

# HEALTHY U

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"There is more to life than increasing its speed."  
Gandhi

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## ENJOYING THE HOLIDAYS

The holidays can be wonderful, stressful, meaningful, hectic, exciting, overwhelming, and renewing. Here are some tips for having happy holidays!

- Start fresh. If things didn't go as well as you would have liked last year, realize you don't have to celebrate the holidays the same way every year. As a matter of fact, you can't because inevitably, you, your life situation and your family have changed in the past year. This year make a conscious decision to celebrate the winter holidays in ways that are meaningful to you.
- Think back over the past 5 years and list the things you liked best about the holidays and the things you liked least. Be honest with yourself. Ask your family members what they liked best and least. You may be surprised.
- Make a plan to include those people and activities this year that are most important to you. Be flexible. If you can't see important people in person this year, write, call, send photos or a video. If you won't be home for the family tree trimming, is there another meaningful family activity you can do when you get home?
- Look for a way to discontinue those aspects of the holidays that distress you.

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### Ask UHCS

Submit your questions anonymously about physical and mental health at [Ask UHCS](#). All questions will be read and a limited number will be answered by our staff and posted on our web site.

### UHCS open during break

[UHCS](#) will be open all weekdays over break except state holidays.

## STRESS MANAGEMENT

The hectic holiday season is an especially important time to pay attention to the rhythm of your life. We can see the pattern nature has built into us. Our heart beats constantly but half of the time it is contracting and half of the time it is relaxing. We see the same pattern in our breathing. For every pulling in of air (inhalation), there is a relaxing of the breathing muscles and letting go of air (exhalation). When primitive human beings regulated their expenditure of energy to the patterns of day light and darkness they spent close to 12 hours in work and 12 hours in rest.

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## IMMUNIZATIONS —ARE YOU COVERED

When was the last time you had a tetanus shot? How often should you have a tetanus shot? And, just what does a tetanus shot prevent? These questions may occur to you more regularly when you start seeing a health provider for yourself. As an

infant and child your parents or legal guardians took care to make sure you were "up to date" with your immunizations. Now, as young adults, you may find yourself in a position to answer questions regarding your immunization status.

So, how do you find out your immunization status on such things as measles, mumps, and rubella? You may be one of a few individuals that have received a copy of your vaccination

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### Immunizations, Cont.

schedule from your health care provider before attending the university. Perhaps you have a copy with your other "important" papers. If not, check with your parents or legal guardians, your health care provider or public health agency for documentation of your immunization status.

The Wisconsin Immunization Registry (WIR) program may have documentation of your current immunization status, if you received your vaccinations in Wisconsin and your health care provider submitted that information. As part of the [Public Immunization Record Access](#) feature, which allows look-up access to immunization records, individuals can use this screen to view and print their immunizations.

If you need immunizations for travel, either outside of the country or to other areas of the country, check with your health care provider or public health department which ones are recommended and how soon you should get the immunization. Some immunizations may take a series of two or three injections several months apart to assure full immunizations.

Immunizations are an important part of staying healthy through college and the rest of your lives. So it is important for you to know your status on immunizations, keep accurate records and share them with your health care providers when requested.

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

Many immunizations are available at UHCS. Call 472-1300 for an appointment or to check on availability and prices.

Don't know your immunization status? Call for a free immunization review. UHCS staff can help you find the information and fill out a wallet card you can carry with you so you always know anywhere, anytime.

## WELLNESS RESOURCE CENTER

The winter holiday season can be a time of sadness for some people. This time of year includes the shortest amount of day light hours and can remind people of lost loved ones who are no longer there to share the holidays. The following guided imagery tapes can help people heal on a deep level.

*Depression:* Designed to mobilize energy; reduce hopelessness; reduce fatigue; inspire feelings of love, hope and gratitude; connect with inner strength. Guided imagery and affirmations. Audiotape

*Grief:* Designed to release grief, find peace and feel less isolated; accept feelings; regain energy and focus; encourage hope and inspiration for the future. Guided imagery and affirmations. 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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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.

### Holidays, Cont.

- Let go of the “shoulds”. Why should you? Who says? What will happen if you don’t?
- Have realistic expectations. If your family and your life isn’t like the sentimental portrayals in the movies, remember neither is anyone else’s! Relax and enjoy the family and life that you have.
- What do you really want for the holidays? What do you need to fill your heart and soul? Have you asked people for what you want? If you can’t get what you want, can you want what you get?
- This year give yourself permission to feel whatever you feel, instead of trying to make yourself feel “merry”. If you are blue or disappointed, feel it and let it pass. When you are feeling terrific, notice it and be grateful for that moment.
- Create rituals alone or with others that will celebrate your past, recognize the reality of your present or launch your future.
- Take the initiative to make positive contact with others, either family/friends or strangers in need. Don’t wait for someone else to make the first move.
- When doing holiday chores, challenge yourself to do it with joy or don’t do it at all.
- Plan your time to include energizing physical activity. Incorporate a walk, roller skating, dancing, skiing etc. into your holiday plans.
- Set aside a period of every day for quiet nurturing time. Do something nice for yourself, reflect and be grateful.
- Enjoy the special holiday foods that you only eat once per year. At the same time make sure you are getting enough water, fruits, vegetables and whole grains so you feel good, not sluggish.
- Seek out humor and laugh often!

Marilyn J. Kile, LCSW  
Wellness Coordinator

### Stress Management, Cont.

Is the rhythm of your life in balance with nature? How many hours do you spend resting in every 24 hours?

Our twelve hours of rest need to include deep relaxation, socialization, laughter, play, personal reflection or prayer, and sleep. Try this relaxation strategy to induce deep relaxation. Sit in a well supported comfortable chair or lie down on a bed in a comfortable position with your legs and arms uncrossed. Another option is to sit in a rocking chair and rock slowly and gently to the rhythm of your breathing. Rock back slightly with every inhalation and rock forward a bit with every exhalation. Then focus all of your attention on your breathing. If your mind starts to wander don’t worry about it. Just gently bring it back to your breathing. Next say the word peace to yourself with every inhalation and the word contentment with every exhalation. Think only about filling yourself with peace and settling into feelings of contentment. Do this for 5-15 minutes to calm and refresh yourself once or twice a day..