

HEALTHY U

Volume 5, Issue 5
November 14, 2008

"Courage is being scared to death and saddling up anyway"-John Wayne

Editor: Marilyn Kile

TAI CHI

Don't know what Tai Chi is? Picture gentle slow flowing movements done in harmony with others. That is Tai Chi. Developed in China thousands of years ago as a form of martial art, it is now practiced primarily for its health benefits. Tai Chi means ultimate balance-physical, mental and spiritual.

This moving meditation helps:

- reduce stress
- increase flexibility
- improve muscle strength
- increase energy, stamina and agility
- increase feelings of well-being

Tai chi is a noncompetitive slow paced form of gentle physical exercise and stretching. A series of movements are done in a focused, slow, graceful manner coordinated with deep breathing. Movements can be repeated in a hypnotic rhythmical pattern or with one movement flowing into the next like a slow dance. Participants stay in the present moment focused on their movements and breathing. This creates a feeling of relaxation, warmth and security. At the end of the session most participants are in a state of energized calm alertness. It is a great choice for the person who wants the considerable benefits of meditation but

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WHAT'S NEW

[FLU SHOTS at UHCS](#)

Cost is \$18.00
Call 262-472-1300 for an appointment

[Tai Chi Easy™](#)

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

Open to new people

[Discover Your Excellence: Improving Self Esteem](#)

Wednesday, December 3rd,
6:30 - 7:30 pm,
Basement of Tutt Hall—FREE

[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 Bravery and Persistence.

Valor or bravery is a voluntary act for a greater good with a full understanding of the risk of negative consequences. It is the mastery of fear, not fearlessness. There needs to be purpose or value attached to the act. Therefore to be brave one must have a clear sense of one's values, the ability to make a commitment and the willingness to take risks for what is important. While brave acts often benefit others,

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ALCOHOL AND OTHER DRUG USE SERVICES

Abusing alcohol and other drugs can damage people's health, destroy relationships with family and friends, and ruin careers/college careers. Do you know someone who has a problem with alcohol or another drug? It might be a lifelong friend,

roommate, neighbor, coworker, or family member or maybe you! Some of the warning signs are:

- Regularly drinking or use drugs to the point of unconsciousness or passing out
- Negative changes in schoolwork/ work—frequently arriving late to school or work, missing school/work-declining grades—drinking before or after class

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VALUABLE LINKS

[Alcohol Screening](#) (How Much is Too Much? If you consume alcoholic beverages, it is important to know whether your drinking patterns are safe, risky or harmful. This site can help you assess your own drinking, learn about alcohol and health issues, and find resources for additional help.)

[Alcohol and Your College Experience](#) (Facts on Tap is a comprehensive alcohol and other drug education, prevention and intervention program for college students. There are links for information on drugs, alcohol and your body, alcohol and sex, commuter students, children of alcoholics, dealing with a friend's drinking, and the rest of your college experience.)

[Alcohol Poisoning](#) (Learn how to save a life by knowing what to do when a friend has consumed too much alcohol)

[Children of Alcoholics Foundation](#) (This website offers information for dealing with alcohol and other drug abuse in your family, current research projects and various helpful links)

[Marijuana](#) (Marijuana use can impact physical and mental health, as well as academic success. Learn more about marijuana and its effect)

[Club Drugs](#) (Ecstasy, GHB, Roofies, Ketamine, Methamphetamine, and LSD can cause serious health problems and, in some cases, even death. Used in combination with alcohol, these drugs can be even more dangerous. This website provides current headlines, trends and statistics, and links to important information on club drugs.)

["Did You Know...?"](#)

*Specializing in the
Unique Needs of
College Students*



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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.

WELLNESS RESOURCE CENTER

AM Yoga Meditations: Tune into your breath, heart and mind to find deep relaxation, intuitive guidance and a calm strength to clear your mind so you can consciously and purposefully create an extraordinary and energetic day. CD

Countdown to Relaxation: When you are tense and on edge, take time to relax with either of these two exercises, set to the soothing music of Steven Halpern. CD

A Day Away from Stress – Five easy relaxation exercises over a backdrop of soothing music and five tracks of music only. CD

Earth Prayers: An inspiring presentation celebrating the beauty of our planet and her profound ability to promote a sense of inner peace. This video is a magical blend of hundreds of relaxing colorful images of nature combined with poems by Nancy Wood, Rumi, Annie Dillard, and Chief Seattle all of which are set to an enchanting musical score. Videotape

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.

Tai Chi, Cont.

needs movement to help maintain focus.

There are many different forms of tai chi ranging from 5 to over 100 different movements. The intensity of tai chi varies somewhat depending on the form or style practiced. It is best practiced daily upon awaking, at mid day, after the work day or before bed. With regular practice the benefits increase over time carrying over into daily life.

Wondering how to get started in tai chi? You don't need any special clothing or equipment to do tai chi. Free group sessions are offered on campus in the UC on Tuesdays from 12:30-1:15pm this semester. More extensive classes are offered at many hospitals or municipal park and recreation centers.

By Marilyn Kile, LCSW
Wellness Coordinator

What's New, More Information

[Tai Chi Easy™](#)

Try out moving meditation.

Come and learn some simple and 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 or for accommodations, contact [Marilyn Kile](#), Certified Tai Chi Easy facilitator, 262-472-1300 X 2244

[Discover Your Excellence: Improving Self Esteem](#)

Are you able to see yourself as you really are? Can you accept your "good" and the "not-so-good" qualities? This Counseling Corner workshop will teach how to feel more confident and better about yourself.

Authentic Happiness, Cont.

the brave one usually feels a great sense of satisfaction.

We often think of acts of bravery in the context of battle, but there are many other arenas as well. Consider Rosa Parks refusing to give up her seat on the bus; the child who stands up to protect others from a bully; the whistle blower in the work place; the college student who risks social ostracism by condemning racist, sexist or other comments that belittle others. The source of the strength to be brave can come from social support, self esteem and spiritual beliefs.

Persistence is choosing to continue on in the face of obstacles, difficulties or discouragement. It can mean doing the same thing over and over until you get it right or pursuing the solution to a problem over and over with different strategies. While it does not guarantee success, it increases the odds.

The sense of accomplishment is often greater when the task requires persistence. Self worth, self control and self efficacy (I can do it) contribute to and result from persistence. Persistence can be increase by exposure to positive modeling and social approval.

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.authentic happiness.org

Alcohol and Other Drug Use Services, Cont.

- Increased secrecy about possessions or activities
- Becoming violent, yelling, fighting
- Switching peer groups and finding other heavy drinkers as friends
- Having health problems, bruises and cuts, often sick
- Experiencing blackouts or memory loss
- Increase in money issues, borrowing money
- Having a family history of chemical dependency
- Others expressing concern about your drinking
- Feeling bad or guilty about your drinking
- Having to drink first thing in the morning to steady your nerves

The Student Assistance Program (SAP) provides information and confidential counseling for students about their drinking and drug concerns and questions. Best of all, the service is free and delivered in a private, confidential and individualized manner. When alcohol or other drugs begin to cause problems, such as blackouts, legal issues/fines, missed classes, lowered GPA or relationship concerns, students may seek assistance from the Student Assistance Program. Making an appointment is easy! Call Counseling services at 262-472-1305. Hours are 8:00AM-4:30PM, Monday through Friday.

By Montine Pauers, NCC, LPC, SAC

Coordinator of the Employee Assistance Program and the Student Assistance Program.