

Wellness NEWSLETTER



January, 2010

You're Invited 2010 Winter Mixer

**Tuesday, January 12, 2010
6:00 p.m. to 8:00 p.m.
RPAC Meeting Room #2**

All students, staff, faculty and community members who would like to work with us to end sexual violence at Ohio State are invited.

Pizza and refreshments will be provided and a drawing for two \$50 gift cards from Barnes & Noble will be held.

Please R.S.V.P. to sves@osu.edu
Check out our website www.swc.osu.edu
for more information or call
292-4527 and ask for Nancy.

Recovery Community at OSU

Looking for some additional support in living a sober lifestyle? The Ohio State students in recovery community is geared toward helping students living with substance addictions and will be continuing to meet on Friday afternoons at the Student Wellness Center from 12:30-2pm. Please feel free to drop-in to this weekly informal gathering. You will have the opportunity to meet other students with similar experiences, hear about AA meetings and learn more about upcoming events.

Please contact kstough@studentlife.osu.edu for more info

Moderate alcohol use: Can it hurt you?

First let's define *moderate* alcohol use. Moderate drinking is defined as no more than one drink per day for women and no more than two drinks per day for men. A standard drink is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof distilled spirits.

Typically if someone is going to make the decision to drink, we recommend they do so in moderation as it is typically low-risk unless they are:

- Under 21 years of age;
- Pregnant or considering pregnancy;
- Unable to limit drinking to low levels;
- Planning to drive, operate machinery, or take part in other activities that require attention, skill or coordination;
- Taking medication that interacts with alcohol (i.e., Tylenol);
- Alcohol dependent or recovering from alcoholism under doctors orders for contraindicated medical conditions.

Aside from the conditions mentioned above, negative side effects from alcohol use tend to be more prevalent with heavy or binge drinking (5 or more drinks on a single occasion for men or 4 or more drinks for women).

Examples of negative effects from binge drinking might include:

- Unintentional injuries (maybe when you are jumping into Mirror Lake or in car crashes, falls, burns, drowning);
- Intentional injuries (firearm injuries, sexual assault, domestic violence);
- Alcohol poisoning;
- Sexually transmitted infections or diseases;
- Unintended pregnancy;
- Children born with Fetal Alcohol Spectrum Disorders;
- High blood pressure, stroke, and other cardiovascular diseases;
- Liver disease;
- Neurological damage;
- Sexual dysfunction;
- Poor control of diabetes.

Some great resources to check out for more information include: <http://www.cdc.gov/alcohol/>, <http://www.niaaa.nih.gov/>, <http://swc.osu.edu/>.

New year, new behaviors: What can you do for your sexual wellness in 2010?

Make it a priority this year to get tested for HIV, the Human Immunodeficiency Virus (the virus that causes AIDS). HIV is transmitted through unprotected vaginal, anal, or oral sex with someone who is infected; sharing needles with an infected person; blood transfusion before 1985; or mother to child through birth or breast milk.

There are four bodily fluids that transmit HIV: semen, vaginal secretions, blood, and breast milk. Although HIV is in pretty much all bodily fluids, they are only transmitted through the above 4. You cannot contract HIV through saliva, sweat, or tears; which means that sharing drinks, shaking hands, or giving someone a hug will not transmit the virus. If you think you might have been exposed to HIV, it is important to get tested.

One in every 250 college students is HIV positive, and 90% of those students do not know they are infected. It is important to get tested if you have:

- ever had sex (vaginal, anal, or oral sex) with someone whose HIV status you don't know;
- more than 1 sexual partner;
- had an anonymous partner;
- exchanged sex for money, drugs, alcohol, or something else;
- used injection drugs or steroids (such as needles, syringes, cotton, water) or shared this equipment with others;
- been diagnosed/treated for hepatitis, tuberculosis or another sexually transmitted infection (STI) such as syphilis, herpes, etc.;
- had unprotected sex with someone who has done any of the above.

With HIV testing, there is a "window period" of 3-6 months where it takes the human body to develop antibodies to HIV, which is what is detected on HIV-antibody test. It is recommended to wait at least 3 months after the last possible incident to be tested. A person can still transmit HIV during the window period.

How can you reduce your risk of acquiring HIV and other STIs?

- Communicate PRIOR to having sex – talk about sex, sexual histories, condom/barrier usage, testing histories, etc.
- Get tested together so you know each other's status PRIOR to having sex.
- Use a barrier (i.e. condom, oral dam, etc.) every time you have sex.
- Reduce the number of partners you have – the majority of OSU students have one partner per year.*
- Practice monogamy – only having sex with one person who is only having sex with you.
- If you use injection drugs, clean your needles and don't share any equipment.

The Student Wellness Center offers free and anonymous HIV antibody testing and counseling; the one hour appointment includes an oral swab, which tests for antibodies in the gum cells. The appointment also includes counseling by extensively trained individuals, and your test results. To schedule an appointment, visit the Student Wellness Center in B130 RPAC or call the Student Wellness Center at 292-4527.

*The Ohio State University ACHA-NCHA Spring 2009 results

FREE Self-Defense Classes for All Women

To sign up for the self-defense classes, or if you have questions, contact the Student Wellness Center at 292-4527, or e-mail sves@osu.edu.

Thursdays: 1/21, 1/28, 2/4, 2/11, 2/18
6 - 8pm, 316 Pomerene Hall, 1760 Neil Avenue



Signing a lease soon?

Schedule a FREE financial planning session today with a Scarlet & Gray Financial counselor in the Student Wellness Center.

Call: 292-4527 or
Email: trombitas.4@osu.edu

MANAGING

STRESS →

Use these resources to help a friend
during a stressful time

The Jed Foundation
www.halfofus.com

**Substance Abuse and
Mental Health Services**
www.whatadifference.org

Stress is . . .

We all have stress in our lives. Can we get rid of it? Should we? Imagine a rubber band that you can stretch with your fingers. If the rubber band is limp with no tension, then it's not working to its full potential. On the other hand, if the rubber band is stretched too much, then it may break. But, if the rubber band is stretched just enough, then it is being used optimally. Each person has their own optimal "tension," just like a rubber band.

How do I currently manage my stress? (i.e. exercise, time management, yoga, prayer, etc.)

Once you know what your stress points are, you will be able to manage and change how you perceive these stressors, as well as recognize ways to manage your body's response. Below are a few techniques you can try to manage stress at each stage:

So, what is your "optimal" level of stress? To understand what stress is for you and how you manage stress effectively, ask yourself the following questions:

Ways to reduce your stressors: time management, balanced nutrition, managing daily hassles, celebrating successes responsibly, connecting to others, etc.

What do I feel when I'm "stressed out"? (i.e. muscle tension, irritability, headaches, loss of direction, frustration, loneliness, etc.)

Ways to modify your perception of events: attitude check, humor, increase hardiness (commitment, control, and challenge), etc.

What types of events/activities (i.e. stressors) lead to these feelings? (i.e. misplacing keys, relationships, upcoming exam, etc.)

Ways to manage your body's response: exercise, yoga, breathing exercises, prayer, journaling, talking with friends, listening to music, etc.

How do I view these stressors? (i.e. positively, negatively, indifferent, etc.)

Go to www.swc.osu.edu – learn various ways to manage your stress as well as additional resources on and off campus.

Quigong "chee - gong"

Come learn the art of relaxation!

CCS invites you to come participate in a unique form of self-healing and stress management. Free to all OSU Community members every Wednesday from 9 to 10am at the Younkin Success Center (2nd Floor).



Student Wellness Center
OFFICE OF STUDENT LIFE

Winter Wellness Workshops

Greek Life members, University Housing residents, student organization members and individual students are invited to attend our free Wellness Workshops this Winter Quarter. Please RSVP to trombitas.4@osu.edu at least one week prior to the workshop date to hold your seat(s). All workshops will be held in Hagerty 180 from 6:30 - 7:18pm.

Balancing Weight Management • Monday, January 25

Smart Money: A Consumer Guide for Students • Tuesday, January 26

Fitness Basics • Monday, February 1

Progressive Muscular Relaxation and Imagery • Tuesday, February 2

Latex and Safer Sex • Monday, February 8

CHOICES • Tuesday, February 9

Safe, Sane and Sexy • Monday, February 15

Pharming to Get By • Tuesday, February 16

Party Smart • Monday, February 22

Diagnose It • Tuesday, February 23

It's Abuse. • Monday, March 1

Blame It On the Alcohol • Tuesday, March 2