

# HEALTHY U

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“The person who says it cannot be done should not interrupt the person doing it.” Chinese Proverb

## DISTRACTED DRIVING

Anything that takes your eyes or mind off of the road or your hands off the wheel is distracted driving and has become a problem in our country. We live in a fast food society and “dash board dining” has become the norm. We want to be in constant contact with others while we drive as well. We have all heard self talk that may sound something like this “Oh, it will only take a few seconds” or “I’ll call him/her on my way to the gas station” or maybe you hear that special “message received sound” that all of our phones makes and wonder “Who is that – I’ll take a quick peek” or “I cannot wait to send this.”

I am certain I thought at least one of these thoughts

2 years ago. Looking back now I feel fortunate that I was coming to a stop light while I was talking on the phone, looking at my PDA and applying my brakes all at the same time. I am sure you will not be surprised when I share with you that I hit the car in front of me. Even though I was going less than 20 miles per hour the damage I did to my car as well as the car in front of me was enough to take pause. The fatal accidents that have happened in the past few months speak with great force to the dangers of NOT being attentive while driving. This is where my personal challenge began. So I invite you to join me in signing a personal

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### WHAT'S NEW

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

[FLU SHOTS at UHCS](#)  
Friday, Oct. 24, 8:00 AM to 12:00 Noon

["How to Help a Sexual Assault Survivor: What Men Can Do."](#)  
Wednesday, November 5, 2008, 7 pm

[Tai Chi Easy™](#)  
Tuesdays, 12:30-1:15 pm

[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. Virtue 2 is Courage and the character strengths include Authenticity and Zest for living.

Being authentic means being true to yourself and others. When you respect yourself and others it is easier to present yourself in a genuine way. Being true to others includes speaking the truth without intentionally hurting others for your own gain. “Say what you mean and mean what you say.” Honesty can reduce anxiety because you don’t have to remember what stories you told to whom or worry about

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## FLU VACCINATION SERVICES

Be prepared this year. Students, staff and faculty can get their influenza shots on campus now at UHCS. Flu Mist® (nasally inhaled vaccine) may be available, call ahead for availability.

They are both \$18.

Immunization clinics have been scheduled for the following dates from 8:00 am until 12:00 noon:

- Friday, October 24 no appointment necessary
- Monday, October 27 by appointment

To save you time in the clinic, forms can be [downloaded](#) and filled out in advance.

If the scheduled clinics don't fit into your busy life, you may make an appointment

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## VALUABLE LINKS

**[Fat Talk Free Week](#)** Audio and graphical presentation on the effects of fat talk. Can you go a whole week without talking about someone being fat? Aim for a healthy ideal not an unrealistic body type.

**[Stalking Victims](#)** This is a place of sanctuary and of coming together to end the violence. It features detailed information on stalking, how to identify it, understand it and make some sense of it, what it can become, and suggestions for dealing with it. There is an online support group where you can participate in the therapeutic process of sharing, or gain invaluable information from others. Take a little time out to relax in the 'De-Stress Zone,' or gather ammunition from the collected resources for stalking victims.

**[Men Against Sexual Violence](#)** Learn more about sexual violence and what men can do to end it in our communities.

**[Men Can Stop Rape](#)** This group mobilizes male youth to prevent men's violence against women. We build young men's capacity to challenge harmful aspects of traditional masculinity, to value alternative visions of male strength, and to embrace their vital role as allies with women and girls in fostering healthy relationships and gender equity.

**[Stalking Resource Center](#)** This US government site has help for victims and information on stalking laws and court cases.

## *"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

Breathing exercises are an easy, inexpensive and readily available way to reduce stress. Check out one of these CD's or tapes to learn some effective breathing exercises that can be done for 2 minutes or 30 .

**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 you 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. 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

### [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 clinic: 8:00 AM to 12:00 Noon

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

### ["How to Help a Sexual Assault Survivor:](#)

#### [What Men Can Do."](#)

Wednesday, November 5, 2008

Summers Auditorium, UC

7:00-8:00 pm

A program for college men by college men. Rooted in research showing the effectiveness of all-male, peer education, this program addresses men as potential helpers, not as potential rapists.

Co sponsored by these UW-W men: UWW Baseball team, Men's Basketball team, Men's Cross Country team, Football team, Men's Soccer team, Men's Swimming and Diving team, Men's Tennis team, Men's Track and Field team, Wrestling team, Lambda Alpha Upsilon, Karate Club, and the Warhawk Marching Band.

### [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

## Authentic Happiness, Cont.

getting caught in a lie.

Authenticity and integrity also promote trust and intimacy in relationships with others. When you are honest and real with friends you can be confident that they like you for the person you really are.

Being true to yourself means owning your feelings and behaviors and living in a morally coherent manner. There is a sense of peace that comes from living within your own moral code. Even if others never find out you always know if you acted in a way that is morally right or wrong. Being true to yourself also involves accepting yourself as the imperfect person every human being is.

Being authentic can help you feel whole and complete. It allows you the flexibility to integrate all the social roles you play in one coherent self i.e., student, teacher, daughter, father, friend, spouse, employee etc. Being raised by and surrounded by significant others who value honesty and integrity over pleasing others can help to increase your authenticity. Acceptance practices such as mindfulness meditation may also help.

Unfortunately zest for living was the one of the least common strengths found by the nonprofit VIA Institute on Character in a random sample of 100 people who have taken the VIA Survey during 2008. Why are we not approaching life with excitement and energy? What can you do to build more zest into your outlook? How can you approach your daily tasks or new challenges with enthusiasm? This is an approach to life that can be cultivated by frequently directing yourself to remember what matters most to you and why you want to be alive. Make a commitment every morning to seize the day with vitality and energy. This attitude will cost you nothing but can increase your authentic happiness. Enthusiasm is contagious. Seek out the company of joyful people. Keep your body/mind healthy with good nutrition, adequate sleep, physical activity, meaningful relationships, contact with nature and revitalizing relaxation practices.

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)

## Distracted Driving, Cont.

commitment to drive attentively. Call it "self love" and do it for yourself or do it to express your love to someone YOU love. You can find blank contracts at the [University Health and Counseling Services](#)

By:

Jessica G. Martinez, CMA, AAMA

## Flu Vaccination Services, Cont.

for immunization during our regular clinic hours (Monday –Friday 8:00 AM to 4:30 PM, except during State Holidays) Call 262-472-1300 for an appointment.