

MAY ISSUE
2017

CAMPUS WELLNESS AT PACIFIC UNIVERSITY

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WANT TO WIN A \$20 AMAZON GIFT CARD?

TAKE OUR QUIZ!

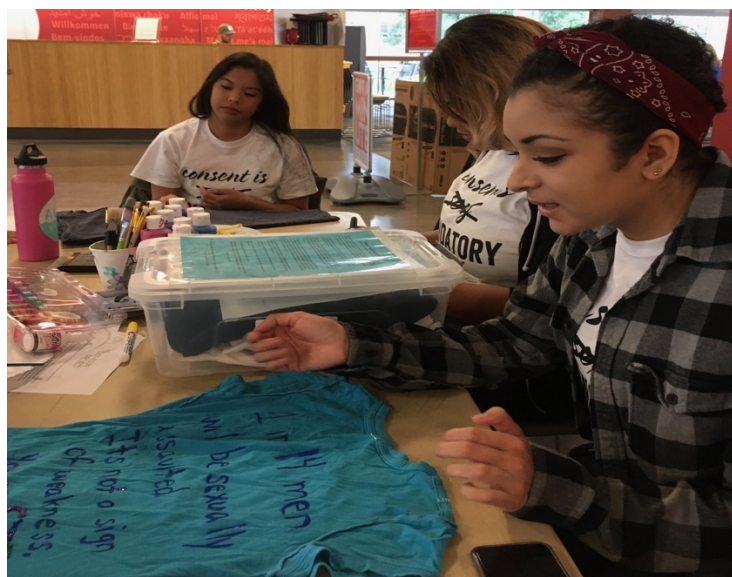


Upcoming Events

Weekly meetings Tuesday 11:30-12:30. Everyone is welcome!



The Weekly Wellness booth will now be tabling every Wednesday and Thursday for the remainder of the Spring Semester. For the month of MAY, we will be focusing on **Stress Management**.



Eating Right for Finals

1. **How do I eat smarter?** Iron and B vitamins are especially important to maintaining the physical and mental energy necessary to study well. Iron-containing foods include red meat, cereals and spinach; one good meal idea is chili because it contains ground beef and kidney beans. Foods that contain B vitamins include whole-grains, wheat germ, eggs and nuts. Fish and soy are other foods that are said to help boost your brain by providing the nutrients it needs.



2. **Chewable Vitamin C is not a meal.** Dietary supplements are good, but real food is better.

An orange contains not only Vitamin C, but also fiber, beta carotene and other minerals — so it can't be replaced by a pill. When you're heading for the library, pack whole-food items like apples, bananas, oranges, carrot sticks or dried apricots.

3. **Eat at regular intervals.** Eating regular meals helps keep nutrient and energy levels more stable, curbing the temptation of empty-calorie snacks in the vending machine.
4. **Big meals keep on turning ... in your stomach.** You might find that eating the standard three-big-meals-a-day slows you down mentally and physically. Consider 5 or 6 well-balanced, smaller meals, like toast spread with peanut butter, hummus or tuna, or a piece of cheese with fruit.

- 5. Meet breakfast, your new study buddy.** Coffee and a donut just don't cut it. The idea is to get some protein, calcium, fiber and a piece of fruit or a vegetable in there. So, a bowl of cereal with milk and a piece of fruit would do the trick. Or try a cereal bar with milk.
- 6. Choose powerful vegetables.** Not all vegetables are created equal. The darker the color, the higher the concentration of nutrients. For example, spinach has more to offer the mind and body than iceberg lettuce. Other great vegetable choices include bell peppers, broccoli and sweet potatoes.
- 7. Smart snacking can enhance studying.** Snack smart while studying and you may find that you retain more. Try to get two food groups into your snacks to balance the nutrients and keep your blood-sugar level stable. Some smart snack examples are banana with peanut butter, a small baked potato with cottage cheese, or an English muffin pizza.



8. Stay well hydrated.

Choose your beverages well, though. Caffeine and sugar should be kept to a minimum.

Since too much caffeine can make you jittery, try to drink moderate amounts: 400 to 450 mg per day, the equivalent of 2/2.5 cups, (16 to 20 ounces or 500 to 625 ml). Better choices include water, fruit juice, milk, and anti-oxidant-rich green tea.

Stress Management

SHORT TERM WAYS TO HANDLE STRESS

- ❖ **Relax right where you are.** Close your eyes and visualize yourself in a pleasant setting (standing on the beach watching the sunset, walking in the woods) Imagine the sights, sounds, smells, and touch of the place. Notice how relaxed you are there
- ❖ **Take a break.** Get some exercise or fresh air. Go somewhere private and yell or cry.
- ❖ **Ask yourself whether it's worth being upset over the situation.** You can choose to stay calm and ignore it. If the issue is important, confront it directly, talk it out with a sympathetic friend, or write it in a letter that you don't send.
- ❖ **Do it now.** We all know how thinking about the work we must do and doing it makes us ever so much more miserable than just doing the work. So instead of putting it off until tomorrow, do yourself a favor and get to it.



- ❖ **Breathe.** Deep breathing is extremely calming. Fill your lungs to capacity, imagine your neck and shoulders relaxing, and slowly exhale.
- ❖ **Neck rolls or shoulder rolls.** Rolling your head in a circle several times and/or rolling your shoulders in a circular motion provide instant stress reduction.

Originally written by Mariette Brouwers, Ph.D. at Oregon State University's Counseling and Psychological Services. Format adapted by Pacific University's Campus Wellness Office.



Stressed about finals?

Come join us in destressing with cute puppies.

FREE FOOD

brought to you by the *Bookstore*

Hosted by *Campus Wellness*



Stress Management Resources

THE OASIS



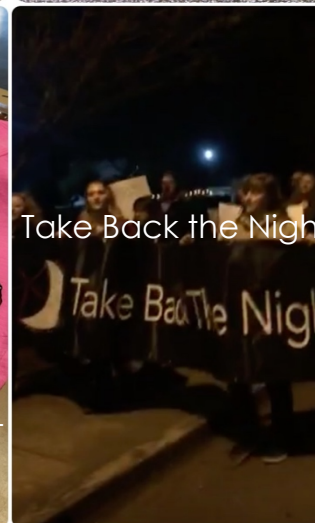
Need a place around campus to unwind, meditate, or just looking for peace and quiet? Come check out the Oasis in Clark 124, it's free! Check out the key from the Student Life desk in the Clark lobby.

BOXER BREATHER

The Student Counseling Center

wants to welcome you to join us at Boxer Breather, a weekly drop-in group to help students learn new skills, strategies, and ideas to increase your ability to cope with stress and to improve your overall wellness. We will be meeting every **Thursday from 4-5** to teach new skills. You can attend as little, or as often as you want. Look forward to seeing you there!

Watch this video to see a recap of our SAAM events: <https://youtu.be/1v32S6R5-c0>



RESOURCES

Confidential Resources

Kathleen Converse—Campus Wellness Coordinator
503-352-CARE (2273)—Clark 125

Student Counseling Center
503-352-2269

Student Health Center
503-352-2269

**Sexual Assault Resource Center (SARC) 24-hour
Crisis Line**
503-640-5311

Additional Resources
**(will support your privacy, but cannot guarantee
confidentiality)**

Campus Public Safety
503-352-2230

Police Department
911 or 503-629-0111 (non-emergency dispatch for
all of Washington County)

**Help us make our
programming more
impactful: Take this short
survey and you could win
a \$20 Amazon gift card!**

<https://docs.google.com/a/pacificu.edu/forms/d/1hVvmdue051qPUGRk5c5yaJxamP2n6f1oxK6ds7qmoxk/>

ABOUT CAMPUS WELLNESS

Contact Us for More Information About:

- Healthy relationships
- Healthy sexuality
- Sexual violence prevention/ consent and bystander intervention
- Support for survivors
- How to help a friend
- Drug and alcohol information
- Stress management
- Positive body image

Phone: 503-352-CARE

Email: wellness@pacificu.edu (non-confidential),

kathleenconverse@pacificu.edu (confidential)

Website: <http://www.pacificu.edu/about-us/offices/campus-wellness>

Visit us: Clark 124 (Campus Wellness Office)
Clark 125 (Campus Wellness Coordinator's Office)

The Campus Wellness Office is committed to promoting social health and wellness on our campus. We strive to help students manage stress, have healthy relationships, prevent sexual violence, and use drugs and alcohol safely, so everyone on our campus has a positive college experience.

Campus Wellness also offers confidential advocacy for people who have had unwanted sexual experiences, experienced stalking, or are concerned about their relationships. The Campus Wellness Coordinator is a trained advocate who offers confidential support, and provides on and off-campus resources.