



Preparing people to lead extraordinary lives

# The Wellness Advocate Connection

## Stress Busters: Meditation Part 2

Muhammad Saif Ullah, Wellness Advocate

Hey guys, I'm back! Did you give Lakeshore Meditation a try? If you did, I hope it went well and you got a chance to relieve some of that pesky stress. If you did not, I suggest you give that a try before reading this. If you have absolutely no idea what on earth I am talking about, check out my article in the last issue (<http://www.luc.edu/wellness/pdfs/OCTOBER2011.pdf>). Anyway, this time around we're going to go through another meditation exercise, one I like to call East Quad Meditation.

*Ow! Wha-what was that? That was your mind begging for a break, so I suggest you take one and save the five-hours-in-a-row record for later. This exercise may require a sheet or blanket as big as you are, that is unless you don't mind getting grass or mud all over your back. Also, the weather has to cooperate for this to work, so if it's raining, snowing, or even cold out, I suggest resorting to some other meditation exercise. You look outside and it's nice and sunny, or even cloudy, and you have something to lay on the grass; perfect! You are now ready to go ahead with this particular exercise. If you're studying away in the IC, exit the building and enter the field right in front of it. If you are elsewhere, head to the field in front of the IC, known as the East Quad. Go ahead and pick a spot anywhere on the field unoccupied, and take your piece of cloth and spread it on the grass. Now lie down and assume the most comfortable position you can while facing the sky. You need to be able to look up at the sky for this to work. Now, relax and let all your worries go. You have a paper due tomorrow? Forget about it. You have a major test in a few days? Nope. You have a super hard homework assignment? Must be someone else... Breath in and out deeply, just the way you did last time, and look up at the sky. See the clouds shifting and swaying, fluttering about ever so lightly and free-spiritedly. Join them in their harmony as you yourself begin to feel lighter and lighter, floating, care-free. Watch the birds and hear them sing their songs, telling tales of wonder and passion. Allow your mind to wander off into the distant spaces of your dream world, as you now find yourself far away from that dreadful pile of assignments stashed away in your backpack, forgotten. Close your eyes, and listen to the world around you speak to you, comforting you. Inhale, exhale, inhale, exhale... don't worry if you slip into slumber. This would actually depend on the magnitude of your tasks and deadlines etc, but a quick nap would be awesome at this point. When you feel you've had enough, go back to your work and get ready to be amazed! Improved concentration and reduced stress levels!*

Well folks, those are two exercises I recommend you try from time to time, and for now, I'm going to take a break from meditation to touch up on other Stress Buster techniques in upcoming issues. If you just can't wait for future issues to try out more meditation exercises, email me ([mullah@luc.edu](mailto:mullah@luc.edu)) and we can talk. Perhaps you've tried an exercise you'd like to inform me about, in which case please do, because I am always on the lookout for stuff like this!

**"Stress Busters" is a series of articles by returning Wellness Advocate, Muhammad Saif Ullah, pertinent to stress and stress relief techniques. Have an idea for an article or a question? Contact Muhammad at [mullah@luc.edu](mailto:mullah@luc.edu)**



### WHO ARE THE LUC WELLNESS ADVOCATES?

The Wellness Advocates are a team of volunteer, peer health educators dedicated to helping students achieve optimal health and well-being on campus. Wellness Advocates raise awareness of current college health issues and promote healthy lifestyle choices among all students through creative and interactive education programs, advocacy, and leadership along with collaboration with other like-minded organizations on campus. Contact us today at [wellnessadvocates@luc.edu](mailto:wellnessadvocates@luc.edu)!

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## Kick the Habit—Emotional Eating

**Lindsey Peters, Wellness Advocate**

We've all done it – pulled an all-nighter studying for an exam while nervously munching on salty snacks, or mourned the end of a relationship with three best friends and a big bowl of ice cream. Many people find eating to be a way of easing the stress or pain of a certain situation. While emotional eating may seem harmless, it can actually have longstanding negative effects on a person. Getting into the habit of frequently eating as a means to reduce feelings of hurt and anxiety not only is unhealthy for the body, but it also may lead to a psychological disability to deal with important issues in a logical, healthy manner. An article written by Melanie Greenberg, Ph.D., for *Psychology Today* provides suggestions for kicking the habit of emotionally eating.

- Get into healthy eating routines. It is beneficial to familiarize yourself with a daily ritual of exercising, even if the most you can fit into your schedule is twenty minutes at Halas or a quick walk around campus. Additionally, getting into the habit of eating healthy meals without the distraction of the internet, texting, or watching the TV can calm you down, preventing you from frantic binges.
- Pay attention to your body. When we feel extreme stress, we show signs of an increased heart rate, shallow breathing, and muscle tension. If you are aware of the signals your body sends in the midst of a stressful moment, you can take the time to close your eyes, take deep breaths, and relax back into a peaceful mindset.
- Express your feelings. Though many people are reluctant to describe to a friend the more difficult, personal feelings he

or she may experience, repressing emotions can lead to internal distress and turning to food for comfort. Expressing your emotions as they happen, whether it be through talking to a friend, family member, or someone at the Wellness Center, could help relieve you from anxiety or negative self-esteem, providing you with a healthy way of dealing with issues, rather than eating for comfort.

- Find support. To successfully make a change in your nutritional lifestyle, structure, accountability, and support are necessary. The Wellness Center offers the services of a dietician if you feel you need some guidance on making improvements in your diet, as well as mental health providers that are there for you to discuss deeper issues you may have realized are the cause of emotional eating. Roommates and friends are great sources of emotional support as well, and can help encourage you along your journey toward healthy eating and emotional confrontation.

Indulging in a candy bar or having some potato chips once in a while is very normal, but watch out for eating large portions to try to compensate for emotions that you deem too tough to deal with. Self-awareness combined with support from friends, family, and the Wellness Center can lead to a peaceful, healthy lifestyle.

Adapted from <http://www.psychologytoday.com/blog/the-mindful-self-express/201110/deal-lifes-ups-and-downs-without-eating-potato-chips>

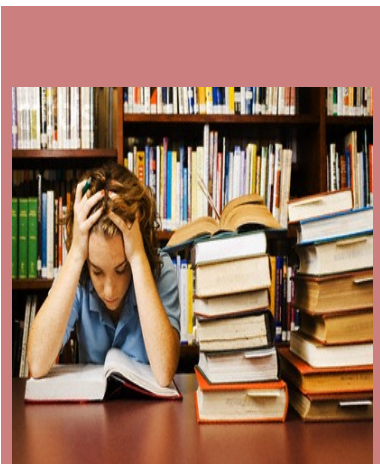
*Upcoming Events: The Big Sit: Mindfulness Practices Nov. 12 (contact Dianna Stencel @ 773-508-2544 to register); disAbilities Awareness Week: Resource Fair Nov. 15 CFSU; The Great American Smokeout Nov. 17 (Simpson) & 21 (LSB) information tables*

## To Study or not to Study

**Abdullah Hassan, Wellness Advocate**

"The Nucleolus is the site of Ribosomal RNA synthesis...The Nucleolus is the site of Ribosomal RNA synthesis...The Nucleolus is the site of Ribosomal RNA synthesis." How many times have you found yourself trying to study or memorize a sentence and you simply cannot remember the sentence you had read previously? Well, as students in college we often forget to take breaks while studying. Many experts suggest studying consecutively for approximately two to three hours with breaks of at least 10 to 15 minutes in between. What should these breaks consist of? Well, one could simply walk around, take deep breaths, drink water, or even eat a quick snack. However, one must avoid logging on to the computer at all costs because one click on a website will lead to another one until you end up wasting more than an hour! We *all* can relate to this. Moreover, many experts also suggest that after 3 hours one should take a 2 hour break to relax, eat, or exercise. After all, the brain must retain the information and how can it retain information when it is starving for some glucose and energy! More importantly, nourish yourself and stay hydrated. Try drinking lots of water in order to combat the yawning and feelings of "overwhelmness."

Unfortunately, many college students have fallen to this trap. We burn ourselves out and can no longer endure anymore studying! Thus, we alleviate our exhaustion by surfing on Facebook or the Internet, which makes us even more lazy and tired. I believe we should all set realistic expectations when it comes to studying. We should first try to establish a daily schedule for studying with enough space for relaxing, exercising, and enjoying time with friends. Remember, that vigorous exercise will release endorphins and give your body a sense of euphoria, a feeling we usually lack. Good luck with your studying, my friends!



# Loyola's Halas Recreation Personal Trainers

**April Boulter M.Ed., Halas Program Director for Fitness and Aquatics**

As the semester is flying by, it's time to take a moment for you. Halas Recreation Center can help! If you are interested in getting in shape, training for an event, relieving stress or boosting your confidence, Halas is the place to go! A certified personal trainer can:

- Customize a fitness plan to meet your weight loss, training or health goals.
- Increase motivation and adherence.
- Reduce boredom.

Working with a certified trainer will increase your ability to meet your fitness goals by focusing on proper technique while having a guide to track your progress and make adjustments. Halas Recreation Center has trainers that can meet at a variety of times.

### How does it work?

Trainers generally meet with clients 2-3 times per week depending on goals, availability and time. During these sessions, each trainer will take the client through a specially designed fitness program. Each session lasts approximately 50-60 minutes.

### What are the available packages?

Halas offers a variety of packages to meet each client's needs. Packages are available for 5, 10, or 15 sessions and students receive a discount on package pricing. Student pricing for packages starts at \$145 for 5 sessions, the 10 session package is \$245 and the 15 session package is \$345.

### How do I sign up?

Signing up is easy! To start, simply go to the Halas Front Desk. Tell them you would like to purchase a personal training package and

how many sessions you are interested in purchasing. Session packages can be purchased anytime Halas Recreation Center is open. Halas accepts cash, rambler bucks, and credit/debit cards.

### Questions?

If you have questions, please feel free to email the Program Director of Fitness and Aquatics at [aboutte@luc.edu](mailto:aboutte@luc.edu).



The Loyola University  
Campus Recreation logo

**Want to stay up on all the Halas happenings? Follow Halas on twitter at @LUCFitness or join our Facebook page at Halas Recreation Center. All information can be found on the website at [www.luc.edu/campusrec](http://www.luc.edu/campusrec). If you have any questions that are not on the website, email April, the Program Director of Fitness and Aquatics, at [aboutte@luc.edu](mailto:aboutte@luc.edu).**

# Nutritious November

**Emily Triolo, Wellness Advocate**

Turkey. Stuffing. Mashed potatoes. Yams. Corn. Cranberry Sauce. Chicken. Ham. Mostaccioli. Green bean casserole. Pumpkin pie. Oh my! November means Thanksgiving is around the corner (after you finish all of those midterms, of course). And for many of us, it will be a great opportunity to chow down on some actual home-cooked food. But be careful! It's a trap! They want you to have that extra mound of mashies!!!

Here are some quick tips to remember when you are in the Thanksgiving buffet line:

- Watch your portions! Take a little bit of what you want instead of 7 serving-spoonfuls.
- Fill half of your plate with fruits and veggies. There may be some corn, peas, carrots, berries, or other potentially healthy items available. Choose lots of those. Just beware that these may be covered in butter or other seasonings that you should try to avoid. If possible, go for the fresh and natural items, even if that means saving some in the kitchen specifically just for you before Grandma drenches everything with butter, salt, or sugar.
- Make the other half of your plate grains and protein. Turkey is a pretty healthy, lean meat, so it might not be too bad for you! Just be extra conservative with the carbohydrates because there will be a lot of that to tempt you on this food day. Mmmm breadddd. Just one piece....
- Drink water or a low-fat milk to compliment your meal. It's just better for you.
- As for desserts, give yourself a treat! After making it through midterms and looking forward to finals, you deserve something to indulge in. Just don't overdo it. Have your pumpkin pie slice and enjoy it. Just a slice. Not the entire pie, no matter how tempted you are.

Enjoy your friends and family over Thanksgiving Break! But just continue to be smart about this food day, you brainiac-Loyola-student-you! ;)

**Emily Triolo is a returning Wellness Advocate. She is also the president of the Loyola Chapter of the American Medical Student Association (AMSA). She writes stories about health and wellness related to events or holidays of a given month. Have an idea for Emily to write about? Email her at [etriolo@luc.edu](mailto:etriolo@luc.edu)!**



**Click on the plate for more information about serving sizes and portion control! Or visit [choosemyplate.gov](http://choosemyplate.gov)**

# One Way to Be Happy: To Make Others Happy

Submitted By Anonymous

With the stressors of everyday student life apparent in our lives, I think it is natural for one to question what elements of life lead to happiness. This question was in my mind as I thought about what would truly make me happy during this stage of my life (and subsequent stages for that matter). I came across this narrative:

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on vacation.

Every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window.

The man in the other bed began to live for those one-hour periods where his world would be broadened and enlivened by all the activity and color of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every color and a fine view of the city skyline could be seen in the distance.

As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene.

One warm afternoon the man by the window described a parade passing by. Although the other man couldn't hear the band – he could see it. In his mind's eye as the gentleman by the window portrayed it with descriptive words.

Days and weeks passed.

One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away.

As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone.

Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside. He strained to slowly turn to look out the window beside the bed.

It faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window.

The nurse responded that the man was blind and could not even see the wall. She said, "Perhaps he just wanted to encourage you." In conclusion, there is immense happiness in making those around us happy. A simple gesture such as a smile at someone can make another person's day, and knowing that you are the cause of this happiness is a great reward.

## Alcohol, Good Samaritans, and What it All Means

Kevin Meier, MPH  
Health Educator

Earlier this month you may have noticed posters going up around campus that discuss [Loyola's Good Samaritan Policy](#) on Alcohol, Drugs, and Sexual Assault. While there has been some confusion on what the GS policy is all about, I am hoping that this clears up any misconceptions. Utilizing the Good Samaritan Policy is the right thing to do when a *bad choice* of drinking too much can be fixed with the *good choice* of getting help. So making the choice to call for that help is the good, or right thing to do, and will be strongly considered during follow up with Student Conduct. Seeking help is *always* the right thing to do when a friend is in need and is expected of you as a Loyolan in order to uphold [the Student Promise](#). While the thought of getting in trouble may cause you to be hesitant, find that courage to help. Having to engage in some educational sanction is much less harsh than the potential injury that can result to your friend had you not taken action.

What is most important to understand is that the GS policy is not there to encourage high-risk drinking. The GS policy is only one measure being taken to improve the health, safety and well-being of the Loyola community. Along with *prevention, intervention, and changing the environment*, the GS policy aims to address the greater issue of alcohol misuse. Alcohol misuse is an issue colleges across the country acknowledge as real and one that must be addressed. Alcohol contributes to 1,825 deaths among college students (ages 18-24) annually and nearly 600,000 injuries, all of which are preventable simply by practicing low-risk drinking or abstaining from use. It is also a major contributing factor in sexual assaults with nearly 97,000 college students aged 18-24 being victims of alcohol related sexual assault annually.

As students, you hold the power to truly change the alcohol culture and what is seen as acceptable use, what will be tolerated, and what behavior will not stand as a member of the Loyola community. Do you want high-risk drinking to be the norm? Is this the message you want associated with you and your institution? Or do you want to be known as the school that changed the way students view alcohol use? That it's a lot cooler to wake up without a hangover, without your head in the toilet or vomit on you, and being able to remember everything you and your friends did last night. It is up to each of you to speak up, lead by example, and one day make a Good Samaritan Policy obsolete, because Loyola Students will all agree that high-risk drinking is not going to be acceptable behavior.

**Fix a bad choice  
with a good one.**

1. **Get Help**
2. **Stay with your Friend**
3. **Follow up afterwards**



**Uphold the Student Promise  
Be a Good Samaritan**