Get your tickets to “The Vagina Monologues” -a series of monologues written by Eve Ensler based on the true stories of women. Tickets are available for performances on February 15th and 16th. Both shows begin at 7:00 p.m.

Advance tickets are $5 for students, faculty and staff and those purchased at the door are $10. Proceeds benefit the Women’s Resource and Services Office and VDay International. For more information or to purchase tickets contact Student Services at 448-4080.

Attention Students and Faculty/Staff with Membership to the Rec Center:

Sign Up for Intramural Soccer and Softball has begun!

Register today @ IMLeagues.com/Nicholls

Sign up closes on March 5th for Soccer and on March 11th for Softball. If you don’t have a team but want to participate, contact Kristen at Kristen.Fillmore@nicholls.edu.
The University Counseling Center would like to welcome you back after the Mardi Gras break. Getting back into the semester provides us with the opportunity to continue working toward established goals or even create new ones. UCC can provide you with guidance and support to assist with your success.

When we return from a break, it is often hard to get back into the swing of things. Some of us spend breaks catching up on sleep, family time, or just lounging around, and some of us spend the break working and saving for the upcoming semester. However you chose to spend your break, it has come to an end and the spring semester is in full demand. You might find it helpful to:

**Outline your goals for the semester** - whether you want to pass every class with an A average, become more involved with family, or visit the fitness center more often, write all your goals down and visit them when you need motivation or feel you have gotten off track.

**Get organized** - invest in things that help you keep track of your busy lives, such as planners and labels. When your surroundings are organized your life feels less chaotic.

**Focus** - Spend time with yourself daily. If only for 5 minutes, turn off all electronic devices (cell phone, computers, television, i-pad, etc.) close your eyes, empty your mind, and allow thoughts to flow freely.

**Find something interesting** - motivation for work and classes can get harder to maintain as the semester goes on. Take time early in the semester to tune into everything going on. Make a conscious decision to lend all 5 of your senses to your surroundings and be fully involved at work and in each of your classes. After making a conscious decision to do this once or twice it will become natural and things become more interesting.

“You believe it’s our loss of connection with our instinctual side that prevents us from being effective pack leaders for our dogs. Perhaps it’s also why we also seem to be failing at being positive guardians of our planet.” - Cesar Millan

You know that feeling in the pit of your stomach...the burning roller coaster feeling. Sometimes it has a little internal voice that comes along with it. Sometimes it doesn’t. It is our instinct. Usually in situations where it is that noticeable, it is related to fear or survival. Most of the time, however, in our daily lives we forget or ignore that our instinct is not always related to fear and can in fact be a very effective guide to decision making and living a healthier life overall. There is no magic to it. It’s there inside of us waiting to be acknowledged and used. With all of the clutter in our heads we just can’t hear it anymore.

It’s no secret that I am a fan of Cesar Millan and how he reminds us what we can learn about living from our dogs. Dogs live in the here and now; nowhere else. Their instinct and real life, real time existence allow them to experience the sheer ecstasy of whatever is happening at that moment in time. There is no ruminating over yesterday or obsessing over tomorrow. Their instinct, when they are not unbalanced by humans, allows them to read the energy surrounding them at any given moment and that then guides whether they run away, run toward, take a nap, lick your face, take the food, turn away from the food, growl, chase the ball, etc.

Through mindfulness practices, we can get back in touch with our instincts and make decisions and choose actions and words that are more genuine and healthy. Here are few simple, real life mindfulness practices:

- Do one thing at a time and do intentionally without rushing. Experience how the “thing” affects your body, mind, and spirit right there in that present moment in time.
- Stop for 5 minutes each day and pay attention to nothing else but your breath moving in and out of your lungs. Experience every step of the path of that breath.
- Let daily tasks like brushing your teeth, working out on the elliptical, and cooking become meditation. Concentrate fully on what you are doing and experience in that present moment all of the physical sensations those tasks create.

Cesar’s reference to being positive guardians to our planet encompasses not just the obvious of coastal restoration and pollution, but guardianship of ourselves and each other to lead to a healthier existence. We can only do this by being grounded and in touch with ourselves and that thing we call “instinct.”

For more information on mindfulness and mindfulness practices, please contact Student Services.

Submitted by Student Services
Cardiovascular disease, including heart disease and stroke, is the leading cause of death in the United States, according to the U.S. Department of Health and Human Services. During American Heart Month in February, it’s important to remember that the disease also is a leading cause of disability, according to Allsup, a nationwide provider of Social Security Disability Insurance (SSDI) representation and Medicare plan selection services.

American Heart Month is a month long celebration in the United States that happens every February. The "holiday" was established to urge Americans to recognize the nationwide problem of heart and blood vessel diseases and to support programs that solve the problem.

#### Risk factors that lead to heart disease:
- High blood pressure
- High cholesterol
- Diabetes
- Obesity
- Physical inactivity
- Tobacco use
- Family history

#### Good health habits to help prevent heart disease:
- Daily Exercise
- Eating a balanced diet
- Maintaining a healthy weight
- Limiting sodium
- Avoiding tobacco
- Moderating alcohol consumption

Submitted by Disability Services and University Health Services

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February is Teen National Dating Violence Awareness Month. This is important because just like domestic violence, dating violence is not specific to any type of relationship, ethnicity, or income level. “One in three girls in the US is a victim of physical, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.” teendvmonth.org In order to end the violence we must first become aware, then spread the awareness to help others.

March is Women’s History Month and this March the women of WISE will be hosting their 2nd Annual Empowerment Week March 11-15. The events are:

- **Monday:** Love Your Tree Day 10am-1pm in the Union there will be tables of treats and information
- **Tuesday:** Zumba at 3pm in Plantation Suite
- **Wednesday:** Fun Movie at 6pm in Lebijou (Movie to Be Announced)
- **Thursday:** “The Invisible War” Movie in Lebijou at 9am and 1:30
- **Friday:** Fun Day in the Union from 10am-1pm

MARCH 2013: Women Inspiring Innovation Through Imagination

Submitted by Disability Services and University Health Services
Among mental disorders, treatment of eating disorders can be especially challenging for the person with the disorder, as well as their family and loved ones. Eating disorder treatment depends on your particular disorder and your symptoms. It may include psychological counseling (psychotherapy), nutrition education or medications such as antidepressants. Eating disorder treatment also involves addressing other health problems caused by an eating disorder, which can be serious or even life-threatening if they go untreated for long enough.

Having an organized approach to eating disorder treatment can help you manage symptoms, regain a healthy weight, and maintain your physical and mental health. You may start by seeing your family doctor or mental health counselor. You may also need to see other health professionals who specialize in eating disorder treatment, such as: your primary care doctor or other medical doctors involved with your care; a psychiatrist, a medical doctor specializing in medication management, when medications are necessary. Some psychiatrists also provide psychological counseling; a dietitian to provide nutritional counseling when a meal plan is necessary. Its best if everyone involved in your treatment communicates about your progress so adjustments can be made to your treatment as needed. Involving your partner, parents or other family members is also important. Managing an eating disorder can be a long-term challenge. You may need to continue to see your doctor, mental health counselor, or other members of your treatment team on a regular basis even if you’re eating disorder and related health problems are under control. For more information, contact the University Counseling Center.  

Smoking is the leading cause of preventable death in our country, killing 443,000 Americans and 6,500 Louisianans each year. But smoking doesn’t just kill; it leads to long-term suffering (U.S Centers for Disease Control and Prevention).

THINKING ABOUT PUTTING AWAY THE CIGARETTES ?

The Louisiana Tobacco Quitline (1-800-QUIT-NOW) is available to assist and support you through the quit process. You may call anytime, 24 hours a day, 7 days a week. Services are free for all Louisiana residents age 13 and older who are ready to quit. The Louisiana Tobacco Quitline (1-800-QUIT-NOW) has trained, Quit Coaches®. When you are ready to quit, your Quit Coach® will work with you to develop a customized quit plan just for you. Your plan will include a counseling session and a quit kit. You may be encouraged to contact your physician for stop smoking medications, and you will receive information about quit smoking programs in the community. If you are not ready to quit, the Quitline staff will help you figure out what you can do to prepare yourself to successfully quit when you are ready. Contact the Nicholls State University Health Services Office at 493-2600 for more information about cessation opportunities here on campus.

Source: Quit With Us, La, http://quitwithusla.org