



SERVING



Sept/Oct
2011

A Student Services Newsletter

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**Self-defense class available to
Nicholls female students, staff and
faculty at NO CHARGE!**

DATES: September 28th, 29th and 30th
Participants must attend all three sessions

TIME: 2:00p – 6:00p each day

LOCATION: Student Union

INSTRUCTORS: Dr. Michele Caruso, Sabrina Laurent, Christy Hawxhurst

CONTACT: Student Services for more information or to register at 448-4080

**Don't miss this chance to be a part of such an
empowering self-defense class!**

2011 bayou region race for the cure

Pre-race party - Friday, October 28, 2011
5:00 pm-7:00 pm. (stadium parking lot)

Race day - Saturday, October 29, 2011

Registration - **7:30 am**

1 mile fun run/walk - **8:30 am**

5K run/walk - **9:00 am**

Online registration: www.komenbayouregion.org

Registration forms available in University Health Services.

Join the Nicholls team and receive an additional t-shirt,
water bottle, and backpack!



Fitness 101:

How to get started

Nearly everyone wants to be fitter, healthier and experience the benefits of regular exercise. Who wouldn't? Regular exercise can help to reduce stress, lower blood pressure, increase circulation, and decrease body fat. The problem many people face is figuring out how to begin and what to do. Exercise can appear complicated and time-consuming. Sometimes the most difficult part is starting a program.

A person should make an exercise appointment with herself just as she would for the dentist. Find 30 minutes in your day and commit to use it to exercise. Write it on your calendar, input it in your Outlook, set an alarm on your mobile telephone, or whatever method you use to remind yourself of other important times in your day. Begin with as few as three fitness appointments per week. The important part is to prioritize this time and use it to exercise.

If you are bored exercising alone, try incorporating the help of a friend. She will help to motivate you, hold you accountable, and make a walk or run an enjoyable experience. Plus, you will be intrinsically motivated to keep your exercise appointment because you won't want to let her down.

Establish these habits and you will soon reap the reward of a new fitter you.

SEPTEMBER IS NATIONAL RECOVERY MONTH

National Recovery Month (Recovery Month) is a national observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a substance use or mental disorder to live a healthy and rewarding life. The observance's main focus is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma and heart disease. **Recovery Month** spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

Recovery Month, now in its 22nd year, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors the treatment and recovery service providers who make recovery possible. **Recovery Month** promotes the message that recovery in all its forms is possible and also encourages citizens to take action to help expand and improve the availability of effective recovery services for those in need.

<http://www.recoverymonth.gov/About-Recovery-Month.aspx>

JOIN THE VOICES FOR RECOVERY
RECOVERY BENEFITS
EVERYONE

National Recovery Month
Prevention Works • Treatment is Effective • People Thrive
SEPTEMBER 2011

October is Depression Awareness Month

So, what is Depression?

Everyone occasionally feels blue or sad. But these feelings are usually short-lived and pass within a couple of days. When you have depression, it interferes with daily life and causes pain for both you and those who care about you. Depression is a common but serious illness.

Many people with a depressive illness never seek treatment. But the majority, even those with the most severe depression, can get better with treatment. Medications, psychotherapies, and other methods can effectively treat people with depression.

What are the signs and symptoms of depression?

People with depressive illnesses do not all experience the same symptoms. The severity, frequency, and duration of symptoms vary depending on the individual and his or her particular illness.

Signs and symptoms include:

- Persistent sad, anxious, or "empty" feelings
- Irritability, restlessness
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Fatigue and decreased energy
- Difficulty concentrating, making decisions, and remembering details
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating, or appetite loss
- Thoughts of suicide, suicide attempts
- Aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment.

Once diagnosed, a person with depression can be treated in several ways. The most common treatments are medication and psychotherapy.

If you feel like you might be suffering from symptoms of depression, call the University Counseling Center at 985-448-4080 to schedule an appointment with a counselor. We offer FREE, confidential counseling services to all Nicholls students faculty and staff.

<http://www.nimh.nih.gov/health/publications/depression/complete-index.shtml>

WOMEN INVOLVED IN SELF-EMPOWERMENT

(W.I.S.E.)

W.I.S.E. is a student organization dedicated to helping women to learn how to use their voices. We are a group of women who want to empower other women to be strong and speak out, to be independent and knowledgeable, and to stand up for what they believe in. The four key components of W.I.S.E. are to provide opportunities for leadership, growth, activism, and education. We encourage women to challenge,

rather than accept how things are.

Dating Violence: What Can I Do To Help A Friend?

Many schools, colleges, and community organizations recognize teen dating violence as a problem. Increasingly, they are using intervention programs and incorporating dating violence prevention programs as part of the school curriculum to prevent violence among students. In doing so, they may prevent situations of unhealthy dating relationships from occurring. **In 2010, Louisiana House Bill 46 was passed which provides 7th-12th grade students enrolled in Health Education classes with age and grade-appropriate classroom instruction relative to dating violence.** Dating violence is the physical, sexual, emotional and/or verbal abuse of one partner by the other partner in a current or former dating relationship. Abusive behavior is any act carried out by one partner aimed at hurting or controlling the other. Dating violence happens in male/female relationships as well as in lesbian and gay relationships. If you know someone, who is in an abusive dating relationship here are a few important things to remember...

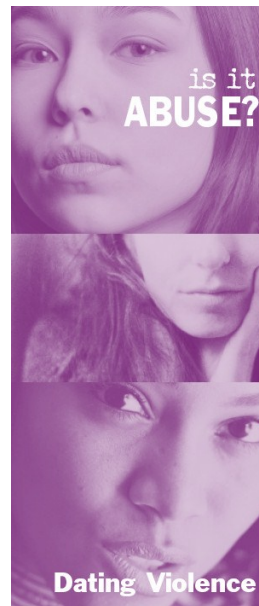
- **Believe Your Friend.** Your friend wants to know that they are not doubted or blamed.
- **Support.** Gather information from various violence programs to share with your friend. Admitting that there is a problem can be very difficult. Be a good listener. Encourage this person to express their hurt and anger.
- **Be There.** While your friend strives through questioning and decision-making, be there and be a source of encouragement.
- **Suggest Options.** Your friend may feel there are no choices or options, help your friend strategize ways to get through fears, issues, and concerns.
- **Know When You Are In Over Your Head.** Reach out to the community for professional help.

Love does not hurt! (2010). A dating violence handbook [Brochure]. Baton Rouge, Louisiana: Author unknown.

The Women's Resource and Services Office strives to create a supportive, respectful, and inclusive campus environment for men and women through advocacy, programming and services that promote healthy lifestyles, personal development, leadership and social justice activism.

CONTACT INFORMATION

Women's Resource and Services Office
224 Elkins Hall 985-448-4470



W.I.S.E. supports this mission by participating and collaborating in activities such as, but not limited to: Candle Light Vigil for Domestic Violence Awareness, RAD Self Defense Classes, Take Back the Night, Women's History Month, Sexual Assault Awareness Month, Habitat For Humanity Women Build, and various information tables in the union.

If you are interested in becoming a member, email our president, Alicia Kozak at Akozak@its.nicholls.edu or call the Women's Resource and Services Office at 985.448.4080.

IN CASE
YOU
HAVEN'T
HEARD...

DISABILITY
SERVICES
HAS MOVED
TO 158-A
SHAVER
GYM



Suicide is the 3rd leading cause of death in people 15-24 years of age. Over 90% of those who die by suicide

had a diagnosable mental illness, which can be treated with the help of trained professionals such as counselors and psychiatrists.

By asking if someone is suicidal, you are providing them with a safe opportunity to express their feelings and to have an ally in seeking help. Regardless of their answer, it is important to remain nonjudgmental and help them receive the help they may need.

Here are some warning signs of suicide:

- Talking or joking about suicide
- Signs of depression
- Preoccupation with death
- Loss of interest in things one usually cares about
- Risk-taking behavior (reckless driving, walking in front of traffic)

What to do if you suspect someone is suicidal?

- Ask them!
- Be nonjudgmental and avoid moralizing.
- Be willing to listen, let them know that you care and understand
- Don't promise to keep it a secret
- Do not dare the person to do it.
- Try not to act shocked
- Get professional help immediately

For more information you can call the **University Counseling Center at 985-448-4080**. Feel free to ask questions if you or someone you know might be struggling with depression or suicidal thoughts. **The National Suicide Prevention Hotline is 1-800-273-TALK.**

<http://www.stopasuicide.org/suicide.aspx>

A Little Reminder from

THE OFFICE OF CRISIS MANAGEMENT

Campus safety is a top priority at Nicholls State University and the Office of Crisis Management (OCM) was established for that reason. OCM should be contacted if you feel that any faculty, staff or student may be a threat to themselves or someone else. Concerning behaviors may include an increase in anger, yelling, extreme withdrawal, change in personal appearance for the worse, making inappropriate comments, graphic drawings or behavior that feels threatening.

If the situation presents imminent danger or a direct violation of the law, please contact University Police immediately at **(985)448-4746** or Extension 4911.

Save the Date! Domestic Violence Awareness Candlelight Vigil

October 11th, 2011

5: 30p - Displays open for viewing

6: 00p - Program begins

LeBijou Theater,

Bollinger Memorial Student Union

The vigil is held to raise campus and community awareness about violence against women and to remember those who lost their lives due to Domestic Violence.

Co-sponsored by the Women's Resource and Services Office and Chez Hope Family Violence Crisis Center.



SERVING

www.nicholls.edu/services

Office of Student Services

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8 a.m. to 4:30 p.m. Mon - Fri