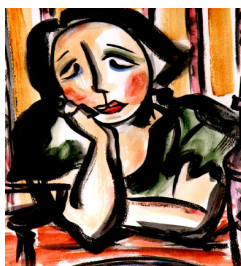




More Than Just the Winter Blues

Winter is in full throttle and with a decrease in sunlight approximately six percent of the population will suffer from Seasonal Affect Disorder (SAD). This condition, also referred to as Seasonal Depression or Seasonal Mood Disorder, is a form of depression that occurs when days are shorter. This is because there less natural light during the colder months.

While the condition may manifest differently among individuals, the most common symptoms are excessive sleeping or difficulty remaining awake, overeating (which induces weight gain), feelings associated with



depression such as sadness, loss of feelings, and irritability, and a lack of interest in social or enjoyable activities. A key difference between a diagnosis of depression and SAD is Seasonal Affect Disorder often goes into remission when spring emerges. This is because of the extended period of sunlight each day during the warmer months.

depression such as sadness, loss of feelings, and irritability, and a lack of interest in social or enjoyable activities. A key difference between a diagnosis of depression and SAD is Seasonal Affect Disorder often goes into remission when spring

Light is often an essential part of treating SAD. Exposure to increased sunlight is recommended, which can be conducted by arranging living and working spaces so that windows provide key sunlight. The additional light may also be achieved by increasing time outdoors through physical activity such as daily walks. In more advanced cases of SAD, phototherapy is recommended. The light therapy utilizes a light box (made of a specific type of bulb) everyday so that the increase in light may elevate mood. In addition to increasing exposure to natural sunlight and phototherapy, psychotherapy, often referred to as "talk therapy," and antidepressants may be prescribed. It is vital to obtain a proper diagnosis from a professional healthcare provider in order to obtain treatment for SAD.

If you feel that you or someone you know may be experiencing SAD, please seek a diagnosis and possible treatment from a healthcare professional. Resources within the University of Cincinnati include the UC Counseling Center and University Health Services. The UC Counseling Center in 316 Dyer Hall and can be reached by contacting (513) 556-0648. University Health Services is located on the third floor Lindner Center, and can be contacted by calling (513) 556- 2564 or by visiting www.uc.edu/uhs.

Fighting the Flu

Winter months are notorious for the flu and common cold. The reasoning for this is not due to the cold air, as most people believe. However, it is due to crowding, dry air, and school, to name a few. In the winter people are in closed indoor quarters more often, allowing viruses to spread easier. The flu virus infects 10%-20% of people in the United States every year. Add in the average 2 to 4 colds a year and the sick days add up fast. While a flu shot is the most effective way to protect against the flu, it will not prevent against other viruses and unfortunately there is no shot or cure for the common cold. The best way to protect against all winter weather viruses is to use prevention. WebMD has provided the following suggestions for the best ways to prevent against winter weather sickness.

1. Wash Your Hands Most cold and flu viruses are spread by direct contact. Wash your hands often, but if no sink is available, rub your hands together very hard for a minute or so, or rub an alcohol-based hand sanitizer

onto your hands.

2. Don't Cover Sneezes or Coughs With Your Hands When you feel a sneeze or cough coming, use a tissue, then throw it away immediately. If you don't have a tissue, turn your head away from people near you and cough into your sleeve.



3. Don't Touch Your Face Cold and flu viruses enter your body through the eyes, nose, or mouth.

4. Drink Plenty of Fluids Water flushes your system, washing out the poisons as it rehydrates you. A typical, healthy adult needs eight 8-ounce glasses of fluids each day.

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Fighting the Flu-Con't.

5. Take a Sauna Researchers aren't clear about the exact role saunas play in prevention, but one theory is: When you take a sauna you inhale air hotter than 80 degrees, a temperature too hot for cold and flu viruses to survive.

6. Get Fresh Air A regular dose of fresh air is important, especially in cold weather when central heating dries you out and makes your body more vulnerable to cold and flu viruses. Also, during cold weather more people stay indoors, which means more germs are circulating in crowded, dry rooms.

7. Do Aerobic Activity Regularly Aerobic exercise speeds up the heart to pump larger quantities of blood; makes you breathe faster to help transfer oxygen from your lungs to your blood; and makes you sweat once your body heats up. These exercises help increase the body's natural virus-killing cells.

8. Eat Foods Containing "Phytochemicals" Phyto means plants, and the natural chemicals in plants give the vitamins in food a supercharged boost. So put away the vitamin pill, and eat dark green, red, and yellow vegetables and fruits.

9. Eat Yogurt Some studies have shown that eating a daily cup of low-fat yogurt can reduce your susceptibility to colds by 25 percent. Researchers think the beneficial bacteria in yogurt may stimulate production of immune system substances that fight disease.

10. Don't Smoke Statistics show that heavy smokers get more severe colds and more frequent ones. Even being around smoke profoundly zaps the immune system.

11. Cut Alcohol Consumption Heavy alcohol use destroys the liver, the body's primary filtering system, which means that germs of all kinds won't leave your body as fast.

12. Relax If you can teach yourself to relax, you can activate your immune system on demand. There's evidence that when you put your relaxation skills into action, your interleukins -- leaders in the immune system response against cold and flu viruses -- increase in the bloodstream.



Following these tips and suggestions can help decrease the chances of contracting a virus not only in the winter, but throughout the year. A healthy lifestyle is the number one way to prevent against illness. While these tips do not guarantee against getting the flu or the common cold, they certainly will help. If you find yourself with a cold, you can stop by the Wellness Center, located in 675 Steger Student Life Center, to pick up a Cold Care Kit. For more information on illness prevention visit your local physician or www.webmd.com.



Cold Care Kits

With the cold and flu season upon us, the UC Wellness Center will be providing free cold care kits this winter. Each kit includes a packet of Kleenex, cough drops, tea and honey, sanitizing hand wipes, pain reliever, a single use thermometer, and information about how to use all of the included



items, as well as tips on how to avoid the common cold. You are encouraged to stop by the Wellness Center and pick up your free kit.

Winter Skin Care

The joys of the season are plentiful – hot chocolate, ice skating, and snowflakes. With the pleasures of the cold weather, it is important to take care of your skin, as it is easy for it to become dry or even burnt. The following are tips to help keep skin healthy.

Many things can be done to protect skin during the winter months. Remember that even on overcast days skin can still burn. It is important to continue to use sunscreen on areas that are exposed while outside, no matter the season.

With it being cold outside, it may feel good to take a long, hot shower but resist that temptation because this can strip skin of its natural oils, drying it out. Instead, take a warm shower and use a mild soap, such as Dove or



Cetaphil. After showering, moisturize skin with a cream or ointment like Aquaphor, Cetaphil, Eucerin, or AmLactin. Oil-based moisturizers are more effective than water-based, but due to the greasy feeling, many people choose not to use them.

The cold and windy winter weather can also chap lips. Use a lip balm to keep them protected and avoid licking lips, as it will only add to the chapping.

Outside is not the only place to consider taking precautions. During these months central heating dries out the air, causing skin to also become dry. Consider getting a humidifier to keep the air moisturized and skin hydrated. Drinking plenty of water is another way to keep skin hydrated. These are just some tips to help, but skin can become extremely dry, possibly making it necessary to consult a dermatologist. To find a dermatologist in the area, check out The American Academy of Dermatology at www.aad.org. Enjoy the winter weather and remember, skincare is a must!

YOGA: A Tool for Stress Management

Stress is something that affects everyone. Many people find that regular practice of yoga helps to decrease stress. Yoga is practiced by over 20 million Americans daily. Not only is yoga used to decrease stress but also to maintain fitness. The 5000 year old science began with teachings first being practiced on the battlefield. The word yoga comes from Sanskrit and means "to yoke," or bring together the mind, body, and spirit. Yoga can be practiced by all, regardless of age, religion, ethnic background, or socioeconomic status.

Yoga is used by many to discipline the mind and body as well as connecting to one's spirituality. These aspects of yoga are the main goals of reducing stress. Many popular techniques used to reduce stress include controlled breathing, meditation, physical movement, mental imagery, and stretching. Power yoga is most commonly used in the United States. It is very active, both improving flexibility and stamina. Gentle yoga, on the other hand, focuses on slow stretches, flexibility, and deep breathing. Mental imagery, controlled breathing, and meditation are all used in yoga routines to improve mental clarity, which reduces anxiety and stress levels.

Yoga has several other benefits involving physiological, psychological, and spiritual attributes. Some benefits include enhancing relaxation, boosting physical strength, endurance and flexibility, increasing concentration and self-control, helping in rehabilitation of injuries, boosting the immune system, enhancing posture and muscle tone, improving circulation, increasing sense of spiritu-

ality, and intensifying tolerance of pain.

There are several choices when choosing yoga. Many fitness centers and YMCAs offer yoga classes. The Campus Recreation Center offers a yoga class, as well. Yoga: Stress Management is a physical education class offered for one credit hour. If a yoga class is not an option, a yoga video might be more suitable. There are yoga workout videos, instructional websites, cds, and books available for anyone interested in learning more about yoga. Before beginning any yoga workout, it is important to wear comfortable clothing, usually shoes are not required. There is no equipment needed, unless choosing to use a mat to provide cushioning and friction while performing certain movements and poses.

When beginning any new workout, it is important to start slow with the routine. Make sure to pick a time of day or time of week that is most convenient. Try to find a workout buddy it helps to have someone supportive. Consistency is key because it allows the body time to adjust to the workout. It generally takes about 4 to 6 weeks of regular exercise at least 3 days a week for the body to begin releasing endorphins which aid in reducing stress.

For more information related to stress reduction, contact the UC Wellness Center at 513-556-6124, www.uc.edu/wellness, or visit 675 Steger Student Life Center. For more information on the benefits of yoga, visit www.yoga.com.

Hoxworth Blood Drive

Hoxworth Blood Center will be holding a blood drive on campus January 7th thru January 11th and May 19th thru 23rd. Donations will be accepted in TUC Great Hall from 10am-4pm. You can make your reservation to donate by visiting www.hoxworth.org/uc.

Hoxworth Blood Drive
January 7-11, 2008
May 19-23, 2008
10am-4pm @ TUC Great Hall
www.hoxworth.org/uc



Eating Disorders on College Campuses

College students can be overwhelmed with their increasing responsibilities. They may be excited about their college experience, however classes, peers, employment, and extracurricular activities can sometimes cause stress and pressure for students. Combined, these can be very stressful; studies show that some college students are turning to eating disorders as a way to cope with the stress caused by college life. If time is spent fixated on calories and weight, there isn't much time left to think about truly dealing with the situation. For others, in some cases, an eating disorder could develop because they believe that the only way to be accepted is to be thin.

It may not always be apparent that a college student shows signs of an eating disorder. Eating disorder behaviors can surprisingly be accepted on college campuses. On some college campuses, groups of students are taking part in what is called a

"binge/purge" party. People gather together to talk, laugh, and eat. They usually eat much of what is considered to be the "forbidden" foods and then take turns purging. Research shows that more than 90 percent of those who have eating disorders are women between ages 12 to 25 (National Alliance for the Mentally Ill, 2003). However, eating disorders are lifelong disorders and people who suffer from them will deal with the illness day to day.

For those who realize they have an eating disorder, it can be very difficult for them to seek help. Many people with eating disorders tend to feel like they won't be understood. They avoid telling family or friends for fear of negative consequences. If you suspect you or a friend have an eating disorder and need help, you can seek professional help at the University of Cincinnati by contacting the UC Counseling Center in 316 Dyer Hall at (513) 556-0648.

Safe Spring Break

Spring break is almost here, and the halls are buzzing with plans of beaches, sun, and spring break fun. What we don't hear, however, are plans of staying safe and the repercussions of partying continuously for a week straight. So the University of Cincinnati's Wellness Center and the BACCHUS Network are teaming up to help students have a safe and fun spring break. BACCHUS has made a few suggestions on their website to help spring breakers throughout spring break rendezvous. Below are a few suggestions to keep in mind before and during a trip:

Before The Trip

Learn as much as you can about your destination, as well as packing wisely. Being overburdened with luggage will make you look more like a tourist. It may also be a wise idea to leave a complete travel itinerary with a trusted friend or family member, along with copies of your driver license, passport, and credit cards. Keeping an eye on these will help you to ensure a more stress free vacation.



Staying Healthy on a Trip

The best thing to ensure a safe vacation is being sober and aware. If you decide to drink, make sure you bring a group of friends who will keep an eye on one another. Be aware of what you want. If you are considering sexual activity over break, be certain about the kind of relationship you want with that person. If you are unsure, ask the person to respect your feelings and give you time. If at any time you feel uncomfortable with someone or something ask for help. Avoid spending time alone with anyone who makes you feel uncomfortable. If you do decide to drink, make sure you never leave your drink unattended. These along with other safety precautions will help ensure a safer more enjoyed time.

For more information visit the BACCHUS website at <http://www.bacchusnetwork.org/safe-spring-break-campaign>.

In addition, the UC Wellness Center will be hosting a Safe Spring Break Week March 10th through the 14th, which will help students prepare for their trips. For more information on safe spring break ideas, please visit the wellness center at 675 Steger Student Life Center.



Friday Night Live Winter Schedule

All events are
FREE!

DATE	EVENT	TIME	LOCATION
1/11/08	Movie Night: BALLS OF FURY	7pm	MainStreet Cinema
1/25/08	Craft Night	6pm-8pm	TUC 400 A,B,C
2/1/08	Moonlight Breakfast	11pm	Armory Fieldhouse
2/8/08	Speed Dating	7pm	Great Hall
2/15/08	Family Night: JUNGLE BOOK	5pm	MainStreet Cinema
2/22/08	Blue Balls for Testicular Cancer	11am-3pm	McMicken Commons
2/29/08	UNO Attack Tournament	7pm	Catskeller
3/7/08	Battle of the Sexes	7pm	TUC Food Court
3/14/08	FNL Ultimate Bearcat Challenge	7pm	TUC Food Court

Wellness Center Winter Schedule

DATE	PROGRAM	DAY	TIME	LOCATION
1/30/08	Lunch & Learn: The Key to Longevity	Wednesday	12pm-1pm	TUC 400 C
2/4/08-2/8/08	Wellness Week	Monday-Friday	TBD	West Campus
2/21/08	HIV Testing	Thursday	10am-2pm	300 Lindner Center
2/27/08	Lunch & Learn: How to Give Yourself a Nutrition Tune-Up	Wednesday	12pm-1pm	TUC 400 B
2/29/08	Random Acts of Kindness	Friday	12pm	West Campus
3/5/08	Stress Awareness Day	Wednesday	12pm-2pm	TUC Atrium
3/10/08-3/14/08	Safe Spring Break	Monday-Friday	TBD	West Campus

Healthy Cereal – Provided by NetWellness

Question: I wish to eat healthy cereal. However, I understand that most major cereal brands are heavily laden with sugar and presumably not very healthy. What cereal do you recommend to lose weight?

Answer: Thanks for your question. Recent research has linked regular consumption of high fiber cereals with a reduced risk of heart disease, as well as weight control. Despite the number of sugar-coated, "kiddie" cereals available on the market, there are quite a few healthy ones available. When shopping for healthy cereal, keep these points in mind:

1) **Go for whole grain.** Whole grains (or unprocessed cereals) typically contain more fiber and less sugar and than most cereals. Fiber keeps you 'regular', and may also aid in weight loss, cholesterol reduction and blood glucose control. Good sources of whole grains include oatmeal, oat bran, corn bran, shredded wheat, wheat bran, Muesli and low fat granola. Be careful with granola however, as it may contain a lot of added sugar.

Kashi is one brand that tends to be high in fiber (5 grams or more per serving) and fairly moderate in sugar. As far as the calories go, it may be about the same as sugar-coated cereal, but it will keep you feeling fuller longer. This will help in your effort to lose weight, not hinder it.

2) **Keep sugar content low.** When choosing a cereal, look at the Nutrition Facts on the food label and choose cereal that contains 5 grams of sugar or less per serving. Four grams of sugar is equivalent to one teaspoon. So a cereal with 24 grams of sugar per serving would contain ~6 tsp. of sugar per serving. Try not to add additional sugar or honey to your cereal, and use sugar substitute instead.

3) **Limit processed cereals** such as Rice Krispies, Corn Flakes or

Puffed cereals. Although these may be low in sugar, they are not very high in fiber and will not fill you up. You may find yourself feeling hungry within 1-2 hours of eating these types of cereals, which may lead to overeating at your next meal.

4) **Choose 1% or skim (fat-free)** milk over 2% or whole milk. The milk you choose can add a significant amount of fat and calories to your cereal. For example, a cup of skim milk has ~90 calories and zero fat, while an 8 oz. cup of whole milk contains ~150 calories and 8 grams of fat.

5) **Add fresh, frozen or dried fruit** to cereal to boost the vitamins, minerals and fiber of your breakfast. Sliced bananas, berries or dried fruit (raisins, dried cranberries) are great additions to a boring bowl of bran.

6) **Choose healthy foods** the rest of the day. A healthy bowl of oats or shredded wheat cannot make up for burgers, fries and candy bars consumed later on. Be sure to choose low fat, high fiber foods throughout the day for weight management and optimal health.

For more tips on healthy eating, check out the American Dietetic Association website (<http://www.eatright.org>) and Dietary Guidelines for Americans (http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1&tax_subject=256).

This response is by Ms. Lisa Andrews, MEd, RD, LD, Adjunct Faculty in the University of Cincinnati's College of Nursing. NetWellness, a collaboration of the University of Cincinnati, The Ohio State University, and Case Western Reserve University, is a consumer health information website. In over ten years, NetWellness experts have answered over 45,000 questions. Please visit <http://www.netwellness.org> to ask Ms. Andrews and her colleagues a question.



Wellness Center

University of Cincinnati

UC Wellness Center
675 Steger Student Life Center
Cincinnati, OH 45221-0366

Phone: 513-556-6124
Fax: 513-556-6077
E-mail: Wellness.Center@uc.edu

**Your Stop for Health and
Wellness**

We're on the Web!

www.uc.edu/wellness

Comments/Suggestions

Name: _____

ML: _____

Phone: _____

Feedback: _____

Send to: ML: 0366



Winter Word Search

*Return completed word search to ML:0366 and you could win a \$10 gift card to the UC Bookstore!

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 CHOCOLATE
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