



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.

Mindful Eating

by Suzanne Sonneborn, Nutrition Educator

Does this sound like you?

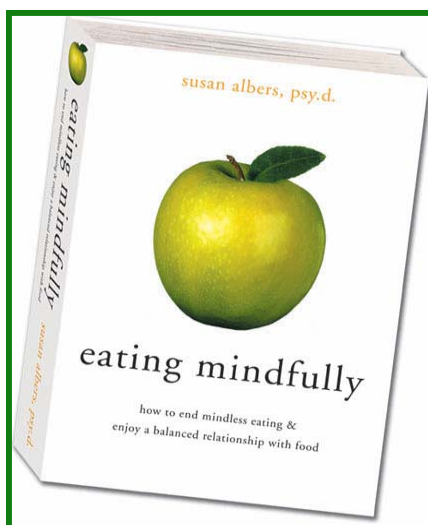
- Eating your meals at pre-determined times of the day whether you are hungry or not?
- Eating while watching TV, playing video games, working on the computer or driving?
- Ignoring hunger or skipping meals when you are hungry?
- Eating or not eating in reaction to stress, boredom or other emotions?

If you fit the description above, you may be suffering from mindless eating. Mindless eating is when you have lost touch with your senses and how they respond to food. When you are a mindless eater, you don't take time to really smell, taste and enjoy your meals. Mindless eating can result in being overly judgmental of your body and eating habits, or eating too much or too little.

To overcome mindless eating, you need to practice becoming a mindful eater. Mindful eating, according to Susan Albers, author of *Eating Mindfully*, is about being conscious of *why* you are eating and less about *what* you are eating. When you are connected to what is going on with your body, you know the exact moment you are satisfied rather than stuffed or starving.

Try this short exercise to determine if you are a mindless or mindful eater:

1. Take one or two deep breaths.



2. Visualize an image of a food you enjoy.
3. Go get (or imagine) this food (an orange, a piece of chocolate, a potato chip).
4. Prepare the food if necessary – peel, chop or unwrap it.
5. Find a place to eat that is peaceful, and free from distractions.
6. Look at the food, paying attention to its color, shape, texture, smell.
7. Take a bite of the food, paying attention to how your body feels.
8. Notice the reaction of your mind and body to the food. Are you thinking about something else?
9. Continue eating until you feel satisfied or full. Do you feel detached or connected to the food you are eating? Before you finish eating take a

moment to notice how you feel -- are you hungry, full, satisfied?

If you are interested in learning more about nutrition, contact our office, check out our website or visit our Resource Library (Health Services, Room 218). To learn more about *Eating Mindfully*, see the *Love Your Body, Love Yourself* schedule (on back page) for more information. Copies of *Eating Mindfully* are available in our Resource Library.

4 Foundations of Eating Mindfully

MINDFULNESS of the MIND
MINDFULNESS of the BODY
MINDFULNESS of FEELINGS
MINDFULNESS of THOUGHTS

7 Habits of a Mindful Eater:

1. Aware
2. Accepting
3. Nonjudgmental
4. Compassionate
5. In-the-Moment
6. Able to Let-it-Go
7. Observant

**"Your body is a vehicle for awakening.
Treat it with care."
- Buddha**



MIND



We Celebrate You!

By Peter Welch, Wellness Educator/Counselor



Since 1987, October 11 has been celebrated as National Coming Out Day. If you are Gay, Lesbian, Bisexual, or Transgender (GLBT), October 11 is your day. It's a time to first, come out to yourself, then, to come out to your family and friends. It's important to remember that coming out is not a destination, but a life-long process. For some, they take their

time letting people know about this part of themselves. For others, they break open those closet doors with a vengeance.

Letting everyone know that you are Gay, Lesbian, Bisexual, or Transgender is a very personal decision. Letting others REALLY know who you are is a tremendous gift to them, and not being yourself is stressful! Being truthful with who you are is a great and important way to take care of yourself and move toward wellness. The truth is that GLBT people are EVERYWHERE.

We, at UNH Health Services, recognize the importance of helping ALL of our students lead full, productive and healthy lives. On

October 11, we proudly support our Gay, Lesbian, Bisexual and Transgender students, faculty and staff.

For more information on National Coming Out Day, check out the Human Rights Campaign www.hrc.org.

If you have questions or concerns about your sexual orientation or gender identity and need someone to talk to, please contact the Office of Health Education and Promotion at UNH Health Services at 862-3823 or the Counseling Center at 862-2090.

"October 11 is your day. It's a time to first, come out to yourself, then, to come out to your family and friends."



Go Ask Health Education: Bisexuality

Dear Go Ask Health Education,

How do I know if I am bisexual?



People who identify as bisexual are generally attracted to both men and women. This attraction might include sexual behavior. It might mean that you fantasize about being sexual with one or more genders (yes, some of us believe that there are more than two genders). Being bisexual means that you don't often fit into strict categories of straight or gay. It might also mean that you are open to exploring relationships with all kinds of people, regardless of their gender. "Love knows no gender" might be a prevailing thought for you regarding love and attraction. Being bisexual can be really challenging. We live in a culture that is, ironically, bipolar in terms of sexual orientation. Limiting categories of "straight" and "gay" exist and may cause bisexual people to feel isolated and alone. Straight friends often want those questioning their sexuality to choose a side; and gay friends may be waiting for

them to fully come out of the closet.

If you are bisexual and want to talk to someone, please call us at 862-3823. A few great websites with helpful information include: www.goaskalice.columbia.edu and www.biresource.org. Campus resources include OMSA (the Office of Multicultural Student Affairs), The Alliance, Counseling Center, and Health Services.

- Peter Welch, Wellness Educator/Counselor, Health Services

Questions may be submitted 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



Breast Cancer, You Can Prevent It!

Breast cancer is the most common cancer in women. Although the risk of breast cancer increases with age, women of all ages can get breast cancer. If your mother, sister, or daughter had breast cancer, you are at some increased risk. Most women who do get breast cancer have no history of it in their families.

Examining your breasts is an important way to find breast cancer early, when it's most likely to be cured. Not every cancer can be found this way, but it is a critical step you can and should take.

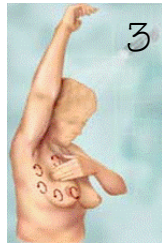
Try to get in the habit of doing a breast self-examination once a month to familiarize yourself with how your breasts normally look and feel. Examine yourself several days after your period ends, when your breasts are least likely to be swollen and tender.



STEP 1: Look at your breasts in the mirror.
-Look at the breasts' size, shape, and color
-If you see any of the following changes, let your provider know: dimpling, puckering, or bulging of the skin. A nipple that has changed position or is inverted or if you notice redness, soreness, a rash, or swelling.



STEP 2: While you're at the mirror, gently squeeze each nipple between your finger and thumb and check for nipple discharge (this could be a milky or yellow fluid or blood). Or any of the irregularities mentioned in step one.



STEP 3: Feel your breasts while lying down or in the shower. Put your right arm behind your head. With your left hand, check your right breast for lumps or thickenings. Use a firm, smooth touch with the first few fingers of your hand, keeping the fingers flat and together. Cover the entire breast from top to bottom, side to side—from your collarbone to under your breasts and from your armpit to in between your breasts. Be sure to feel down to your breastbone. Repeat process with opposite arm.

October is
Breast
Cancer
Awareness
Month



Help the Breast Cancer site donate free mammograms to underprivileged women. It takes less than a minute to go to their site and click on "donating a mammogram" for free
<http://www.thebreastcancersite.com>

Testicular Cancer, You Can Prevent It!

Testicular cancer is the most common type of cancer in males ages 16 to 35, occurring anytime after age fifteen. The good news is, testicular cancer is among the easiest to cure when detected early.

What is Testicular Self-Exam? (TSE)

The TSE is a method for men to check their testicles for unusual bumps or lumps, which may be the first sign of testicular cancer. Sometimes cancer of the testicles will spread, so it's very important to detect it early so the cancer doesn't become more serious.

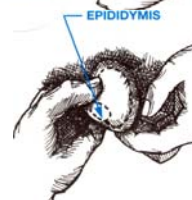
In early stages, testicular cancer may be symptomless. When symptoms do occur they include:

- Lump on testicles, epididymis or vas deferens
- Enlargement of a testicle
- Heavy sensation in groin area or testicles
- Dull ache in groin or abdomen area

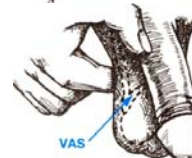
If you find a lump or have any of the above symptoms, see your medical provider immediately for an accurate diagnosis.



First: Examine your TESTICLES. Slowly roll each testicle between the thumb and fingers. Try to find any hard, non-sensitive lumps.



Second: Examine the EPIDIDYMIS for lumps using same rolling method as used above. This crescent-shaped cord is behind each testicle. This area is tender, so do not be



Third: Examine the VAS (the sperm-carrying tube that extends from the epididymis) of each testicle for lumps using rolling method described in steps one and two.

Shower cards for Self Breast and Testicular exams are available for free in Health Services, Room 249



SPIRIT



Choices Matter

by Sheila Lambert, Health Educator/Counselor

You are faced with the opportunity to make many decisions while at the University of New Hampshire. Many choices will affect your life today and into the future. You may find yourself being faced with deciding if you should drink, when to drink, where to drink and how much to drink. The great thing is that these are all CHOICES.

The choice is yours and all choices start with decisions. If you decide to drink:

- Take care of yourself and your friends when drinking
- Do not allow others to pressure you into drinking too much
- Do not drive after drinking or ride with a driver who has been drinking
- Protect the things in your life that

are important- your health, your academics, your friendships and your future.

Choosing not to drink is the safest decision you can make. *The party is not as big as you think.* Most UNH students drink in low-risk ways, not putting themselves or others at risk.

If you are interested in learning about non-alcohol events at UNH or the surrounding communities, check out the After Hours site unhmub.com/afterhours. Our office is also available for educational programming and counseling to assist students in making healthy and safe decisions around alcohol.

It starts with decisions, what is yours going to be?



If you do choose to drink, follow these guidelines:

- **0 drinks-** the best decision
No more than one drink per hour
- **0-1 drinks** per day for women
- **0-2 drinks** per day for men

This doesn't mean you can "save up" for a Friday or Saturday night.

UPCOMING EVENTS

Love Your Body Day– October 17, 2005

11-12pm Creative Body and Soul Art Session with Peter Welch. Room 203, MUB

12-1pm: Eating Mindfully Yoga Class with Julie Kratz, Health Services Conference Room

1-2pm: Mindfully Eating Meditation with Kathleen Grace-Bishop, Health Services Conference Room

2-3pm: Creative Body and Soul Art Session with 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

Make a contribution to **The Beautiful Wall** 11-2 in the Whittemore Center Lobby, Holloway Commons & MUB

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

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

You may obtain a copy of this newsletter by visiting our Website at www.unh.edu/health-services or picking up a copy at Health Services. Please direct all comments and feedback to Editors, Kathleen Grace-Bishop and Dawn Zitney at healthservices@unh.edu

Office of Health Education and Promotion, UNH Health Services
12 Ballard Street, Room 249 Durham, New Hampshire 03824
603.862.3823 www.unh.edu/health-services

