

HEALTHY U

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"Small opportunities are often the beginning of great enterprises."
-Demosthenes

Editor: Marilyn Kile

EXERCISE YOUR OPTIONS

Think exercise just means "working out" or running laps? Think again. It means **having fun in motion**. Relaxing or energizing physical activity can be done alone for some "me time" or with a group for a chance to socialize. It can be an organized team activity or a pick up game with some friends.

When you get up and move it helps you release stress, get energized, control anger, get a glowing complexion, loosen up, clear your head, get in shape, calm down, and feel better. And it's FUN.

Need some ideas? This time of year how about playing hacky sack, dodge ball, Frisbee, bean bag toss, lawn darts, ladder golf or

shooting hoops.

Short on money? Try hiking on the [prairie or woodland trails](#) or in the [Kettle Moraine Forrest](#), walking or riding your bike to class or the store, playing tennis outside Williams Center, skate boarding, or mountain biking.

In the local area you can play [mini golf](#), [hang glide](#), [golf](#), play [paint ball](#), canoe, and [skate board](#).

For a great way to make new friends who like to have fun the same way you do, check out all the [Intramurals](#) and [Club Sports](#) available. There is disc golf, fencing, La Crosse, paintball,

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UHCS
UNIVERSITY HEALTH & COUNSELING SERVICES
Specializing in the Unique Needs of College Students

WHAT'S NEW

Tai Chi Easy™

Tuesdays, 12:30-1:15 pm
September 9 – October 14, 2008

UC room 259B **Free**

["Why Won't You Just Eat Something?" What Eating Disorders are Really About](#)
Thursday, September 18th, 6:30–7:30 pm, UC 275A

["UWW Working for Wellness" Fair](#), Thursday, October 2, 2008
11am – 2pm
Hamilton Center, UC
Fun, Food, Prizes

[More Information on Page 3](#)

AUTHENTIC HAPPINESS

Everyone wants to be happy, but many of us find it fleeting at best. We keep searching for it but maybe we don't know where to look. The source of authentic happiness is inside each individual. It can be cultivated but not purchased.

Over the course of this year we will take a look at 6 virtues and the 24 character strengths considered important for optimal human fulfillment and psychological well being.

Virtue 1: Wisdom and knowledge

Character strengths: creativity, curiosity, open-mindedness, love of learning and perspective.

Virtue 2: Courage

Character strengths: authenticity, bravery, persistence and zest.

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APPOINTMENTS AT UHCS

Scheduling an appointment means a health care provider or counselor has set aside time just for you. That is why UHCS works by appointment. When you show up for your appointment, you know you will be seen shortly.

Appointments for health care can be made by calling 262-472-1300 or stopping in the first floor of the Health Center. Appointments can be made for counseling and massage by calling 262-472-1305 or stopping in the second floor of the Health

Center.

[Can appointments be made on line?](#) No, because appointments are scheduled for varying time lengths with various practitioners based on your health care needs.

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VALUABLE LINKS

[Fitness for You](#) (100 different concise, one-page Fit Facts covering different health or fitness topics)

[Take Small Steps to Fitness](#) (Learn how to set goals and make small gradual changes. Also for tracking progress and earning a certificate for reaching goals)

[Choose to Move](#) (a 12-week physical activity program dedicated to helping real women everywhere incorporate healthy habits into their life)

[Start!](#) (Sign up for a free tracking tool, and you can start logging your daily activity and nutrition. You'll also receive weekly and monthly newsletters filled with tips and motivation to keep moving)

[Stretching at Your Desk](#) (Five short videos demonstrating stretching exercises you can do in your room or office. Great for study or work breaks)

"Did You Know...?"

*Specializing in the
Unique Needs of
College Students*



To unsubscribe write to kilem@uww.edu

WELLNESS RESOURCE CENTER

Want to learn how to improve your well being? There are over 80 self care CD's, DVD's and tapes in the Wellness Resource Center. The topics include:

- Relaxation
- Exercise
- Study Skills
- Nutrition
- Sexual Health
- High Blood Pressure
- Irritable Bowel Syndrome
- Smoking Cessation
- Breathing exercises
- Depression/Grief/Anxiety/Trauma
- Eating Disorders/Body Image
- Weight Loss
- Pain Management
- Sexual Violence

The exercise DVD's are:

Pilates Complete for Everyone – 35 routines for beginner, intermediate and advanced students. DVD

Yoga for Every Body – 45 workouts for beginner, intermediate and advanced students. DVD

Qigong - This movement meditation is an ideal way to cultivate a peaceful mind and a healthy body, especially for those who do not like the idea of sitting still for meditation. Easy to follow 4 part workout.. DVD

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.

Authentic Happiness, Cont.

Virtue 3: Humanity

Character strengths: kindness, love and social intelligence.

Virtue 4: Justice

Character strengths: fairness, leadership and teamwork

Virtue 5: Temperance

Character strengths: forgiveness, modesty, prudence, self-regulation

Virtue 6: Transcendence

Character strengths: appreciation of beauty and excellence, gratitude, hope, humor and religiousness

The concept of authentic happiness comes from the field of positive psychology pioneered by Dr. Martin Seligman.

If you would like to better understand your own character strengths, take the Signature Strengths Questionnaire at www.authentichappiness.org

What's New, More Information

Tai Chi Easy™

Tuesdays, 12:30-1:15 pm

September 9 – October 14, 2008

UC room 259B

Free

Transform your day and your life!

Experience the calming and revitalizing practice of Tai Chi, an ancient wellness and stress mastery tool.

Come and learn some simple but very relaxing Tai Chi and Qi Gong movements. Perfect for beginners; can be done seated or standing.

Tai Chi has helped people of all ages improve balance, increase flexibility, relieve pain, and diminish the effects of daily stress.

If you have questions, contact Marilyn Kile, Certified Tai Chi Easy facilitator, 262-472-1300 X 2244

"Why Won't You Just Eat Something?" What Eating Disorders are Really About

Thursday, September 18th, 6:30–7:30 pm, UC 275A

Think eating disorders are just about food? Think again.

Come to this Counseling Corner workshop to learn what else might be going on when someone is dealing with an eating disorder.

"UWW Working for Wellness" Fair

Thursday, October 2, 2008

11am – 2pm

Hamilton Center, UC

Fun, Food, Prizes

Exercise Your Options, Cont.

ultimate Frisbee, rock climbing, water skiing, volleyball, badminton, racquetball, golf, football, tennis, soccer, softball and martial arts, just to name a few.

For those of you who like working up a sweat in a group to the beat of some great music, [Williams Center](#) offers glute fusion, core complete, group strength, step, BOSU, turbokick, cardio, total exhaust, PIYO, cycling and aqua.

For a slow flowing activity, try yoga classes at the Williams Center or the new [Tai Chi Easy](#) classes offered in the UC. These gentle movements are not only relaxing, but they can improve balance, flexibility and muscle strength.

Next semester we will highlight the great activities there are to do in the winter. There are many options. So to have a great time, get up and move!

By Marilyn Kile, LCSW

Wellness Coordinator

Appointments at UHCS, Cont.

Our receptionists can help you find the right appointment with the right practitioner for you.

How soon can I get in? That depends on the type of appointment you need and your availability. If you are ill, health service appointments can usually be made for the same or next day. Well care appointments, such as physicals or personalized reproductive care, can usually be made in a couple of weeks. Counseling and massage appointments can usually be made from the next day to within 2 weeks. The more flexible your schedule, the sooner you can get in. There are usually more openings in the morning.

What if I need to be seen right away? If you have a medical emergency, call 911 for the rescue squad. If you need to be seen at UHCS right away for a minor injury, call ahead and we will usually be able to get you in shortly. If you are experiencing an emotional crisis and need to see a counselor, call and you will usually be able to be seen that day.

Do I need an appointment to apply for Family Planning Waiver (Forward card)?

Yes. Call 262-472-1300 and ask for a waiver application appointment.

By Marilyn Kile, LCSW

Wellness Coordinator