

# HEALTHY U

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"Our greatest glory is not in never falling, but in rising every time we fall."—Confucius

Editor: Marilyn Kile

## TOP 10 HAPPY FOODS

To eat for a better mood:

- Control your blood sugars by eating every 4-5 hours throughout the day,
- Eat a diet rich in soluble fiber, and
- Incorporate foods rich in omega 3 fats, folic acid, B12 and Vitamin D – four nutrients that researchers found to be mood lifting.

The following are Joy Bauer's Top Ten Happy Foods - bon appétit!

1. **Wild salmon** (rich in omega 3 fats and vitamin D)
2. **Spinach** (rich in folic acid and soluble fiber)
3. **Skim milk** (rich in Vitamin D and B12)

4. **Ground flaxseeds** (rich soluble fiber, omega 3 fats and folic acid)
5. **Blackberries** (rich in soluble fiber and folic acid)
6. **Omega 3 fortified eggs** (rich in omega 3 fats, Vitamin D and B12)
7. **Sardines** (rich in omega 3 fats and Vitamin D)
8. **Soybeans** (rich in soluble fiber, folic acid and omega 3 fats)
9. **Beans** (rich in soluble fiber and folic acid)
10. **Brussels sprouts** (soluble fiber and folic acid)  
Plus an extra for good luck!

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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

[When Love Won't Quit: Understanding Relationship Violence & Stalking](#)  
Tuesday, October 28th, 7:00 - 8:00 pm

[FLU SHOTS at UHCS](#)  
Walk In clinics: Starting Oct. 23 (see more info for dates/times)

[More Information on Page 3](#)

## AUTHENTIC HAPPINESS

There are 6 virtues and 24 character strengths considered important for optimal human fulfillment and psychological well being. The first virtue is wisdom and knowledge and the character strengths include open-mindedness and wise perspective. Happy people usually describe themselves as life-long learners.

It is to your benefit to be open to all new information available to you. Open mindedness is the intellectual flexibility to change one's thoughts and beliefs based on new evidence. It avoids egocentric and ethnocentric thinking and the barriers they create to interacting with and understanding people who are different from you.

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## WHAT IS GROUP COUNSELING?

Last year I was asked by a number of students about the group counseling program now available at Counseling Services. Here is some useful information to help you decide if group counseling is an option for you.

- Groups are available at **no charge** to both full and part-time students.

### What is group counseling?

- Group counseling is a setting in which a group of people support each other in making changes

in their lives. It is great way to help you realize that you are not alone in your concerns, that others are having or have had similar experiences. Group is a wonderful place to

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## VALUABLE LINKS

[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 (IHEL) analyses your diet by calories and nutrients. The Physical Activity Tool assesses your physical activity status and provides related energy expenditure information.)

[Nutrition Analysis Tool II](#) (To use the system, you simply type in the food and quantities to be consumed. NATS then searches the USDA nutrient database to provide the percentages of the recommended daily requirements for 17 nutrients. You can also select a nutrient to find its definition and function within the body, calculate approximately how much energy you burn during the day, and after you have analyzed your Personal Diet List, a tool helps you add or reduce selected nutrients in your diet by suggesting appropriate foods.)

[Fast Food Nutrition](#) (Look up the calories, fat, cholesterol and sodium in your favorite fast foods)

[Fitday](#) (Web site helps you track and analyze the foods you eat and the exercises you do on a daily basis. Based on your journal entries, FitDay analyzes your diet, exercise and weight, generating graphical reports on the important aspects of your fitness.)

### *“Did You Know...?”*

*Specializing in the  
Unique Needs of  
College Students*



To subscribe or unsubscribe write to [kilem@uww.edu](mailto:kilem@uww.edu)

## WELLNESS RESOURCE CENTER

**Portion Size Me:** Follow 2 college students as they eat nothing but fast food for one month and manage to lose weight and lower their cholesterol. DVD

**Portion Size Me, Too:** Follow 2 college students as they learn how to make healthy choices at fast food restaurants and pay attention to the right size portion for them. DVD

**Prevent Headaches:** The focus is on relaxing tense muscles in the head and neck evening out blood vessel caliber, elevating serotonin, clearing out toxins and evoking balance and calm. Audiotape

**Relieve Headaches:** To be used when first experiencing a headache, it helps to relax tense muscles in the head and neck, even out blood vessel caliber, elevate serotonin, and evoke calm. Audiotape

The [Wellness Resource Center](#) is located in the lobby of the Ambrose Health Center. 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.

### What's New, More Information

#### [Tai Chi Easy™](#)

Tuesdays, 12:30-1:15 pm  
UC room 259B  
Free

Open to new people

*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

#### [When Love Won't Quit:](#)

#### [Understanding Relationship Violence & Stalking](#)

Tuesday, October 28th, 7:00 - 8:00 pm, Basement of Wells (L-shaped room by University Fitness)

Are you aware of the warning signs? This workshop will teach strategies for staying safe and avoiding potentially dangerous relationships.

#### [FLU SHOTS at UHCS](#)

Walk In clinics: 8:00 AM to 12:00 Noon

Oct. 23<sup>rd</sup> (Thursday for *HIGH RISK STUDENTS ONLY*)

Oct. 24<sup>th</sup> (Friday for *ALL students, staff and faculty*)

Appointment needed clinic: 8:00 AM to 12:00 Noon

Oct. 27<sup>th</sup> (Monday)

Cost is \$ 18.00

### Top 10 Happy Foods, Continued

11. **Sunflower seeds** - (rich in soluble fiber and folic acid)

For meal plans, grocery lists, recipes and much more information on improving your mood, check out, [Joy Bauer's Food Cures](#)

### What is Group Counseling, Cont.

receive support from your peers, to give and receive feedback, and to learn educational information about your concerns. Groups are facilitated by professional mental health providers, typically have 5-8 members, and meet weekly, usually for 1 ½ hours.

- **How does group counseling work and isn't individual counseling better than group?**

Groups promote change by inviting self-exploration. You can learn to recognize problematic thoughts and behaviors, gain comfort with your feelings, develop new ways of thinking and acting, and practice these skills in a safe setting. Research has demonstrated that almost any concern that brings you in for counseling can be dealt with in group counseling as well or even better than it can in individual counseling.

- **How do you choose the group counseling topics?**

Topics are chosen each semester based on the needs of the students. We try to form groups around topics that are the most pressing to the students, and the topics we think the most students will benefit from. During the fall semester, our groups will include: Women's Therapy Group, Sexual Assault Survivors' Group, and a General Therapy Group.

Please visit our [website](#) for additional information. If you are interested in joining a group or if you have further questions, please call 262-472-1305 or stop by Counseling Services on the second floor of the Ambrose Health Center.

By Jill Mallin, Ph.D., LPC

### Authentic Happiness, Cont.

Open mindedness will allow you to grow comfortably into the realities of the changing world around you. To increase your open mindedness regularly expose yourself to people, articles and web sites that hold a different point of view from your own.

Wisdom develops from a lifetime of viewing the world openly and learning to put all things in perspective. Wisdom is not the same as intelligence. It involves finding meaning in life and coming to terms with life choices. The wise person has insight into his/her own motives and the motives of others. To become wise you need to be actively involved in life outside of your own petty concerns. You must develop an understanding of what really matters and be able to see to the heart of important problems. Rather than having an easy life, experiencing and successfully navigating challenges in your life can actually increase your wisdom.

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](http://www.authentichappiness.org)