



SPIRIT



Great American Smoke Out: November 17, 2005

By Sheila Lambert, Wellness Educator/Counselor



November 17th is the Great American Smoke Out (GASO). The American Cancer Society created the GASO to encourage smokers to quit for one day, in hopes that they will quit forever.

Although most UNH students don't use tobacco, college students are some of the top tobacco users in the country. If you smoke or use tobacco, chances are you are doing it because:

- ◊ It gives you something to do with your hands
- ◊ It is a way to socialize
- ◊ It gives you a high
- ◊ You see it as a way to keep weight off
- ◊ It helps you deal with stress
- ◊ It helps you deal with boredom
- ◊ You are addicted, so you have to use tobacco

Most students are aware of the long-term health-related risks associated with smoking (lung cancer, heart disease, emphysema, stroke, aneurysms, bronchitis, and many more). But do you know what

smoking is doing to you RIGHT NOW?

- ◊ It makes your breath and clothes smell.
- ◊ You run out of breath when you climb up stairs, or try to exercise.
- ◊ You always cough, wheeze or clear phlegm from your throat.
- ◊ You are sick more than your friends and stay sicker longer.
- ◊ If you take the amount of money you spend on tobacco per week, from the time you began to use until today, what could you have bought yourself?
- ◊ Because you usually have to smoke outside, you often find yourself standing in the frigid cold, snow, sleet, rain or wind, while others are warm and dry.
- ◊ You feel isolated because you are outside smoking and others are inside.
- ◊ You find you can't get a good night's sleep.

Most people who smoke tobacco want to quit. Here are some tips to help you quit using tobacco:

- ◊ Make a decision to quit! Real commitment must come from you.
- ◊ Decide on a plan for quitting and set a date.
- ◊ Get rid of all cigarettes, lighters, ashtrays, spit jar and other things that remind you of smoking or chewing.
- ◊ Review reasons for quitting and think of the benefits to your health.

finances and family.

- ◊ Remind yourself that there is no such thing as one cigarette.
- ◊ Drink LOTS of water!
- ◊ Avoid people & places where you are tempted to smoke (also reduce or avoid alcohol).
- ◊ Alter your habits—switch to juice or water instead of coffee, or take a walk instead of smoking.
- ◊ Use substitutes such as gum, hard candy, carrot sticks, or sunflower seeds.
- ◊ Exercise and do activities that keep your hands busy; for example, paint, learn to play an instrument, even play video games. Keep active!

The choice is yours, and you don't have to do it alone. Join many others who want to make a difference to their health, their lives and the lives of those around them.

UNH Health Services can help you quit!

Stop by or call to make an appointment for counseling, hypnosis, acupuncture and non-prescription and prescription medications. You can also pick up a FREE Quit Kit, which contains strategies to help you quit, cessation options and even things to help you through a craving like gum, candy and straws to chew on!

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

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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.



Preventing Flu and Colds

By Judy Stevens, Community Health Nurse/Wellness Educator

Achoo!

Don't Miss the Flu Clinic!

November 9th
10 a.m. – 6 p.m.
Granite State
Room MUB

Open to the UNH
community
Students /\$14
Faculty/Staff \$22

Cash, checks,
MasterCard, Visa
and Cash accepted.

Getting the Influenza Vaccine in Advance:

The Centers for Disease Control recommends that individuals with chronic illnesses or conditions obtain the vaccine prior to October 25th. If this applies to you or someone you know, the vaccine may be obtained in advance by calling Health Services at 862.2856.



It's that season again – flu and colds season. Since most of us live in close proximity to others, we are at increased risk of getting the flu and colds. Not eating balanced meals, lack of sleep and stress can also make us sick.

The flu (influenza) is very contagious. It spreads in respiratory droplets caused by sneezing or coughing. Symptoms of the flu may include fever, headache, extreme tiredness, cough, sore throat and muscle aches. According to the Centers for Disease Control, if you have the flu, you may be able to infect others beginning 1 day before getting symptoms and up to 7 days after getting sick.

Like the flu, a virus causes the common cold. Unlike the flu though, colds rarely cause headaches or fever. Here are some suggestions for preventing the flu and colds:

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. Not going to public places will help prevent others from catching your illness.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. If you don't have a tissue, sneeze or cough into your sleeve. And don't forget to dispose of your tissues properly!

Clean your hands.

You can pick up germs/viruses through shaking hands, touching doorknobs, phones, computers, etc. Washing your hands often will help protect you from germs/viruses. Wash your hands with soap and water or with an alcohol-based cleaner regularly. There is no need to use antibacterial soap or hand cleansers; in fact, these items are often expensive and are not as effective in killing germs/viruses as soap and water.

Don't share.

This is the one time in your life when you are told you shouldn't share. Remember, even if someone is not sick at the time of sharing, he or she may still be contagious for a flu or cold that can develop into symptoms the next day. Don't share towels, eating utensils, toothbrushes, drinking glasses or other items that may spread germs.

Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated and then touches his or her eyes, nose, or mouth.

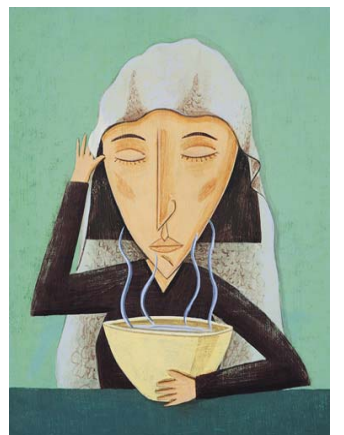
Take care of yourself.

Try to eat healthy meals and get enough sleep. See our articles on sleep and eating to boost the immune system for more tips.

Get a flu shot

Remember, the flu shot only protects you from the flu, not colds.

If you do become sick, the caring staff at Health Services is available to help you get well again; call 862-2856.





MIND



Reducing Holiday Stress

by Laura Bilodeau, Wellness Educator/Counselor

Some of us will celebrate Thanksgiving in a couple of weeks and then comes the holiday season when many will celebrate Kwanza, Hanukah, Christmas and/or New Years or nothing at all. This time of year in American society can be fun yet frustrating, delightful yet demanding, a source of joy and sometimes a source of sadness. Many of us feel overwhelmed by the extra demands placed upon us during the preparation and celebration of the holidays. And all too often, family and interpersonal conflicts surface during this season when everyone is just a bit more stressed than usual. Even in the best of situations, holidays can be a particularly stressful time of the year. We tend to neglect our own daily schedules and rituals in order to accommodate others.

The good news is that there are ways to reduce holiday stress:

- ◊ Set realistic goals of what you will be able or unable to do.
- ◊ Prioritize your activities and engage in the social events that are most important to you. You do not have to attend them all!
- ◊ Set and stick to a realistic budget for holiday gifts and goodies. Engage in free activities like sledding or public concerts - the holiday season is filled with great activities!
- ◊ You do not have to be extravagant!
- ◊ Delegate is not a bad word; you do not have to do it all!
- ◊ Keep balance in your days, making sure to take time for yourself to do the things you enjoy.
- ◊ Take care of your body and spirit. Try to eat healthy foods, exercise and get enough sleep.

By appreciating the season for what it is, you will embrace all of its goodness and reduce your stress in the process.

- ◊ When dealing with difficult family members, allow yourself to feel any feelings you may have and express them in a calm way.
- ◊ Try to be gentle with people who you care about. Recognize they are also feeling the stress of the holidays.
- ◊ Pace yourself, do not put all of your energy into one day.
- ◊ Try not to overextend, overeat, overspend or overreact.
- ◊ Volunteer to help those in more need than yourself.
- ◊ Keep a sense of humor - laughter is the best medicine around.

Most of all, try to live in the moment and enjoy *this* holiday. Do not hold high expectations of how the holiday *should be* and do not compare it to past holidays. By appreciating the season for what it is, you will embrace all of its goodness and reduce your stress in the process.



TIS' THE SEASON; HOLIDAY EATING STRATEGIES

Normal eating is overeating at times: feeling stuffed and uncomfortable.

Normal eating is trusting your body to make up for your mistakes in eating.

-Ellyn Satter, RD, ACSW

This is the time of year to celebrate many social, cultural and religious traditions. Food is supposed to be one of the pleasures of the holiday season. Believe it or not, all foods, including fudge, can fit into a healthful and enjoyable eating plan at this hectic time of year. The secret is **moderation** and **balance**.

-Survey what is being offered at the buffet table, then choose what you want to eat.

-Only eat the foods you really want while satisfying your hunger.

-Spend less time at the buffet table and more time socializing with friends.

-If possible, sit down while you are eating.

-Pay attention to what you are eating; be mindful and enjoy.

-Don't starve yourself and show up at a party ravenous.

-Alcohol increases your appetite. If you are drinking alcohol, pay attention to how much you are drinking, and alternate an alcoholic beverage with water or something non-alcoholic.

-Plan some physical activity into a get-together, walking, hiking, snowshoeing, skating.

-Get over the guilt and savor those special holiday foods.

-Holidays can bring up many emotions; try to experience your emotions instead of using food to cope with them.

By Suzanne Sonneborn, Nutrition Educator



BODY



Boosting Your Immune System

by Maria Larkin, Nutrition Counselor

Poor eating habits, stress, inadequate sleep, smoking, drinking alcohol and excessive physical activity all contribute to a weakened immune system. Eating certain foods can replenish nutrients depleted by stress and support a healthy immune system. Multivitamin and mineral supplements can fill in nutrient gaps, but obtaining nutrients from whole foods is preferred. Use the table of vitamins, minerals and foods to boost your immune system.

Nutrient: Foods

Omega 3 fatty acids	Flax oil, salmon, mackerel, nuts, buffalo meat, tuna.
Friendly Bacteria	Yogurt
Garlic	Best if eaten raw
Mushrooms	Maitake, reishi

Nutrient: Vitamins

Vitamin B	Meat, fish, dairy products, eggs, peas, beans, tofu, lentils. Whole grains (oatmeal), nuts, seeds, broccoli, brussel sprouts, dark green leafy vegetables, corn, potatoes (white and sweet), fresh and dried fruits, bananas, avocados.
Vitamin C	Fruits and fruit juices, especially citrus fruits. Strawberries, kiwi, papaya, red/green peppers, broccoli, brussel sprouts.
Vitamin E	Seeds (walnuts, almonds, sunflower), vegetable oils, wheat germ, sweet potatoes, soybeans, avocado, whole grains.
Beta Carotene	Dark green leafy greens, carrots, cantaloupe, sweet potato, papaya, apricots, hubbard squash.

Nutrient: Minerals

Calcium	Dairy products, fortified soy milk and OJ, dark green leafy vegetables, broccoli, tofu, nuts, seeds, beans.
Magnesium	Oysters, shellfish, herring, beans, tofu, oatmeal, brown rice, cashews, almonds, pumpkin seeds.
Zinc	Clams, mussels, lobster, crab, beef, pork, turkey, wheat germ, lentils, baked beans, soybean nuts, peas, sunflower seeds, tahini, cashews, ricotta cheese.
Selenium	Tuna, red snapper, lobster, shrimp, whole grains, vegetables (depending on the selenium content of the soil they're grown in), brown rice, egg yolks, cottage cheese, milk, chicken, sunflower seeds, garlic, Brazil nuts, barley, oats.

All nutrients are available in supplemental form, see package label for dosage.

Sleeping Well

By Kathleen Grace-Bishop, Director of Education & Promotion, Health Services

Sleep is an activity that allows our body and mind to rest and repair. Sleep is essential to being healthy. Most young adults need 8-10 hours/night of sleep; unfortunately, most are only getting 6-7 hours/night. Not getting enough sleep affects one's ability to learn, be productive at work, maintain enough energy to get through the day and manage stress.

Follow these tips to getting a better night's sleep:

- ◊ Keep a regular wake-sleep cycle. Go to bed and get up at a regular time each day, no matter when you go to bed, even if it is the weekend.
- ◊ Learn to manage your time better so you can say no to "all nighters."
- ◊ Create a "sleeping space" that is peaceful, inviting, comfortable, dark and

quiet.

- ◊ Limit the type of activities you do in bed so your body recognizes bed as resting and relaxing.
- ◊ Exercise daily but not within 2 hours of bedtime.
- ◊ Don't work or study right up until bedtime. Get into a relaxing bedtime routine- (taking a warm shower, writing in a journal). A routine tells your body that it is getting close to bedtime.
- ◊ Don't smoke. People who smoke take longer to fall asleep, wake more often.
- ◊ Eat a healthy variety of fruits, vegetables and whole grains and limit fat on a regular basis.
- ◊ Avoid or limit alcohol, it interferes with REM and deeper stages of non-REM sleep.

- ◊ Avoid or don't have caffeine any later than mid afternoon, it interferes with your ability to sleep.
- ◊ Help your brain turn off by making a list of things you need to do or that are making you worry.
- ◊ Try relaxation techniques such as deep breathing, progressive relaxation, meditation, stretching, etc.
- ◊ Don't force yourself to fall asleep or focus on the clock. Lying in bed with your eyes closed provides benefits of rest and relaxation.
- ◊ Don't take sleeping pills, unless prescribed.
- ◊ Learn how to manage your stress!

