the workplace.

I am a Licensed Professional Counselor and Substance Abuse Counselor who has experience working with people of all ages on a wide variety of concerns, from personal relationships to work-related struggles, from mental health to financial challenges. Employees are permitted to attend EAP sessions during the work day, though they need to work out an acceptable plan for letting their supervisor know that they'll be away from their work unit for an hour or so while in session.

To make an appointment, call University Health and Counseling Services at (262) 472-1305 between the hours of 8:00 am and 4:30 pm., Monday through Friday, and have the receptionist arrange a meeting time that will work well for you. Make use of the benefits of being a state employee!

By Amy Margulies, MS, LPC, SAC
Coordinator, EAP/SAP

What's New, More Information

To Sleep Or Not To Sleep, That Is The Question

Rocker Room, Ambrose Health Center

April 18th, 12:30pm

"How do I get a good night's sleep around here?" is a legitimate question that all college students wonder about sometimes.

Getting a healthy amount of sleep each night can be tricky. Where you live can be remarkably noisy, distractions abound, and stress about coursework will rob you of a decent bout of shut-eye.

Come learn about the importance of healthy sleep, get tips for improving your sleep, and learn how to distinguish occasional disrupted sleep from symptoms of mental illness. An oh-so-important topic as final exams are coming around the bend.

Questions? Call Counseling Services at 472-1305.

Free Relaxation Break

For Students, Staff and Faculty

Thursday, April 24, 2008

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

Last chance this semester to come and 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.