



Preparing people to lead extraordinary lives

The Wellness Advocate Connection

Stress Busters: *Meditation*

Muhammad Saif Ullah, Wellness Advocate

College life can be tough. Students often find themselves juggling academics, extracurricular activities, and social life all at the same time while trying to hold onto their sanity. More often than not, students in college become swamped with too much to do, which may lead to stress-related issues including depression or anxiety. Unfortunately, issues like these have a knack to not only stick around but also intensify when not dealt with at an early stage negatively impacting your health and well being. Very soon, ideas you would never even think about become considerations, then options, then even choices. This is how unthinkable and unfortunate events such as suicide have now become part of a grim reality all students in college and elsewhere have to take very seriously. Our minds, bodies, and spirits are in a harmonious yet delicate equilibrium and being careless can mean throwing this equilibrium out of balance, and having to deal with the consequences that follow.

Does this mean that all hope is lost? Not a chance! While depression and other stress-related problems can be tough to deal with once activated, they are also quite easily removed through dedicated patience and perseverance. If you're reading this and thinking, "Wow, that's a mouthful," don't worry, you're not alone! We all feel stress at some point, and that is precisely why we find ways to deal with it. *(This story is continued on page 2.)*

October: National Aids Awareness Month

Andrea Buiser, Wellness Advocate

October is National AIDS Awareness Month, which was declared in 1988 in an attempt to raise awareness and to prevent the spread of the disease in America. HIV/AIDS currently affects 33.4 million people worldwide, killing an estimated 2 million people each year. HIV, short for Human Immunodeficiency Virus, can be transmitted through blood, sexual fluids (semen/vaginal secretions), and breast milk from someone that is already infected with HIV. HIV is able to be transmitted if one of these fluids enters the body and into the bloodstream and over time, HIV has the capability to debilitate the immune system to the point where the immune system has difficulty fighting off certain infections. *(This story is continued on page 2.)*



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!

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This time around I am going to cover a very important tool against college-induced stress: *meditation*. And no, this will not involve wearing a yellow robe and paying a visit to a temple. When people think meditation they think monks, but with all due respect to them, they're not the only ones who can meditate. They're just really good at it because they keep at it, and if you practice, you can get the hang of it too! Meditation can be as simple as sitting back in your chair after a long and tiring study session and thinking of something other than formulas or theories; that is unless these things actually calm you down...

The point of meditation is actually to divert your mind away from stressful aspects, even if it is just for a few moments. When you're meditating, you're just giving your mind and body a well deserved break and when you're done and hit the books once more, you'll find that all that pressure from before is gone! Magic? No. Mumbo Jumbo? Uh, negative. Seriously? Seriously! Uh, I'm confused. Well that's okay, let's walk you through one of these nifty fixer-uppers, shall we? Try it out, and trust me, you'll be pretty surprised how effective this is. Although meditation can be of many kinds, from physical to audio-visual to even tangible, we're going to focus on a very specific exercise I like to call Lake-shore Meditation.

You've been studying all day and your mind is crying out for

a break; do the poor thing a favor and listen to it. Find a nice comfy spot right next to the lake and just sit there soaking in the view and observing the waves. Slowly breathe in and out, feeling your lungs fill up with fresh air and then emptying to fill up once again. Observe the waves and listen closely to the soothing splashes that seem to resonate through your very soul. If you watch closely, you'll feel that each wave has its own unique meaning. Let your mind ponder and reflect, and don't be afraid to let it wander off into the distant spaces of your free thoughts. Listen to the sounds of the birds as they fly around carefree and joyful, and let go of all your worries. You are now in a different world, far away from your stressful life. Just sit there and let it all sink in, remember to breathe deeply and relax, and when you think you've had enough, wrap up and go back to your work. Hey wait a minute, wasn't I tired? Wow, I feel great, this thing actually worked! Exactly.

"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!

Upcoming Events: National Collegiate Alcohol Awareness Week Oct 16-22; disAbilities Awareness Week: Resource Fair Nov 15; The Great American Smokeout Nov 17

National Aids Awareness Month Continued from Page 1

HIV is most commonly contracted through unprotected sexual intercourse with a partner infected with HIV, the use of a syringe needle that had been previously used by someone that is HIV-positive and through blood transfusions. There are common misconceptions about the contraction of HIV; HIV/AIDS cannot be transmitted through kissing, sharing glasses/cups, or protected sexual intercourse.

Young people in the United States are at risk for HIV infection. 33 percent of all new HIV infections are among people from the ages of 15-24. The Center for Disease Control and Prevention (CDC) estimated that 1 in every 500 college students is currently infected with HIV. Globally, AIDS is the second most common cause of death among 20-24 year olds.

The Wellness Center at Loyola University offers Free, Confidential HIV tests on the third Thursday of every month from 3 PM to 6 PM. For more information, please call the Wellness Center at (773) 508-2533. Off-campus HIV counseling and/or treatment referral services are also available at the following locations listed in the box on the left-hand side of this page*.

*Off-campus HIV Counseling and Treatment Facilities

Planned Parenthood of Illinois - Rogers Park Health Center

6353 N Broadway
Chicago, IL 60660
(773) 973-3393

Test Positive Aware Network

5537 N. Broadway St.
Chicago, IL 60640
(773) 989-9400
<http://www.tpan.com/>

Howard Brown Health Center

4025 N. Sheridan Rd
Chicago, IL 60613
(773) 388-1600
<http://www.howardbrown.org/>

1. Center for Disease Control and Prevention (2009)
2. National Institute of Health: AIDSinfo (2011)
3. UNICEF (2011) *The State of the World's Children 2011: Adolescence – An Age of Opportunity*

What Loyola's Halas Recreation Center has to Offer this Year

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

The start of a new school semester brings many changes. One of the most recognizable is the interior renovation of the Halas Sports Center, now the Halas Recreation Center. Halas has always offered a variety of services and many of those programs haven't changed. Students can still participate in sport clubs, intramural events or take a group fitness class. What has changed is the layout. With a more open layout, students are able to run on a treadmill, lift weights or utilize the strength machines without having to move from room to room.

All of the group fitness participants will notice the new spin studio with 16 brand new spin bikes in a larger, more open studio! The Group Fitness program still offers more than 58 classes per week., bringing back favorites such as Zumba, Total Body Conditioning (TBC) and Spin. Some of the new classes Halas offers include HIT, a 45 interval training circuit guaranteed to challenge any fitness enthusiast or novice exerciser. Another crowd favorite is Booty Lift. This class is designed to shape your derriere while providing a cardio workout. The newest class and the most interesting is the BOSU class. The BOSU is one of the most innovated pieces of equipment. The BOSU is the half sized stability ball. The term BOSU stands for "Both Sides Utilized". The BOSU class focuses on balance, stability, toning, strength and core.



*The Loyola University
Campus Recreation logo*

If you are unsure about how to navigate the gym or start a fitness program, consider purchasing a personal training package. Our knowledgeable personal training staff will be happy to help you get started or achieve a fitness goal. Trainers are available both during the week and the weekends. Whether you're an elite athlete or a beginner, our personal training staff has something to offer everyone.

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. If you have any questions that are not on the website, email April, the Program Director of Fitness and Aquatics, at aboulte@luc.edu.

October Outbreak

Emily Triolo, Wellness Advocate

It's October already and you're in full fledged school mode. Classes are stressful, there are a thousand things to do, and the weather is changing. It's the perfect combination for a cold to kick in. The October Outbreak of colds has arrived. Here are some tips to avoid getting sick this Fall season:

- Wash your hands- Simple, but so effective when you sit in the same lecture hall chair that Sneezzy sat in during the class before yours.
- Exercise to increase immunity. Hit up Halas for a bit. You know you want to check out the new workout facilities!
- Get enough sleep—Hard to do when you have 2 papers, a test, and 12 quizzes? Try to organize your schedule so that you get *at least* 8 hours of sleep a night. It's good for you.
- Dress for the weather. It's not summer anymore. Put the shorts and flip flops away.
- Eat right. Don't continue munching on the junk food. Make sure you are getting proper, nutritious meals.
- Drink plenty of fluids. Increasing water intake and cutting down alcohol consumption can make a big difference in helping your body prevent sickness.

Being sick always comes at the worst time: the week you have midterms, 5 club meetings, 2 papers and plans for the weekend. So stay healthy and don't let the October Outbreak get you!

If you aren't feeling well, make an appointment with the Wellness Center online or by calling Dial-a-Nurse at 773-508-8883.

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



Suicide Prevention Week 'Remembrance Tree' in CFSU: The Advocates' sincere thanks to those who took time to decorate a leaf for our campus's 2011 tree!

What the Wellness Advocates Have Been Up To

The Wellness Advocates began this fall semester with their annual training at the end of August. While in the years past, this training was held on Loyola's Lakeshore Campus, this year, the Advocates experienced a two-day retreat focused mainly on peer-health education at the Loyola University Retreat and Ecology Campus (LUREC). At the training, the Advocates welcomed many new members for this year: Andrea Buiser, Abdullah Hassan, Alexandria Remus, Avani Shukla, Claire Jones, Dimitri Plikas, Erika Hauber, Hilary Toaddy, Jasleen Singh, Karina Lima, Luke Mirabelli, Lindsey Peters, Rizwan Khan, Samantha Giovannetti, and Theodora Bairaktaris. The returning Wellness Advocates are Karri Hess (President), Tamara Koritarov (Vice President), Muhammad Saif Ullah (Outreach), Emily Triolo, and Aric Talwar (Treasurer and Editor). On August 31, for the first event of the fall semester, the Advocates were present at the Org Fair. Informing the attendees of the activities of the Wellness Advocates and the Wellness Center and handing out candy and new Wellness Center pens with our Dial-a-Nurse number, many names and email addresses were also collected for our mailing list. A week later was the annual Suicide Prevention Week. The Advocates had a table set up in CFSU from September 6—9 collecting decorated paper leaves for our campus's Remembrance Tree (pictured on the left); we had the goal of collecting 1,100 leaves decorated with anything from a simple picture, to an inspirational quotation, to a name of a victim of suicide. In addition to collecting these leaves, the Advocates were also informing the Loyola community of mental health resources at the Wellness Center. You can check out some pictures from these events at our Flickr page. Check out www.flickr.com/lucwellnessadvocates today!

Healthy Recipe of the Month: Simple Homemade "Raita" (Indian Yogurt Dish)

This dish is called "Raita," and it is a dish best served cold, often used as a side with Indian and Pakistani dishes. Raita, basically mixed vegetables in plain yogurt, is often eaten in addition to a main course meal, but it can also be a healthy snack.

Ingredients

- 2 cups of nonfat (or low fat) plain yogurt
- ½ of a small peeled cucumber
- 4 radishes
- 4 small peeled carrots (about 2 inches long) or 1 large peeled carrot
- 1 cup of cilantro, cut up into really small pieces
- ½ cup of mint, cut up into really small pieces
- Black pepper
- Red pepper
- Cumin seeds
- 2 teaspoons of lemon juice

Cut up the washed and dried vegetables. Dice the peeled cucumber into very small pieces (cubes): In order to do this, first, slice it into circular pieces, and then, keep cutting each circular piece, smaller and smaller. Cut the cilantro and mint leaves, avoid using the stems if possible, into similarly sized small pieces. Then, cut the carrots and radishes in a similar manner. Or, if possible, use a cheese grater to get them into even finer pieces. Put these vegetables in a bowl and drizzle the lemon juice over them. Next, pour the yogurt on top of the vegetables. Mix the yogurt and vegetables together. Finally, sprinkle black pepper, red pepper and cumin to taste. Note: This dish can be made without including any of the vegetables or spices above. Even the lemon juice is not necessary. Also, one could substitute or add any vegetables for this Raita dish. Thus, you can be creative and make Raita your own way for a quick and healthy snack.



*Simple homemade "raita"
by Aric Talwar*

Tip of the Month for Healthy Eating:

Avoid destroying water-soluble vitamins during food preparation! Scrub vegetables rather than peel them because many nutrients are found close to the skin!