

HEALTHY U

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"What the world really needs is more love and less paperwork." Pearl Bailey

Editor: Marilyn Kile

DON'T GET BUGGED BY RESPIRATORY ILLNESSES!

It's Cold and Flu Season! Colds and the flu (influenza) are caused by viruses and they can make you very sick! You can protect yourself from catching these viruses by doing a few small steps.

- ◇ **HAND HYGIENE!** Use soap and warm water, wash for 15 seconds, especially after you sneeze or cough. Alcohol based hand cleansers also work.
- ◇ **GET PLENTY OF REST!**
- ◇ **MAKE SURE YOU GET LOTS OF FLUIDS!** Avoid alcohol and caffeine products

Colds are generally mild, but annoying. Flu (influenza) can be a very serious, and life threatening, respiratory illness. Flu season is gener-

ally from October through March, with most cases seen January and February. You can protect yourself and those around you from catching the flu virus:

- ◇ **GET VACCINATED!** A flu "shot" is available and certain people should get it. These include:
 - All children from 6 months up to 5 years of age.
 - Anyone 50 years of age or older.
 - Anyone 6 months to 18 years of age on long-term aspirin treatment
 - Women who will be pregnant during influenza season.

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WHAT'S NEW

What You Need to Know about Relationship Violence & Stalking
Tuesday, November 6 from 7-8 PM L-shaped room in the basement of Wells

Healing the Harm
Tuesday, November 13, 6:00-8:00pm in the Ambrose Health Center lobby

Ask UHCS
Student may [submit questions](#) anonymously on our website. The answers of selected questions will be posted on the site.

More Info on Page 3

STRESS MANAGEMENT

Can stress make you sick? In reviewing the research of the last century, psychologist Dr. Oakley Ray found a link between stress and both the body's ability to stay healthy and to heal well when ill or injured.

What can you do about it? In reviewing the research he found that four types of coping skills seemed to be the most helpful in countering the negative effects of stress.

Knowledge of the how the world works. When people are more knowledgeable they have a great sense of control and power over their lives. This knowledge can be acquired by formal education as well as by figuring out how things work and learning from your mistakes.

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FLU VACCINATION SERVICES

It's not too late! Students, staff and faculty can still get vaccinated on campus at UHCS. Flu vaccinations (shots) are still available. Flu Mist® (nasally inhaled vaccine), for people under the age of 50, may be available. Call ahead for availability.

They are both \$18.

Immunization clinics have been scheduled for the following dates from 4:30 PM until 6:00 PM.:

Monday, November 5th

Wednesday, November 14th

Monday, November 26th

Thursday, December 6th

Monday, December 10th

Call 262-472-1300 for an appointment.

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Flu Vaccination, Cont.

Forms can be [downloaded](#) and filled out in advance to save time.

If the scheduled clinics don't fit into your busy life, you may make an appointment for immunization during our regular clinic hours (Monday –Friday 8:00 AM to 4:30 PM, except during state holidays)

Forrest L. Bright, DNP, APNP, BC

Family Nurse Practitioner

Stress Management, Cont

Positive world view. People with optimism, confidence, and those who view “the glass as half full” are able to minimize the stresses of life.

Social support. This includes intimate partners, friends, relatives, and church and other group memberships. Supportive relationships help buffer the demands and threats in life.

Spirituality. People who draw meaning, strength and comfort from their spiritual beliefs and able to mitigate their stress better.

While you were born with a certain temperament and set of circumstances, you can learn to develop these coping skills.

Become a life long learner, constantly increasing your knowledge of the world around.

Challenge your negative thinking patterns and replace them with a more positive interpretation of events or possible outcomes.

Develop meaningful relationships and actively participate in more groups.

Make developing a spiritual orientation to oneself and the world a priority in your life.

Specializing in the Unique Needs of College Students

Did You Know...?”

To unsubscribe write to kilem@uww.edu

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.

WELLNESS RESOURCE CENTER

There are a number of CD's and tapes in the Wellness Resource Center that can help you deal with health concerns.

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

Down with High Blood Pressure: Specific exercises designed to lower blood pressure. Audiotape

Irritable Bowel Syndrome and Inflammatory Bowel Disease: The images on this program focus on calming the digestive system, releasing toxins, alleviating pain and discomfort; and reducing bloating, swelling and inflammation. Guided imagery and affirmations. CD

Healing Journey. This sequence helps the listener visualize healing and boost the body's ability to heal. 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



Don't Get Bugged by Respiratory Illnesses, Cont.

- Anyone with long-term health problems with:
- Anyone with a weakened immune system:
- Anyone with certain muscle or nerve disorders.
- Residents of nursing homes and other chronic-care facilities.

◇ There is a nasal spray vaccine available for some people, ask if you could have it!

Influenza vaccine is also recommended for anyone who lives with or cares for people at high risk for influenza related complications:

- Health care providers.
- Household contacts and caregivers of children from birth up to 5 years of age.
- Household contacts and caregivers of people 50 years and older, and those with medical conditions that put them at higher risk for severe complications from influenza.

A yearly influenza vaccination should be *considered* for:

- People who provide essential community services.
- People living in dormitories or under other crowded conditions, to prevent outbreaks.
- People at high risk of influenza complications who travel to the Southern hemisphere between April and September, or to the tropics or in organized tourist groups at any time.

Influenza vaccine is also recommended for anyone who wants to reduce the likelihood of becoming sick from influenza.

Forrest L. Bright, DNP, APNP, BC
Family Nurse Practitioner

What's New, Cont.

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.

Healing the Harm

Tuesday, November 13, 6:00-8:00pm in the Ambrose Health Center lobby

Marilyn Kile, LCSW and Lynn Mucha, LCSW

Healing from trauma takes time, but there are strategies that can help. If you would like to be empowered with additional healing strategies, please attend this workshop. This program is open only to trauma survivors and any support people they wish to bring.

Flu Shots

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