



W.A.H.L. News

Wellness Advocates for Healthy Living



Brought to you by the Saint Vincent College Wellness Center
October 2009

Depression Screening

Did you know that depression can even effect our ability to enjoy music? A recent study suggests that people who are depressed showed less brain activity when listening to their favorite music. Common signs of depression include loss of interest in your favorite activities, feeling withdrawn, fatigue and the inability to concentrate. To find out more attend the...

Wellness Center's Depression Screening Wed., October 14 from 1:00-3:00pm

In the Wellness Center, Carey Bldg.
Just walk in, fill out a questionnaire and meet privately with a Counselor. Call x2115 for information.

The Wellness Center Staff would like to thank all who participated in *Healthy Living Day* last month. The Carey Center Student Lounge was lined with tables that provided hand-outs on healthy snacking, stress relief and improving your sleep. Students enjoyed the interactive program, as they made a "Beach in a Box" and gave Hula-Hooping a try. Congratulations to our two raffle winners (Stephanie Compton and Charmaine Jemison). They each won a Hula Hoop decorated in SVC colors.

Alcohol Awareness Day

Wed., October 28th from 11:30am-1:30pm

In the Carey Student Lounge
Be informed on how to respect your mind, body & spirit...
by living a sober life.

ALCOHOL AWARENESS QUIZ (TRUE OR FALSE)

1. Drinking coffee will sober you up.
2. Alcohol is a mood altering stimulant.
3. If an intoxicated person is semiconscious, you should encourage vomiting.
4. Women respond differently to alcohol than men do.
5. The affects that alcohol has on the body vary according to the individual. (See answers below)

October is National Breast Cancer Awareness Month.

- Remember to perform monthly breast self-exams
- Eat a healthy diet to help control your weight. Being overweight may raise your breast cancer risk.
- Exercise regularly.
- Early detection of breast cancer followed by prompt treatment saves lives!!!

Reduce Anxiety...With the Sigh Breath

The Sigh Breath is a very simple breathing method that can help manage symptoms of anxiety or panic.

1. Mentally think or say to yourself **STOP!**
2. Now breathe in through nose slowly and evenly. Pausing for just a second, let the air out slowly through your nose. L-e-n-g-t-h-e-n your exhale.
3. As you let the air out—let go! Relax your muscles. Release as much tension as you can.
4. Pay attention to the natural pause that occurs at the end of the exhale. Enjoy this moment of stillness.
5. As the in-breath begins, direct your attention *outside* yourself to what is happening in the *outside* world. Silently pay attention to what you can see and hear.
6. Notice how this instantly reduces your tension level.

Do the right thing, Do the polite thing...
...Do it in your sleeve!

Have you watched the "How to Sneeze" video on the Wellness Center's webpage? To view this very informative (and entertaining) clip follow these steps: www.stvincent.edu > **Student Affairs** > **Wellness Center** > **Coping with the Flu**
Also on the Wellness Center's webpage you will find a link to the **CDC Flu updates.**

Pick a Pear



Pears are low in calories (a small one has about 100 calories & five grams of fiber) and high in nutrition. Also pears are a good source of Vit. C which is important for your immune system.

Fall into Healthy Habits

- > Get fit outdoors. Take a hike, breathe in crisp air.
- > Try something new...yoga, zumba, frisbee.
- > Add color to your diet. Fall brings a bountiful harvest of brightly colored vegetables & fruits.
- > Get enough rest. If you need an alarm clock to wake up every morning, you may not be getting enough sleep.
- > Turn your clock back 1 hr- Nov. 1st at 2:00am

ANSWERS TO ALCOHOL QUIZ

1. **FALSE**—Nothing but time will sober a drunk.
2. **FALSE**—Alcohol is a mood altering drug that depresses bodily functions.
3. **FALSE**—Encouraging the semiconscious person to vomit could cause choking or aspiration.
4. **TRUE**—Women respond more quickly to alcohol due to their smaller body size and body fat distribution, a decreased amount of alcohol metabolizing enzyme and due to increased hormonal changes.
5. **TRUE**—The affect that alcohol has on you is dependant on your sex, your weight, how fast you metabolize alcohol, the situation, your mood and presence of food in the stomach.

Created by: Chris Bigsby, Erin Ratcliff, Letitia Rexrode

Life-Way Pregnancy & Resource Center

In the Wellness Center (by appt. or walk-in)

**Every Monday from 10:00am-noon
FREE & CONFIDENTIAL**

Ask for "Rebecca"

Email: rebeccas1023@yahoo.com