

# Wellness NEWSLETTER



February, 2011

## EVENTS

Women's Summit on Relationship Abuse  
Saturday, February 12  
10:00am - 3pm, Gateway Film Center

Wellness Workshop: Party Smart  
Monday, February 14  
7:30 - 8:18pm, Great Hall Mtg Room 1

Body Image Bazaar  
Monday, February 21  
10:00am - 5:00pm, RPAC Amphitheatre

Wellness Workshop: It's Abuse.  
Monday, February 21  
7:30 - 8:18pm, Great Hall Mtg Room 3

OSU Saves with President Gee  
Thursday, February 24  
4:00 - 5:00pm, Credit Union of Ohio

For more information, visit:  
[www.swc.osu.edu/events/](http://www.swc.osu.edu/events/)

## OSU Saves Week

Want to manage your finances better? Become an OSU Saver during "OSU Saves week" February 20<sup>th</sup>-27<sup>th</sup>. Join President Gordon Gee at the Credit Union of Ohio on Neil Avenue on Thursday, February 24<sup>th</sup> at 4pm to sign your OSU Saver pledge and save more this year.

**OSU  
SAVES**

"Like" OSU Saves on Facebook to stay up to date on other fun events and get tips on how to save more in 2011.

## Spiritual Zone: Managing stress

In the midst of Winter Quarter, February can be a stressful time for many college students. The following are some tried and true tips which can help you deal with the overextension and pressure of this time, while helping to maintain your mental wellness

1. Practice good dietary habits: Eat nutritious foods regularly, and limit your intake of sugar, caffeine, and alcohol, as these tend to aggravate stress. Some "stress fighting" foods include bananas, avocados, and oatmeal. Herbal tea, such as chamomile tea, also has been shown to calm nerves.
2. Exercise: Try to remain active at least 30 minutes every day. Power walk to your next class or jog in place as you watch your favorite television show. If you like aerobic exercises, try dancing to your favorite music. If you enjoy strength training exercises, try yoga.
3. Get a good night's sleep: Researchers say a college student should get approximately seven to nine hours of sleep per night. You will also do your body a favor by going to sleep at approximately the same time every night, regardless of if it's a weeknight or the weekend. Get your mind ready for bed about an hour before you do so-that way you are less likely to have your mind cluttered as you try to drift away.
4. Schedule "fun time" into your schedule: Sometimes we get preoccupied with deadlines and things we must accomplish. Know that your body wants you to have fun and relax. It's healthy. Reward your hard day of studying with a movie at the end of the night or a phone call to a friend.
5. Make an "I did it!" list instead of a "to do" list: Do you have a never-ending to do list? Do you find yourself adding another task to the bottom of the list as soon as you've crossed something off the top? Try this: At the end of the day or week, write down all of the things you actually accomplished that day. Recognize yourself for the hard work you have already done, and trust yourself that you will complete the rest of the tasks-you always do.

Here's a resource link: For more information and insights, visit [www.beliefnet.com](http://www.beliefnet.com).

### Have a Sexual Health Question?

Stop by the Student Wellness Center and

### **Ask A Sexpert!**

2:30 - 4:30pm on Monday, Wednesday, and Friday

or

4:30 - 6:30pm on Tuesday and Thursday

## Get tested in February

Did you know many people who have contracted a Sexually Transmitted Infection (STI) show no signs or symptoms? This means it is possible for you or your partner to have an STI without even knowing it! The only way to know for sure is to get tested.

The Student Wellness Center offers HIV testing and counseling services for students. The service is free, and anonymous; meaning you never have to give your name. A quick oral swab is done to test for the HIV antibodies, and the whole process takes less than an hour. If you have ever been sexually active, or just want to get checked, feel free to call the Student Wellness Center at (614) 292-4527 to set up an appointment.

Other testing locations include the OSU [Student Health Center](#), [Planned Parenthood](#), and [Columbus Public Health](#). Looking for other places to get tested? Check out our [website](#) for a full list of testing resources on and around campus! The [Student Wellness Center](#) and [Condom Club at OSU](#) are on Facebook! Add us today for updates on events and workshops we offer!

## Campus safety: Ice alert!

Seeing four students slip and fall to the ground within the first 30 seconds of pulling into the parking lot is not the most reassuring feeling first thing in the morning. The parking lots around campus can be risky business, so before you have that feeling of total embarrassment like 100% of students on campus has had at some point, here are some helpful tips:

1. If you have to wear nice shoes, take them in a bag and wear some boots or rubber shoes for the most traction as you travel across campus.
2. Getting out of your car can be one of the most dangerous spots to fall. Hold on to your car door handle or door before you regret it.
3. STOMP, STOMP! You might feel childish, but little kids won't fall when entering a building and you won't either if you stomp the ice and water off of your shoes.
4. Do not try to make a shortcut through the cars in the parking lot. That is where the ice builds up. Get to the nearest sidewalk and stay there.
5. If the last resort is a slippery path, take shuffles or short steps.

## Test your alcohol knowledge

1. Which of the following drinks contains the most alcohol?
  - a. 12 oz can of beer
  - b. 5 oz glass of wine
  - c. 1.5 oz shot of 80-proof liquor
  - d. They all contain the same amount of alcohol.
2. At OSU, the majority (77%) of students have between 0 and \_\_\_ drinks when they party.
  - a. 4
  - b. 6
  - c. 8
  - d. 10
  - e. 12
3. For those individuals over the age of the 21, moderate (low-risk) drinking is defined as having no more than \_\_\_ drinks per day for men and no more than \_\_\_ per day for women.
  - a. 5, 4
  - b. 0, 0
  - c. 2, 1
4. Approximately \_\_\_% of OSU students chose not to drink at all.
  - a. 10%
  - b. 20%
  - c. 30%
5. Which of the following factors does NOT influence BAC?
  - a. Tolerance
  - b. Type of drinks
  - c. Gender
  - d. Time and spacing of drinks
  - e. Weight

\*Data is from the Spring 2009 ACHA – National College Health Assessment

1-d; 2-b; 3-c; 4-b; 5-a

Answers:

# BODY IMAGE BAZAAR



**Monday, February 21**  
**10am - 7pm, RPAC**

Body Image & Health  
Task Force

## Featured Events:

### Open Exhibit:

10am - 5pm, RPAC Amphitheater

### Real Body Fashion Show:

5pm - 5:30pm, RPAC Amphitheater

### Healthy Snack Demonstration:

5:30pm - 6pm, RPAC Meeting Room

### Body Image & Health Student Panel:

6pm - 7pm, RPAC Meeting Room

The Body Image Bazaar Promotes and Educates the public  
on body health, acceptance, and awareness

Check us out on facebook:



Body Image & Health Task Force

### Sponsored by:

Body Image & Health Task Force  
College of Consumer Sciences  
Student Dietetic Association  
Recreational Sports  
Student Wellness Center  
Counseling and Consultation Services

[www.ehe.osu/cs.bitf](http://www.ehe.osu/cs.bitf)