You Need to Know!

♦ **Welcome Back Day** is scheduled for Thursday, August 27th from 11:00 a.m. to 2:00 p.m. in the Quad with lots of FREE food, music, and fun!

♦ **Maxim Health Systems** will be on campus September 21st and 22nd offering the following vaccinations: flu $30, pneumonia $40, and meningitis $130.00.

♦ The last day to apply for graduation for fall commencement is September 9th.

♦ October 28th is the final date to receive an automatic “w” when dropping a course or resigning from the university.

Start your Fall 2009 semester off right by getting involved in a fitness routine with **I AM WORTH IT!!**

The goal this semester is to offer at least one **FREE** activity per day so that students, faculty and staff will have their choice of times and activities to get fit.

In the lineup so far are:

- **Yoga with Dr En Mao** Starting September 2nd in the Shaver Gym Dance Studio from 2 pm - 3 pm on Wednesdays. No sign-up or equipment required.
- **Salsa Aerobics with Bianca San Martin** Starting September 1st, classes will be taught from 2 pm - 3 pm on Tuesdays in the Shaver Gym Dance Studio.
- **Evening Strolls with Dr Diane Garvey** Starting August 31st, weather permitting. Meet at 4:45 in front of the University Health Services office on Mondays, Wednesdays and Thursdays for group walking, jogging, or running around the Nicholls walking track.
- **CrossFit with Brian and Ernest Ellender** Starting Sept 3rd in Shaver Gym Dance Studio on Thursdays from 2 pm - 3 pm, this class is a core strength and conditioning program oriented towards beginners as well as advance athletes. No sign-up or equipment required.
- **Cardio Hour in the Cardio Room** Date and time TBA
- **Cardio Log in the Cardio Room** Date and time TBA
- **Intro to Self Defense with Dr Ernest Ellender** Date and time TBA

Check out the program at... www.nicholls.edu/wellness_education/68
For students, faculty, and staff alike, the start of the Fall semester can mean a LOT of stress and the need for adjustment to recent changes that have occurred. For that reason, I’d like to spend a little time talking about resiliency. Resiliency is the process of adapting well or “bouncing back” in the face of significant stressors or trauma. But how exactly do you “practice” resiliency and how do you know if you have resiliency factors?

Listed below are suggestions from the American Psychological Association included in a brochure entitled “The Road to Resilience.” Challenge yourself to pick at least one area that you can personally improve upon throughout the next semester.

Make connections. Good relationships with close family members, friends, or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

Avoid seeing crises as insurmountable problems. You can’t change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Move toward your goals. Develop some realistic goals. Do something regularly -- even if it seems like a small accomplishment -- that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

Take decisive actions. Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

Look for opportunities for self-discovery. People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality, and heightened appreciation for life.

Nurture a positive view of yourself. Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

Keep things in perspective. Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Additional ways of strengthening resilience may be helpful. For example, some people write about their deepest thoughts and feelings related to trauma or other stressful events in their life. Meditation and spiritual practices help some people build connections and restore hope. The key is to identify ways that are likely to work well for you as part of your own personal strategy for fostering resilience.
August is Romance Awareness Month

August is Romance Awareness Month, a reminder to make the time to celebrate your relationship. Whether you are a man or a woman; single or committed; young or old – a relationship can never have too much romance. Sometimes we take our significant other for granted, so put in a little extra effort this month and let that special someone know that you still care. Here are a few tips to get you started:

**Top 10 Ways to Add Passion to Your Relationship**

**FOR HER**
1. Make a CD of her favorite love songs and slow dance in the moonlight
2. Write a romantic poem and have it framed
3. Rent a romantic comedy or love story and cuddle on the sofa to watch it together
4. Give her a flower she doesn’t usually receive and tell her why it made you think of her
5. Pamper her after a long day at work: have a hot bubble bath with candles and chocolate waiting for her and finish off with a foot massage and relaxing beverage

**FOR HIM**
1. Send a flirtatious text message while he’s at work
2. Book a couples massage at your local spa
3. Accompany him to an event of his choice (even if you don’t like it)
4. Cook his favorite meal and have dinner by candlelight
5. Plan a last minute getaway, taking him to his favorite recreation spot

Enjoy!

September is National Alcohol and Drug Addiction Recovery Month

**A Common Problem**

In 2007, an estimated 23.2 million people aged 12 or older needed treatment for a substance use disorder in the United States. Even though the rate of current illicit drug use among youths aged 12 to 17 has declined significantly from 2002 to 2007, it's startling to see how many young people start using substances at an early age. For example, in 2007:

- 85.9 percent of people aged 12 or older who initiated alcohol use in the past year did so before they reached the legal age of 21.
- Among people aged 12 to 49 who initiated inhalant use in the past year, the average age at first use was 17.1 years. For marijuana, the average age at first use was 17.6 years, and it was 20.2 years for cocaine, 20.2 years for Ecstasy, and 21.2 years for the nonmedical use of pain relievers.

**Together We Learn, Together We Heal**

When celebrating Recovery Month this September, teach people and their families who may be affected about how the Internet can help support their loved ones in their treatment and recovery process. Addiction is a health problem, so do your part to let those who suffer from it know that help exists. By supporting someone who is affected, you are making a positive change in the way substance use disorders, treatment, and recovery are all perceived in your community.

Information about treatment options and services in your area can be found at [www.samhsa.gov/treatment](http://www.samhsa.gov/treatment), a portal that includes a database of more than 11,000 U.S. treatment options and additional treatment resources, as well as by calling 1-800-662-HELP.

This version was adopted from an article titled Recovery Month Kit at the website [www.recoverymonth.gov/Recovery-Month-Kit](http://www.recoverymonth.gov/Recovery-Month-Kit).
A healthy diet, restful sleep, and a regular regime of exercise may be the best ways to boost your immune system and avoid getting sick during any flu season. Here is some information regarding how you can develop your own healthy exercise regime.

Aerobic activity – what counts?
Aerobic activity or "cardio" gets you breathing harder and your heart beating faster. Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song. Here are some examples of activities that require moderate effort:
- Walking fast
- Riding a bike on level ground or with few hills
- Doing water aerobics
- Playing doubles tennis
- Pushing a lawn mower

Build up over time!
Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath. Here are some examples of activities that require vigorous effort:
- Jogging or running
- Swimming laps
- Riding a bike fast or on hills
- Playing singles tennis
- Playing basketball

You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two each week. The general rule is that 1 minute of vigorous-intensity activity is about the same as 2 minutes of moderate-intensity activity. If you haven't been very active lately, increase your activity level slowly. You need to feel comfortable doing moderate-intensity activities before you move on to more vigorous ones. The guidelines are about doing physical activity that is right for you.

Muscle-strengthening activities – what counts?
Besides aerobic activity, you need to do things to strengthen your muscles at least 2 days a week. These activities should work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms). To gain health benefits, muscle-strengthening activities need to be done to the point where it's hard for you to do another repetition without help. Try to do 8—12 repetitions per activity that count as 1 set. Try to do at least 1 set of muscle-strengthening activities, but to gain even more benefits, do 2 or 3 sets.

There are many ways you can strengthen your muscles, whether it's at home or the gym. You may want to try the following:
- Lifting weights
- Working with resistance bands
- Heavy gardening (i.e., digging, shoveling)
- Yoga
- Doing exercises that use your body weight for resistance (i.e., push ups, sit ups)

What if you have a disability?
If you are an adult with a disability, regular physical activity can provide you with important health benefits, like a stronger heart, lungs, and muscles, improved mental health, and a better ability to do everyday tasks. It's best to talk with your health care provider before you begin a physical activity routine. If you are looking for additional information, visit The National Center on Physical Activity and Disability.

For more information please visit or call University Health Services in Ayo Hall at 985-493-2600 or visit the Centers for Disease Control Website at http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html.

Stay Healthy!!
University Health Services
1 IN 4 college women report surviving rape (15%) or attempted rape (12%) since their fourteenth birthday.

Women’s Resource and Services Office (WRSO)
224 Elkins Hall  985.448.4470
Office Hours: 8 a.m. – 4:30 a.m. (Monday – Friday)

Services Available to Students, Faculty & Staff:
- Rape Aggression Defense Program (R.A.D.)
- Assistance & Consultation Services for stalking, sexual assault, & domestic violence
- Confidential advising for sexual harassment
- Educational & Awareness Programming
- Empowerment & Leadership Opportunities

WRSO

Leadership and Empowerment

Stalking and Sexual Harassment Awareness

W.I.S.E. Student Organization

Violence Prevention and Intervention

Advocacy

Domestic Violence Awareness

Sexual Assault Awareness