

# Well- NEWSLETTER



October, 2009

## Stress and college students

### EVENTS

#### **PINK® Pop-up Shop**

Tuesday, October 6, 10:00 am - 5:00 pm  
South Oval

#### **Wellness Workshop: Party Smart**

Monday, October 12, 6:30 - 7:30 pm  
Hagerty Hall 180

#### **Free Walk-in HIV and STI Testing**

Tuesday, October 13, noon - 6:00 pm  
Student Wellness Center, B130 RPAC

#### **Wellness Workshop: Struggling Student to Savvy Investor**

Tuesday, October 13, 6:30 - 7:30 pm  
Hagerty Hall 180

#### **Walk a Mile in Her Shoes®**

Thursday, October 15, 6:00 pm  
Wexner Center Plaza

#### **Wellness Workshop: Latex and Safer Sex**

Monday, October 19, 6:30 - 7:30 pm  
Hagerty Hall 180

#### **Wellness Workshop: It's Abuse**

Tuesday, October 20, 6:30 - 7:30 pm  
Hagerty Hall 180

#### **Wellness Workshop: The Right Bite on a College Campus**

Monday, October 26, 6:30 - 7:30 pm  
Hagerty Hall 180

#### **Wellness Workshop: Blame it on the Alcohol**

Tuesday, October 27, 6:30 - 7:30 pm  
Hagerty Hall 180

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

According to the National College Health Assessment, stress is a leading indicator of academic success for college students. As your quarter begins, there are a few steps you can take to help manage stressful situations. For example:

**Time management:** have a master calendar with all of your assignments, exams, papers, group projects, etc. Also include events you would like to attend; meetings; appointments; exercise time; and time to hang out with friends and family.

**Keep everything in perspective:** don't forget to laugh at yourself (not really at others) and keep a positive attitude.

**Include something that relaxes you into your daily life.** This could be anything from something physical, like exercise; to something to relax your mind, like imagery or deep breathing; to something to help emotionally, like journaling.

Student Life departments are available to assist students with stress, academics, family, relationships, and more. Take advantage of resources such as: Counseling and Consultation Services (CCS), <http://www.ccs.osu.edu/>; the Student Wellness Center, <http://swc.osu.edu/stress-management1/>; or the Younkina Success Center, <http://younkinsuccess.osu.edu/>

Additionally, there are several ongoing stress management activities during Fall quarter, including:

**Qigong,** provided by CCS. This relaxation and stress management meditation is offered free on Thursdays from 9:00 - 10:00am in the Media Resource Suite (2nd floor), Younkina Success Center.

**Mental Skills for Stress Management workshops** at CCS (<http://www.ccs.osu.edu/>).

Individual assistance or group presentations offered by the Student Wellness Center, as well as assistance with developing stress management skills. To schedule an appointment, call 292-4527 or email [kmiller@studentlife.osu.edu](mailto:kmiller@studentlife.osu.edu).

**Mindfulness Classes** offered by CCS on Tuesdays from 3:30-5:00 pm (intake appointment needed).

For more information about stress and stress management, please contact the Student Wellness Center at 292-4527 or visit [www.swc.osu.edu](http://www.swc.osu.edu).

## Avoid the **freshmen 15**!

While the “freshmen 15” is a common concern for many incoming students, gaining unnecessary weight is a threat for any college student. To help you make healthy eating choices throughout the year, consider incorporating the following tips:

**Break the fast with breakfast** Eating breakfast can help reduce feelings of hunger later in the day, which can help you avoid overeating. Additionally, people who eat breakfast tend to make healthier food choices throughout the day and have increased energy.

**Listen to your body’s hunger cues** Wait until you’re hungry to eat and stop when you’re politely full, or no longer hungry. There’s no rule that says you have to eat until you’re full. If you aren’t hungry, but don’t have time to eat later, go for a small snack.

**Mix it up** Include three different food groups at each meal, including at least one fruit or vegetable. This technique can give you structure when planning or selecting well-balanced meals. Examples of meals include whole grain cereal with milk and a banana; yogurt with granola and fruit; or an omelet with eggs, cheese and vegetables.

**Get wise with portion size** Research shows that the more food you have on your plate, the more food you will eat. You can eat anything you want, but choose to limit how much you have. To do this, take smaller portions, or only the amount you need, or cut the meal in half and store the rest for later.

For more tips on how to eat healthy, consider a free nutrition counseling session at the Student Wellness Center. For more information, visit: <http://www.swc.osu.edu/healthy-eating-active-living/nutrition/nutrition-counseling/>.

## New program for students in recovery

Support is available for students in recovery from addiction to alcohol and/or other drugs in a new program offered by the Student Wellness Center, in partnership with Counseling and Consultation Service, Student Health Services and University Housing. The Recovery Program will provide a supportive, holistic environment for students recovering from addiction. The program also offers 12-step meetings, educational workshops and leadership and community service opportunities.

Interested students and university members are invited to attend an informal “coffee chat” on Wednesday mornings at 10:00am at the fireplace in the RPAC atrium. For more information, email: [wellness@osu.edu](mailto:wellness@osu.edu); or visit: [www.swc.osu.edu](http://www.swc.osu.edu).



## Let’s talk about sex

**FREE and ANONYMOUS HIV testing and counseling!** An oral swab is done to test for the HIV antibodies, and the whole process, including counseling, takes less than an hour. Clients never have to give their name or personal information! Everything is done by trained student test counselors, unless you request otherwise. If you think you might be at risk for infection, or just want to get checked, call the Student Wellness Center to set up an appointment.

**Join the Condom Club!** Condom Club is a way for all OSU students to reduce their risk and practice safer sex. Any and all OSU students are invited to join the Condom Club! Stop by our office between 2:30 and 4:30pm Monday, Wednesday, and Friday; or between 4:30 and 6:30pm on Tuesdays and Thursdays with your BuckID.

Membership is easy: just watch a quick demonstration and answer a few questions. Once you are a member, you are able to get up to 50 condoms per day for just \$5! We offer a variety of brands and styles, including non-latex condoms. Besides condoms, various other products are available to members for no additional cost; including latex gloves, oral dams, finger cots, and lubricant (flavored and non-flavored).

**Find us on Facebook!** Become a fan of the “Condom Club at OSU” page (not group)!

If you have any questions about our services or would like to help out with any of our programs, please contact: Katie Miller

[kmiller@studentlife.osu.edu](mailto:kmiller@studentlife.osu.edu)

or

Maggie Heffernan

[mheffernan@studentlife.osu.edu](mailto:mheffernan@studentlife.osu.edu)

# IT'S ABUSE.

## October is Dating/Domestic Abuse Awareness Month

20% of university undergraduates have been stalked or harassed by a former dating partner.

*Statistic from the 2009 National Crime Victim' Rights Week Resource Guide, developed by the National Center for Victims of Crime in partnership with the U.S. Department of Justice, Office for Victims of Crime.*

Help for students who are experiencing, or have experience, this issue is available at Ohio State. Please contact [sves@osu.edu](mailto:sves@osu.edu) for more information, or call the Student Wellness Center at 292-4527 and ask for the Campus Advocacy Program

The *It's Abuse.* campaign was developed by the Columbus Coalition Against Family Violence in order to address the issue of relationship abuse on college campuses. The goals of the campaign are to: raise awareness among students of the warning signs of physical, verbal, and emotional relationship abuse; educate students about maintaining healthy relationships now, and throughout their lives; generate awareness of campus and community resources for victims and perpetrators of relationship abuse.

The *It's Abuse.* student organization meets in RPAC Meeting Room #2 twice a month on Tuesdays, from 5:30pm-6:30pm. The next meeting is October 13. Please join us for discussions and event planning to promote healthy relationships on campus. Contact Lisa Leininger at [lleininger@studentlife.osu.edu](mailto:lleininger@studentlife.osu.edu) or Jamie Gaynes at [gaynes.1@osu.edu](mailto:gaynes.1@osu.edu) for more information, or go to: [www.itsabuse.com](http://www.itsabuse.com).

## Share your sex-pertise

Sign up to become a  
**SEXPERT!**

Talk with other OSU students about:  
Contraceptives  
Condom Club  
Abstinence  
STIs & HIV  
Safer sex

**Save the Date!**  
Sexpert training will be held on Thursday, October 8, 2009 from 4:00 -7:00 p.m. in The Student Wellness Center (B130 RPAC)!

## Sexual Violence Assistance Fund

The purpose of the sexual violence assistance fund is to provide financial support to Ohio State students who have experienced sexual violence (i.e. sexual assault, and/or intimate/dating/domestic abuse) for related expenses.

Qualifying OSU students need to be currently enrolled and have alleged to a university official that they have experienced sexual violence. A police report is not necessary in order to qualify.

For more information, contact the Sexual Violence Education and Support Program in the Student Wellness Center by phone: 292-4527 or email: [sves@osu.edu](mailto:sves@osu.edu)

## Focus groups: Earn \$10

Want to earn a \$10 gift certificate to Barnes and Noble? Come participate in an undergraduate student focus group! The Student Wellness Center will be hosting focus groups to study the connection between drinking behavior, spirituality and race. Participants will receive a \$10 gift certificate to Barnes and Noble bookstore.

To RSVP, please contact the Student Wellness Center at 292-4527 or email [reid.181@buckeyemail.osu.edu](mailto:reid.181@buckeyemail.osu.edu). Focus groups will take place at the University Museum on the first floor of University Hall at the following dates and times:

Date	Time	Invited Constituency
October 9th	2pm-3:30pm	African American/ Black
October 16th	2pm-3:30pm	Asian
October 23rd	2pm-3:30pm	Caucasian
October 30th	9am-10:30am	All races/All ethnicities

## SHS offers on-line prescriptions

Prescription refills at the Wilce Student Health Center ★ are now available **on-line!** Go to their website at [www.shs.osu.edu](http://www.shs.osu.edu) and select *Refill Prescription*.

★ Please note that the Wilce Student Health Center is not the same as the Student Wellness Center. Wilce is located between the PAES building and the Thompson Library.