

# Wellness NEWSLETTER



May/June, 2010

## Dimensions of summer wellness

Summertime was once filled with plenty of sleeping-in, followed by swimming at the pool, hanging out with friends and enough television viewing, internet surfing and video game playing to leave you feeling dizzy for weeks. Although it would be nice to have our summers once again filled with nothing but fun in the sun, this is sadly no longer an option. Summer school to graduate on time, work to pay the bills and internships for experience will be found on many students' schedules for the upcoming months. With so much to do, staying healthy while finding time to have fun may be the last thing on your mind. Luckily, it is easy to find time to incorporate the nine dimensions of wellness into your everyday life, giving you a healthy body and a sane mind.

**Environmental Wellness** When the sky is crystal blue and the sun is shining bright, nothing is worse than being stuck inside. Instead of dwelling on missing out, why not look for an excuse to get outside by leaving the car at home for a change? Biking or walking is best for your well-being and for the environment. Not only will you be doing your part to eliminate pollution, but you will also have an excuse to get outside and enjoy the sunshine.

**Aesthetic Wellness** In no other months is the grass as green or the trees as full as those in the summer. It is important to take time to notice the beauty all around you. Go visit the local art shows and festivals. While there, evaluate and enjoy the different works and cultures. Whatever interests you, don't forget to stop and smell the roses before the petals fade away as fast as summer.

**Intellectual Wellness** If summer school isn't in the plans for you, don't let your brain go into hibernation. Take this opportunity to learn about things that are interesting to you that are not outlined on a syllabus. Use the summer months to find a new book series to get hooked on, or reunite with some old favorites. Who knows, you might even remember why you used to read just for fun.

**Financial Wellness** Working this summer may help lower your stress level in the fall when your classes pile

## EVENTS

### Wellness Workshop: Blame it On the Alcohol

Monday, May 17 6:30 - 7:18pm  
180 Hagerty Hall

### Walk-in STI and HIV Testing

Thursday, May 20 3:00 - 7:00pm  
Frank W. Hale, Jr. Black Cultural Center

### Wellness Workshop: Party Smart

Monday, May 24 6:30 - 7:18pm  
180 Hagerty Hall

To learn more about these and other events, go to [swc.osu.edu](http://swc.osu.edu)

back on. Make some money and put it into a bank account so you will feel financially ready when the bills for tuition, housing and books show up in September. Just remember to spend wisely. As great as a new summer wardrobe would be, don't get credit card happy. Plan a budget and stick to it, because someone is going to have to pay that bill and that someone will unfortunately be you.

**Physical Wellness** You don't have to spend hours at the gym to look good in those shorts and tank tops. Find time to get work outs in at least 3-4 times a week, either in or out of the gym. Take advantage of the nice weather to run outside or play volleyball with friends. Eating fresh fruits and vegetables everyday will keep you healthy and fit, too. Look for local farmers markets and take advantage of the affordable seasonal produce, like strawberries, peaches and tomatoes.

**Spiritual Wellness** The definition of being spiritually well varies from person to person. Whatever spiritual wellness means to you, this summer can be the chance for you to explore your beliefs. Take the time to research local churches, organizations and groups that interest you and that will help you to discover the meaning and purpose of life. Being open and accepting of different ideas and concepts can allow you to get to know yourself on a deeper level.

**Social Wellness** Summers were once totally focused around plans and activities with friends. Although everyone today seems to have a tight schedule, find space

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## Fun in the sun: 50 ideas for a fun and sober summer

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| 1) Go camping   | 18) Go dancing downtown                       | 35.) Cook a gourmet dinner for a friend       |
| 2) Take a trip to the beach                           | 19) Create a scavenger hunt on campus         | 36) See a concert                             |
| 3) Go bowling with some friends                       | 20) Visit a farmer's market                   | 37) Go to a Columbus Clipper's game           |
| 4) Visit some theme parks                             | 21) See a play at the theatre                 | 38) See a comedy show                         |
| 5) Get in the car and go for a road trip              | 22) Clean your closet(s)                      | 39) Start reading the newspaper               |
| 6) Have a BBQ   | 23) Get a massage                             | 40) Host a game night                         |
| 7) Go to the movies or find a drive-in                | 24) Go rock climbing                          | 41) Organize your pictures into a photo album |
| 8) Have some pick-up games or play sports on the Oval | 25) Play miniature golf                       | 42) Get some sun on the Oval                  |
| 9) Volunteer at a pet shelter                         | 26) Visit a new restaurant                    | 43) Sit outside and star gaze for a night     |
| 10) Visit a local music or art festival               | 27) Explore the Union or the Thompson Library | 44) Learn a new language                      |
| 11) Learn a new skill                                 | 28) Read a new book                           | 45) Host a murder mystery party               |
| 12) Visit some yard sales                             | 29) Go to an open mic night downtown          | 46) Explore a new bike or walking trail       |
| 13) Find an internship or a job                       | 30) Participate in a 5k run or marathon       | 47) Go swimming at the RPAC                   |
| 14) Visit some family and/or friends                  | 31) Try out a new recipe                      | 48) Start a new exercise routine              |
| 15) Join a fitness class at the RPAC                  | 32) Take a class                              | 49) Try Karaoke                               |
| 16) Ice skate at the OSU skating rink                 | 33) Visit the Columbus Museum of Art          | 50.) Have a picnic on the Oval                |
| 17) Go to the Zoo                                     | 34.) Learn how to play an instrument          |   |

## Tending to your ZzZzZz's during the summer months

Let's face it: college life is busy. You're faced with varying class times and juggling a work schedule with an all important social life. It's easy to let sleep fall to the bottom of your to-do list. But be aware, lack of sleep comes with its consequences. There is thought to be a connection between sleep deprivation and weight gain. Some hormones, such as leptin, are affected by sleep. Leptin, which is helpful in controlling your appetite, increases during sleep. So when you don't get enough sleep, leptin levels decrease. When these levels get too low, your body tells itself it needs food, even if it doesn't. This may lead to an overindulgence of food from less nutritious choices, ultimately leading to weight gain. So, maybe try to curb that craving for Ben & Jerry's with some much needed ZzZz's.

Here are ten things you can do to help yourself get plenty of sleep:

- **Form a bedtime routine.** Turn off the TV, computer, or radio half an hour before lying down, and try to go to sleep and wake up at the same time each day, even on the weekends.
- **Create a comfortable sleep environment** that is dark, cool and quiet.

- **Keep your bed for sleeping only.** Avoid using it for studying, watching TV, or reading.
- **Do something relaxing before bed.** Read a book or take a hot bath.
- **Try not to dwell.** Avoid focusing on what time it is or how much time you have left to sleep. This may increase stress and anxiety.
- **Exercise regularly,** but avoid exercise two to three hours before bed, especially if you are a person who is energized by exercise.
- **Manage your time wisely.** Plan ahead and avoid procrastination so you don't find yourself in a position where you need to pull an all-nighter.
- **Take a nap** during the day, if you feel you need one, but limit it to 30 minutes.
- **Avoid caffeine and nicotine** four to six hours before going to bed.
- **Limit alcohol consumption.** Excessive alcohol intake may disrupt a quality night of sleep.

For more information on weight management, free nutrition counseling is available in the Student Wellness. For more information, go to <http://www.swc.osu.edu/healthy-eating-active-living/nutrition/>.

## General communication tips and talking points

Regardless of the topic of conversation, interpersonal communication can be a challenge. It is not easy to be honest and open with someone about personal matters, but communication is often the key to a successful relationship. In all relationships, it is important to know what you want/need within the relationship, but it is also important to ask your partner/friend what s/he wants/needs within the relationship. Below is a list of tips and suggestions for improving communication in all relationships. The information can be applied to romantic relationships, sexual relationships, relationships between family and friends, and even discussions between roommates.

Getting Started: consider your environment and location and try to choose a location where both people are comfortable. Also consider timing and your body language.

### Constructive Communication Tactics (Gottman, 1994):

- Leveling: Stating thoughts and feelings clearly, simply, and honestly
- Validating: Letting the other person know you can understand why they might feel the way they do, this helps with constructive dialogue
- Editing: Try not to say things you know will be hurtful to the other person; limit the information to what is relevant to the immediate issue.

Listening and Feedback: Tips on how to ensure the other person knows you are listening and providing feedback throughout the conversation...

- Use “I” statements
- Paraphrase
- Be non-judgmental in responses and non-verbals
- Be careful of “why” questions... they tend to “blame” the other person for a behavior.

During the Conversation: Things to make sure you do during any communication...

- Discover the other person’s needs by asking questions!
- Make requests for yourself on your needs/wants, but also ask what they need/want... use “I” statements.
- Express complaints, but include compliments, too!
- Receive Complaints without being defensive; ask clarifying questions for understanding.
- Find a Compromise, if needed.

- Follow up on the compromise to make sure everyone is satisfied with the changes.

Communication Tactics to Avoid: Communication is not always easy, especially during tough times. Below is a list of things to avoid as they can damage your relationships (Gottman, 1994)...

- Contempt (ex: rolling your eyes when someone is talking)
- Criticism (ex: insulting the other person on how they choose to do things)
- Defensiveness (ex: defending our own behavior)
- Stonewalling (ex: ignoring the situation/partner)
- Belligerence (ex: antagonism, “Yeah, well, what are you going to do about it; you can’t do anything..”)

For more information, examples, and communication ideas, visit our website at [swc.osu.edu](http://swc.osu.edu)!

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on your calendar to fit in social activities with those that make up your network of support. If you have time, take a summer vacation with friends or family, even if it is just for a long weekend, or plan your free time around social events like barbecues and bonfires. You could even form a softball team and play in tournaments or leagues.

**Career Wellness** Although working may sound like the last thing you want to fill your summer plans with, it can be a great stepping stone to that post-college career. Whether you are planning to work, intern or volunteer, use this time to build your network and your resume. Any experience you can get, paid or unpaid, will help put you ahead of the competition when the job interviews begin and may give you that confidence boost you need to succeed.

**Emotional Wellness** Taking time to care for your emotional well-being is the best thing you can do for yourself. After months of staying up late, cramming for tests and simply being stressed out, including the nine dimensions of wellness into your summer will give your body the care it deserves. Enjoy these next few months and strive to make each day count. Before you know it the leaves will change colors, the breeze will turn crisp and summer will be nothing but a memory.

TAKE BACK

THE NIGHT 2010

ILLUMINATING

TRUTHS



MAY 13TH

WEXNER PLAZA

15TH AND HIGH ST

TABLING: 5:00PM

SPEAK-OUT: 6:00PM

MARCH/MEN'S PROGRAMMING:

7:30PM

SURVIVOR SPEAK-OUT:

AFTER MARCH

PROTESTING SEXUAL VIOLENCE AND VIOLENCE AGAINST WOMEN

CONTACT: WARROSU@GMAIL.COM

**Condom Club...**

now **ONLY** accepting

**BuckID**

You can add money to your BuckID online, using a credit card at <https://buckid.osu.edu/deposit/terms.aspx>

Or you can add money using cash at one of several BuckID deposit stations on campus, including one in the RPAC.

Have a fun, safe summer!

From the team at the Student Wellness Center in RPAC:

Amanda	Dominique	Katye
Ariel	Heather	Laura
Bridget	Heather	Laurel
Catherine	Jana	Lydia
Connie	Janele	Maggie
Chris	Katharine	Marco
Deb	Kate	Nancy



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