

HEALTHY U

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"People grow through experience if they meet life honestly and courageously. This is how character is built." Eleanor Roosevelt

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CONTRACEPTIVE CHOICES

Thinking about going on Birth Control?

Not sure what is your **best choice**?

Don't know who to ask or where to go?

There is no 'one size fits all' method of birth control. The **best method** of birth control is one that:

- is safe
- used correctly and consistently and
- fits your lifestyle.

There are many choices of birth control. Some are much more effective at preventing pregnancy than others. Combining two methods (such as condoms and pills) dramatically lowers the risk of unintended preg-

nancy provided they are used consistently.

Some of the various methods include:

Abstinence – A sure thing.

***Outercourse** -sex play without vaginal intercourse. A safe and effective method as long as no sperm comes in contact with the vagina. Sometimes it's difficult for people to abstain from intercourse.

***Fertility Awareness-Based Method** – natural methods that requires detailed instructions and motivation to make it work effectively.

***Contraceptive foams** - block the entrance to the uterus with bubbles and

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WHAT'S NEW

Relaxation Break

Thursday, October 25, 12:30-1:15 pm in the rocker room (2023S) Health Center

What You Need to Know about Relationship Violence & Stalking

Tuesday, November 6 from 7-8 PM L-shaped room in the basement of Wells (next to University Fitness)

Flu Shots

Available by appointment for \$18 for students, staff and faculty. Call 262-472-1300 for an appointment.

More Info on Page 3

STRESS MANAGEMENT

When you are having a difficult day, running around feeling like you will never get everything done, chances are your breathing has become rapid and shallow. One of the easiest and most effective ways to de-stress in a short period of time is by focusing on and deepening your breathing.

Focused breathing helps your mind-body relax. By paying attention only to your breathing you are not thinking about your stressors. This neutral thinking sends a message to your body that there is no threat and it is OK to relax your muscles and slow your heart rate.

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WISCONSIN FAMILY PLANNING WAIVER PROGRAM

Looking for free contraceptive services?

The Wisconsin Medicaid Family Planning Waiver Program provides eligible women with free

- Routine reproductive

health exams including pap tests

- Contraceptive supplies – pills, patch, ring, injection or condoms
- Pregnancy testing

- STD testing and treatment
- Emergency contraception

Where can I receive these services?

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Stress Management, cont.

While shallow rapid breathing can make you feel anxious, slow abdominal breathing can calm your mind. Even 30 seconds of mindful breathing can make a difference.

Next time you are going to take a study break or "coffee break", try a relaxation break instead. Here are a couple of five minute breathing exercises to try.

Lie on your back in a comfortable position and put one hand on your abdomen. Close your eyes and focus all of your attention on the movement of your hand. If you are breathing properly it will rise with every inhalation and fall with every exhalation. For the next five minutes think of nothing else than the rising and falling of your hand. If your mind starts to wander, just gently bring it back to your breathing. Notice how much calmer you feel after just five minutes!

Sit in a comfortable chair. Exhale loudly through your mouth to get started. Breathe in through your nose for a count of four. Hold your breath for a count of two and notice the feeling of exhilaration from the fresh clean air. Exhale through your mouth for a count of six. Pause for a count of two and appreciate the quiet and stillness. Start the cycle over again.

There are CD's and tapes in the Wellness Resource Center that teach other breathing exercises.

WELLNESS RESOURCE CENTER

There are several CD's and tapes available in the Wellness Resource Center that teach a variety of breathing techniques.

Breathe to Beat the Blues: A sequence of ten pranayama breathing exercises to help you calm your mind and elevate your mood. CD

Breathing: Master Key to Success: Learn 8 breathing exercises that can help you increase energy, lower your blood pressure, and decrease your anxiety. CD

Take a deep b-r-e-a-t-h. Teaches several kinds of deep breathing. Slow, deep, rhythmic breathing leads to relaxation and a clear, alert mind. 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

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the Unique
Needs of
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"Did You Know...?"



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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.

Contraceptive Choices, Cont.

contain a spermicide that immobilizes sperm. 71% effective in preventing pregnancy.

***Withdrawal** – an unreliable method for many because of the possibility of pre-ejaculate containing some sperm.

***Caps, diaphragms, shields** – all of these devices cover the cervix and need to be used with a spermicide. About 84% in preventing pregnancy

Male condoms – About 85% effective in preventing pregnancy. Also reduces the risk of sexually transmitted diseases

*** Birth control pills, patch, and ring** – About 92% effective in preventing pregnancy.

*** Depo shot** - 97% effective in preventing pregnancy. Need to have an injection every 3 months.

***IUD** (intrauterine device) – 99% effective in preventing pregnancy. IUDs work by preventing sperm from joining with an egg by affecting the way they move.

***Implant** – Thin plastic stick inserted into the upper arm where it remains for 3 years. Thought to be over 99% effective in preventing pregnancy.

***Sterilization** – Nearly 100% effective in preventing pregnancy. Permanent (difficult to reverse).

*These methods do not protect from sexually transmitted diseases.

Detailed information about the various methods is available on the [Planned Parenthood web site](#). There is also an [inter-active program](#) online to help you choose the method that is right for you.

Having troubles deciding?

Call (472 1300) and make an appointment to come in and talk to a health care provider at the University Health and Counseling Center.

Linda Lamont, APRN, BC
Nurse Practitioner

What's NEW, Cont.

Relaxation Break

Thursday, October 25, 12:30-1:15 pm in the rocker room (2023S) Health Center. Free. 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.

What You Need to Know about Relationship Violence & Stalking

Tuesday, November 6 from 7-8 PM L-shaped room in the basement of Wells (next to University Fitness)
Steve Naymick, LCSW

Come to this Counseling Corner Workshop to learn more about how to avoid becoming involved in a dangerous relationship. You will hear about the warning signs of an abusive relationship and raise your awareness regarding stalking behaviors.

Wisconsin Family Planning Waiver Program, Cont.

UWW students with a Forward card for the Family Planning Waiver Program can now receive these services on campus at University Health and Counseling Services.

Who can get a Forward card for the Family Planning Waiver program?

Women, 15-44 years old, who:

- are U.S. citizens living in Wisconsin,
- have an income below \$1,574 for one person or \$2,111 for a two person household and
- are not already receiving Wisconsin Medicaid, BadgerCare, or Healthy Start,

How do I get a Forward card for the Family Planning Waiver Program?

UWW students may call (262) 472-1300 for a Waiver application appointment. Bring along your UWW ID. **If you were NOT born in Wisconsin** you will also need one of the following for proof of U.S. Citizenship:

- Passport,
- Certified copy of birth certificate,
- U.S. State Department Report of Birth Abroad, or
- Adoption papers showing U.S. birth.

"Who can I contact for more information?"

For more information on the [Family Planning Waiver Program](#) call University Health and Counseling Services at (262) 472 1300 menu option 6.