

HEALTHY U

Editor: Marilyn Kile

Volume 4, Issue 1
September 7, 2007

"Enthusiasm is contagious. Be a carrier." —
Susan Rabin

WEIGHT LOSS STRATEGIES

- First discover what a **healthy weight** is for you. Don't use models and actors as a guide. Many of them are underweight. Use a [body mass calculator](#) to discover the weight range that is considered a normal weight for someone your height.
- Determine which **foods** will help you achieve a healthy weight loss. Make it easy on yourself. A diet full of whole grains, fruits and vegetables will fill you up with fewer calories than chips and fries. Low fat protein and small amounts of healthy fats, e.g., olive oil and nuts, will keep you satisfied longer than soda or sweets making it easier to stick to your weight loss plan.
- Be aware of your portion size. The [healthy weight pyramid](#) can show you how many servings you need each day of various food types and how big a serving is.
- Learn the calorie content of the foods you most commonly eat. Read package labels carefully. Calories are given per serving so note what is considered a serving size. Information on [fast food](#) can be found online.
- Eat 3-6 times per day so you don't get overly hungry. Plan ahead so healthy foods are available when it's time to eat.

Continued on Page 2



The Truth About Medication for Emotional Problems

Thursday, September 20 from 12-1 in the Rocker Room (2023S) Health Center. Free

Relaxation Break

Thursday, September 27, 12:30-1:15 pm in the rocker room (2023S) Health Center. Free

Wellness Fair

"Building Balanced Health". Wednesday, October 3, 11 am – 2 pm, 2nd floor of the Williams Center. Free.

Continued on Page 2

STRESS MANAGEMENT

This column will offer a number of different strategies over the course of this year for managing your stress. In this issue we will start off by looking at how you can assess your stress level.

Stressors are demands, or challenges. Stress is your reaction to the stressors. Too few stressors and life can be boring or meaningless. Too many stressors and you may feel overwhelmed and tense. It's important to find the right balance for you.

Most people are concerned about periods of too many stressors in their life causing them distress. How can you tell if this is an issue for you?

Continued on Page 3

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.

Continued on Page 3

CONTINUED FROM PAGE 1

Weight Loss Strategies, Cont.

- Exercise 30-60 minutes most days of the week. Not only will you burn calories while you are exercising, but it will boost your metabolism and increase your muscle mass so you burn more calories all day.
- Aim to lose only 1 or 2 pounds per week. Those who lose weight slowly are more likely to keep it off.
- Think of these healthy changes as new eating and activity patterns for the rest of your life.

By Marilyn Kile, LCSW

Wellness Coordinator

What's New, Cont.

Medication, Cont. Are you thinking about beginning medication for depression, anxiety, or another mental health issue? Perhaps you have wondered whether such medications might be helpful to you based on hearing about others' experiences. Maybe you would simply like to learn more to better understand the effects of these types of medication. Lynn Mucha, LCSW and a medical professional will facilitate this presentation and answer any questions you have.

Relaxation Break, Cont. 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.

Wellness Fair, Cont. Great opportunity to have fun and improve your well being. Many different exhibits from both campus and community resources, free massages, give aways, food, information, assessments and door prizes! Co sponsored by University Health and Counseling Services, Recreation Sports, Student Assistance Program, Chartwells and Residence Life.

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

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. Future issues will include descriptions of the individual items available.

*Specializing in
the Unique
Needs of
College Students*



To unsubscribe write to kilem@uww.edu

Appointments with 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. Ill care 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.

By Marilyn Kile, LCSW
Wellness Coordinator

Stress Management, Cont.

The symptoms of stress cover quite a range and vary from person to person. To assess whether or not stress is a problem in your life now, look over the following list and see how many of these symptoms of stress exhaustion apply to you.

- Headaches
- Overeating or loss of appetite
- Insomnia or excessive sleep
- Pounding heart
- Muscle aches
- Increased alcohol or other drug use
- Anxiety
- Depression
- Little joy
- Easily discouraged
- Forgetfulness
- Negative attitude
- Racing thoughts
- Poor concentration
- Apathy
- Isolation
- Lashing out or being argumentative

If stress is a problem in your life, make a commitment to learn better ways of handling your stressors and your reaction to them. This will improve your health and make life more enjoyable. Future issues will cover specific strategies for managing stress.