



WELLNESS VOICE

Wellness is a state of being, evolving from a way of living, that helps individuals achieve their highest potential through the integration of all components of their lives: physical, social, emotional, spiritual, environmental, intellectual, occupational & economic.

Transition and Change

By Peter Welch, Wellness Educator/Counselor

If your life were a book, your college years would make for some exciting chapters. It's here where you'll have many opportunities to learn about yourself, others, and the world around you. One thing is certain, learning how to adapt to change will be one of the most important lessons you'll have during this time. There will be many opportunities at UNH to develop this essential life skill. You are likely in the middle of one or more of those lessons (leaving home, living with new people, figuring out your class schedule, making new friends) right now. How are you doing with it?

Learning how to adapt and respond to change causes some stress for most of us. It sometimes helps if we look back at our lives and remember how we responded to personal challenges. What did you learn about yourself during

that time? What coping strategies did you use (or not)? Were they healthy for you and others around you? If not, this may be an opportunity to develop new ways of responding to the stress that can come with change.

For most of us, transition, change and eventual adaptation requires we be intentional about taking care of ourselves by making healthy life choices:

- Get enough sleep (most people under the age of 25 need 9-10 hours of sleep each night)
- Eat balanced meals and responding to physical cues (eat when you are hungry and stop when you are full)
- Exercise - including walking and other aerobic activities, and strength training
- Keep a positive attitude
- Remember to laugh

- Make friends whom you can trust and who trust you
- Listen to and respond to feelings (especially true for men)
- Learn how to manage stress
- Take time to be alone

Your emotional and physical readiness for the next change in your life will be greatly enhanced when you learn to listen and respond to your needs for nourishment, rest, movement, and support.

Here's to change, and to life.

Transition, change & eventual adaptation requires we be intentional about taking care of ourselves by making healthy life choices

Lung Cancer in the News

By Laura Bilodeau, Wellness Educator/Counselor

In the wake of recent celebrity lung cancer deaths and diagnosis, such as Peter Jennings and Dana Reeves, it is important to note that most lung cancers are usually related to smoking. Experts estimate that approximately 90% of lung cancers are caused by tobacco smoke - either through smoking tobacco products or inhaling second-hand smoke. Tobacco smoke contains about 4,000 chemicals, including dozens of carcinogens, harmful substances that damage the cells in the lungs and often lead to the development of cancer cells. To reduce the risk of developing lung

cancer, individuals should not smoke and should avoid exposure to second-hand smoke. Individuals should also avoid inhaling chemical fumes as found in paint and gasoline.

FACTS

- Lung cancer is the leading cause of death in men and women
- This year approximately 172,570 people will learn that they have lung cancer
- Of those diagnosed, it is estimated that 163,510 will die of the disease
- 50,000 people a year die from second-hand smoke

One of the best ways to reduce risk of lung cancer is to never start smoking or quit if you do smoke- the sooner the better! Avoid being around people who are smoking or places where smoking is allowed. Try to avoid inhalation of any smoke, chemicals or chemical products.

For more information on Lung Cancer or assistance quitting smoking, call 862.3823.

Source: American Cancer Society and The American Legacy Foundation



MIND



Navigating the Dining Halls

By Suzanne Sonneborn, Nutrition Educator and
Maria Larkin, Nutrition Counselor

GET THE LAY OF THE LAND...

Before you put anything on your plate, walk through the dining hall and survey all the choices. For first-year students, the myriad of options available can be overwhelming. You can also check out <http://www.unh.edu/dining/menus/menus.html> to see seven days of the cycle menu at each dining hall. Don't feel you need to sample many foods at one time since an item will appear again on the cycle.

TAKE TIME TO TAKE CARE OF YOURSELF...

Plan time in your schedule for meals. Get yourself to the dining hall to nourish your body and brain. Take only the amount of



food you would have eaten if you were at home.

IF YOU CAN'T FIND SOMETHING, ASK...

If you can't find something that appeals to you, ask a dining hall attendant for available alternatives. Chances are that you could get a peanut butter and jelly sandwich or other basic items. If you are following a special diet or have dietary

restrictions, arrange to speak to the dining hall dietitian, Rochelle L'Italien, to discuss options.

FOR GOOD MEASURE...

Include at least one serving of fruit and/or vegetable, a protein source (eggs, meat, milk, fish) and a starch (bread, pasta) or two every time you eat.

Navigating Your Kitchen...

Not every student eats his or her meals in the dining halls. If you are trying to figure out how to plan a meal, shop and prepare food for yourself, the Good Eats Cookbook can help. Pick up a free copy of the cookbook, or obtain other excellent nutrition resources for college students, in Health Services, Room 249.

Ask Health Education



You want to learn. . .

- how to cook and eat healthy
- how to help a friend with an alcohol or other drug problem
- how to protect yourself and your partner from STD's

You want to know. . .

- if you're getting enough sleep
- how to manage stress level
- how to communicate better with your partner

You want to be . . .

- free of food obsessions and negative body thoughts
- a top performing athlete
- comfortable expressing your gender identity

We want to answer questions you have about your health and well-being.

Submit questions to healthservices@unh.edu

and type "QA Column" in the subject area. If you prefer to have your questions answered directly without being published, please specify in your email.

All inquiries and questions published or individually directed will remain anonymous and confidential.

Guest columnists, including other health services providers and other departments on campus may be asked to answer your questions.





BODY



Office of Health Education & Promotion

Members of the Office of Health Education and Promotion, UNH Health Services are dedicated to promoting the health and well-being of the university community. Our staff is available to provide counseling and educational programming for the

following issues:

- Alcohol, Tobacco & Other Drugs
- Nutrition & Eating Concerns
- Acute & Chronic Illness
- Relationships
- Spiritual & Emotional Health
- Sexuality & Gender Issues
- Stress Management
- Living Well
- Sexual Health

- Tobacco Cessation
- Massage Therapy
- Meditation
- Yoga

Call 862.3823 for an appointment.

We believe that health issues need to be addressed holistically, acknowledging the connection between mind, body and spirit.
-UNH Health Services

Resource Library



The Resource Library in Health Services contains over 2,500 resources on a variety of health topics, all available for academic or personal use by the UNH community.

The Resource Library is located on the second floor in Health Services, room 218

For more information about the library visit www.unh.edu/health-services/hepLibrary.htm

Safer Sex

HIV Testing Walk-In Clinic

Get results in 20 minutes & NO needles!
Thursdays 9:30 a.m. – 1:30 p.m. \$18
Call 862-3823 for more information

Sexually Transmitted Infections

Screening
Cost varies
Call 862-1530 for information/appointment

Pregnancy Testing & Options Counseling

In most cases, there is no charge for pregnancy testing

Stress Management Services

Meditation: free service included with health fee, by appointment only.

Massage Therapy: \$35 for students, \$45 for faculty/staff. 50 minutes, gift certificates available, by appointment only.

Stress Management Counseling: free service included with health fee, by appointment only.

Medical Acupuncture: fee varies, by appointment only.

Yoga: free service included with health fee, registration not required.

Wednesdays: noon-1pm,
Health Services
Conference Room,
Fridays: noon-1pm,
Babcock Hall Lounge.

For more information or an appointment, please call 862.3823





SPIRIT



HEALTH SERVICES UPCOMING EVENTS

Holistic Health Lunch Series– 12:45-1:45, Health Services Conference Room

- Sept. 27: *Reiki* with Linda Brown, Reiki Master, Crystal Dolphin, Dover, New Hampshire
- Oct. 04: *Hypnotherapy* with Dottie Fong, DNHSc, Private Practice, Wilton, NH
- Oct. 11: *Vibrational Healing* with Joseph Carringer, Ancient Voices Harmonic Therapy
- Oct. 18: *Herbs & Supplements* with Jared Skowron, Whole Life Health Care
- Oct. 25: *Meditation* with Amala Matthews, Aryaloka Buddhist Retreat Center
- Nov. 01: *Flower Essence* with Kathleen Callaghan, The Herbal Path
- Nov. 15: *Holistic Diet for Stress* with Joy Bicknell, Private Practice, Nottingham, NH

Love Your Body Day– October 17, 2005

- 11-12pm: Creative Body and Soul, art session with Artist Peter Welch, MUB Room 203
- 12-1pm: Eating Mindfully Yoga Class with Julie Kratz, Health Services Conference Room
- 1-2pm: Eating Mindfully Meditation with Kathleen Grace-Bishop, Health Services Conference Room
- 2-3pm: Creative Body and Soul, art session with Artist Peter Welch, Health Services Conference Room
- 7pm: An evening with author of *Eating Mindfully*. Susan Albers. Presentation followed by book sale and signing. Granite State Room, MUB

Coming in October- campus events to celebrate and honor *National Coming Out Day* (October 11), *Collegiate Alcohol Awareness Week* (Oct. 16-22), *Breast Cancer Awareness Month* and *Domestic Violence Awareness Month*.

Never doubt that a small, group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.

-Margaret Mead



UNH's Katrina Relief Effort

The campus organizers of "Give a Dollar, Save a Life" campaign, have set a fundraising goal of \$15,000, representing

approximately \$1 donated by each member of the UNH community. All donations will be given to the Red Cross and the Salvation Army.

Students can donate at the MUB Ticket Office or tables in the MUB through 9/23.

For more information, please contact Bob Pettigrew at 862-1395 rwp@maple.unh.edu



The Birth of Wellness Voice

The Office of Health Education & Promotion, UNH Health Services is excited about the 1st edition of

Wellness Voice. This newsletter was created and written by our staff as a way to educate UNH on important health and wellness issues as they relate to our community. Health Services is committed to assisting the UNH Community in maintaining and improving their health and well-being now and into the future. *Wellness Voice* is an extension of this commitment.

Wellness Voice will be published on the 15th of each month. You may obtain a copy of the newsletter by visiting our Website at www.unh.edu/health-services or picking up a copy at Health Services. We welcome any feedback you may have.

This newsletter was designed and edited by Dawn Zitney & Kathleen Grace-Bishop
They may be reached at healthservices@unh.edu