

HEALTHY U

Volume 4, Issue 14
April 17, 2008

"The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself." Anna Quindlen

Editor: Marilyn Kile

SIGNS OF A TOXIC RELATIONSHIP

Some times we find ourselves in a relationship for all the wrong reasons. When we start a new relationship we all go through that new and "good feeling stage" hoping it will last forever, but later we may find ourselves in something completely different. The feelings start to change and the relationship becomes toxic. At the time it seems the easiest thing to do is just hang on and stay the course. We talk ourselves into thinking it will "get better", or that we are going through a "stage" and have hit a few rough bumps. If you find you need to defend why you're staying, examine why that is. We often in our fast paced lives don't listen to our own gut feelings that we should get out of something or stay

away from something. We don't want to hurt others, or look like the bad guy.

Here are some questions to ask yourself to find out if you are indeed in a toxic relationship. If you answered yes to even one question it is time to re-evaluate your relationship.

- Is my partner controlling where I go, who I see, how I dress or what I say?
- Am I being separated from my family and friends?
- Does my partner's temper scare me?
- Am I afraid to disagree with my partner?

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WHAT'S NEW

To Sleep Or Not To Sleep, That Is The Question

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

Anatomy of a Drunk Driving Disaster

Wednesday, April 23, 2008 7:00 pm in the UC Hamilton Center

Relaxation Break

For Students, Staff and Faculty, Thursday, April 24, 2008, 12:30 – 1:30 pm

[More Information on Page 3](#)

INFORMATION AT YOUR FINGERTIPS

We are open 24/7, at least on line! Navigating around the UHCS web site is easiest if you check what's available in each of the sections.

- **What's New** keeps you up to date on health alerts and health promotion

programs we are currently offering.

- **Wellness Information.** The first bullet "Health Information A-Z" contains the bulk of our articles and links to health information in 17 different subject

areas. Also in this section you can submit a general health question to our staff, read back issues of this newsletter, request a speaker, link to assessment instruments,

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STRESS MANAGEMENT

Procrastination is the art of putting off to tomorrow what you need to do today. Many people who procrastinate do so because they are anxious about how to start a project or their ability to successfully complete a project. Ironically, the very act of procrastination ultimately causes more anxiety or stress in the person's life.

Strategies for change include:

- Break all projects into small steps that don't look so overwhelming.
- Alternate doing easy/fun tasks with difficult/boring tasks.

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VALUABLE LINKS

[Red flags](#) How to recognize signs that your relationship may be unhealthy.

[Boundaries](#) How to set healthy boundaries in a relationship

[Raising Voices](#) College students personal stories of dating violence

[See it, Stop it](#) How to recognize dating violence and help a friend

[Safety plan for abusive dating relationship](#)

[Safety plan for abusive live in relationship](#)

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

*Specializing in the
Unique Needs of
College Students*



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WELLNESS RESOURCE CENTER

There are a wide variety of relaxation CD's and tapes available. Experiment and discover what works best for you.

AM Yoga Meditations: Tune into your breath, heart and mind to find deep relaxation, intuitive guidance and a calm strength to clear your mind so you can consciously and purposefully create an extraordinary and energetic day. CD

Countdown to Relaxation: When you are tense and on edge, take time to relax with either of these two exercises, set to the soothing music of Steven Halpern. CD

Healthy Balancing: Feeling pulled in too many directions? Listen as the narrator leads you to rebalance yourself with breathing, visualization and imagery. CD

Massage: The listener is guided through revitalizing shiatsu and acupressure massage routines designed to reduce stress and offer the healing benefits of soothing touch. Audiotape

Meditation in the Zone: Combine your exercise routine with enhanced awareness, relaxation and flowing performance. 2 tape set teaches how to use workout time as mindfulness meditation training. Audiotape

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.

Signs of a Toxic Relationship, Continued

- Am I belittled, ridiculed and put down a lot by my partner?
- Do I consistently give more to the relationship than my partner does?
- Is there violence?
- Do I feel forced to have sex when I don't want to?

Staying in a toxic relationship isn't worth the price of the pain and heartache in the end. Some good people to talk with if you think you're in a toxic relationship are your friends, family, health or counseling professional or religious leader.

By

Theresa Gleesing CMA, EMT-IV

Information at Your Fingertips, Continued

find healthy recipes, find out what freebie is offer in the lobby each month and more.

- **Health Services** explains the wide array of services we offer, fees, hours, location and where to get services after hours. You can also see our directory explaining the qualifications of each staff member. There are sections for immunizations, internship opportunities at UHCS, patient rights, privacy practices and other pertinent information.
- **Counseling Services** describes our mission, the scope of our services, when and where services are available and 24 hour phone numbers. There is also information on what students say about our services, massage therapy, sexual assault and the Employee Assistance Program.
- **Parents** offers suggestions to parents on getting ready to send their son or daughter off to college as well as information on some of the important issues facing them when they are here.

The front page of our web site also has a link to submit feedback on our services, downloadable forms you may need, frequently asked questions and a link to E fill, the women's health video and quiz.

If you are on Facebook, check out our group page. If you join our group you will automatically receive announcements of upcoming events.

What's New, More Information

To Sleep Or Not To Sleep, That Is The Question

Rocker Room, Ambrose Health Center

Friday, 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.

Anatomy of a Drunk Driving Disaster

Come and hear how life can change in an instant!

Wednesday, April 23, 2008

7:00 pm in the UC Hamilton Center

Presenters:

- The partner of UWW Professor P.B. Poorman, who was killed last year by a drunk driver
- A UWW student who was injured by a drunk driver
- The Waukesha County District Attorney
- The UWW Chief of Police

Refreshments will be served.

Questions? Call Amy Margulies, 262-472-1305

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 re-energize your body and mind. Leave in a state of relaxed alertness. Experience a combination of breathing exercises, tai chi, stretching, meditation, and guided imagery.

Stress Management, Continued

- Learn from your mistakes. Every time you realize something took longer than you thought it would, make a mental note to allow more time/start sooner next time.
- Make a list of all your favorite procrastination techniques e.g. checking email/Facebook/voice mail "just for a minute". Then when you "catch yourself in the act", stop whatever you are doing and get back on track quickly.
- Flip it around. Instead doing the dishes before your start studying, decide to take a 10 minute break to do whatever you want, but only after an hour of studying.
- Build on your successes. Congratulate yourself every time you get another task done and closer to the completion of the whole project.

If procrastination in all things is a way of life for you, consider talking to a counselor to understand the underlying causes and develop a step by step plan for change.