**Wellness Wednesday**

**Schedule:**
- Feb 17 - Stress Management
- Feb 24 - How to Sleep Better
- March 2 – Healthy Eating
- March 9 – Spring Break
- March 16 – Healthy Cooking
- March 23 – Weight Management

Time: 2-4pm

**Sign up for our Nontrad email. Use your WSU email and send request to nontrad@weber.edu.**

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**Spring 2016**

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**Men’s Health Awareness Day**

Show your support for “Healthy Living” by posting a picture of yourself wearing your BLUE on the WSU Nontrad Facebook page through the month of February and be automatically entered into a drawing for a Purple Wears Blue T-shirt.

On March 4th, there will be a drawing from all of the BLUE posts on Facebook to win a Men’s Health Pack that includes: a $10 gift card to Jamba Juice, Swenson Gym locker rental for one semester, $35 gear rental at WSU Outdoor Programs, and a subscription to Men’s Health Magazine.

In addition, the Nontrad Center will be serving blueberry pancakes in the Student Union between 9-10am. There will be T-Shirts given away, blue ribbons, and educational materials.

Between 10-11am, they will be serving blueberries, granola and yogurt.

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**Need Help With Math?**

Hello, My name is Tarl Langham. I am a nontraditional student just like you and I am here to help you with learning Developmental Math. I have been tutoring math for over a year now and I have developed a different approach to helping students learn the concepts they need to pass their classes in Math and go on to achieve their degree.

I have helped many students just like you who were struggling to understand how to complete their math through the use of many visual aides and test taking skills that are very useful to scoring more points in Math related tests. Some of these methods include:

- Choose your own numbers
- Back solving
- Solutions are in the answers

Using these techniques, students have found that they could solve some algebraic problems using arithmetic instead, which makes the process much easier. You can even learn how to narrow down your choices when you have no idea how to perform the calculations.

These are only a few of the tools and techniques that I have been able to help others use to complete their math courses and move on towards progress in their education. I would like to encourage you to visit the nontraditional center and also schedule an appointment with me at www.weber.edu/nontrad. You can schedule as many appointments as you would like. The appointments are one-on-one and you can get all the help you need at your own pace.
“You know you are NONTRAD when your daughter is tutoring you in Math.”
“You know you are NONTRAD when you are mistaken for the Professor.”
“You know you are NONTRAD when you are Balancing Family, Career and College.”

Results of Nontrad Health Interests Survey

The results of the Health Interests survey show that Nontrad students have a great deal of interest in healthy living. The survey was conducted on February 2nd during the Nontrad Open House. Out of the 21 people who responded to the survey, 100% of them indicated that they were either “quite interested,” or “very interested” in four or more of the areas of health. Stress Management had the highest amount of interest, follow by sleep, while smoking cessation had the lowest. Healthy Eating and Healthy Cooking tied for third place with Weight Management and Wellness Coaching right behind them. Based on the results of the survey, our health promotion intern, Ann Valverde, will create and present fun, interactive workshops called “Wellness Wednesdays” to educate Nontrad students on their favorite health subjects.

Wellness Coaching now in the Nontrad Center

Are you having trouble making changes in your lifestyle? Have you tried time and again to improve your diet, your exercise, your fitness, or sustain your motivation to change only to fall short? If so, you may benefit from a Health and Wellness Coach.

According to a recent expert panel consensus:
“Health and Wellness Coaches are professionals from diverse backgrounds and education who work with individuals and groups in a client-centered process to facilitate and empower the client to achieve self-determined goals related to health and wellness. Successful coaching takes place when coaches apply clearly defined knowledge and skills so that clients mobilize internal strengths and external resources for sustainable change.”


Wellness Coaches can help YOU!

- Identify personal values and strengths to overcome challenges
- Set goals and make changes to move toward your preferred life
- Navigate and adjust to your college environment
- Think through barriers that limit your academic success
- Honor and confront your feelings and emotions
- Find resources that fit your needs at Weber state and in your community
- All Wellness Session are free!
- Sessions are by appointment only
- Sessions focus and improving personal wellness

To request an appointment email weberwellcoaches@gmail.com today! http://www.weber.edu/studentwellness/coaching.html
Gaining health begins with reducing stress: Words on Wellness

By Dr. Daniel Neides, Cleveland Clinic

LYNDHURST, Ohio—A 38-year-old, married mother of two school-aged children came to my office complaining of an inability to lose weight. She was exercising 4 days a week during her lunch hour and trying to restrict her calories to no more than 1500 per day. She was sleeping 6-7 hours at night and waking up rested.

When I asked her about stress, her eyes glazed over for about 10 seconds before she started to cry. She opened up about the challenges of trying to balance work and family. Her son has a learning disability, which means she is helping with homework after finishing dinner and cleaning up the kitchen. By the time she puts the children to bed, she has little time for herself. Her stress level is at an all-time high and she does not have the tools to manage it.

My patient’s story is not unique. Many of us are so busy with work, our children, or caring for others (think aging family members) that we tend to neglect our own emotional and physical health. The demands on our body, mind, and emotions can seem overwhelming. This leads to fatigue, decreased compassion for others and, ultimately, burnout.

When we are stressed, the body produces hormones that raise blood pressure, increase blood sugar, increase heart rate, and suppress the immune system. When it lasts for days, weeks or even months, stress increases the risk of heart disease, cancer and other chronic diseases.

When we are confronted with an issue, we must assess its seriousness and ultimately determine whether or not we have the resources needed to cope with it. Stress can develop when we perceive that we do not have the adequate resources to deal with the issue. How we react will make a significant difference in our susceptibility to illness and our overall well-being.

The rate of illness (morbidity) and death (mortality) due to stress-related illness is mind boggling. Stress is a major contributor to the six leading causes of death in the United States: cancer, coronary artery disease, accidents, respiratory disease, liver disease and suicide. The Centers for Disease Control and Prevention estimate that stress accounts for 90% of all primary care doctor visits in the United States. Patients arrive with a wide variety of complaints related to stress, including fatigue, decreased sex drive, sleep issues, digestive complaints, and chronic pain.

Stress is a silent killer
"Stress is the greatest anger of your body in general, especially the nagging, unfinished tasks kinds of stress that hang over you day after day or the stress of things that are out of your control," he said. "Just as chronic stress can damage your heart, actively working at reducing stress will keep your heart healthier. Therapies like meditation and relaxation techniques can teach you how to tolerate the stressful elements in your life, and how to tone down your body’s physical response to stress." When you repeatedly feel exhausted and unable to meet life’s demands, you are experiencing chronic stress. Utilizing tools to reduce stress can prevent or reduce many of our challenges attributed to stress.

How to reduce stress
Relaxation techniques such as mindfulness meditation can help. If you work to change these factors — your exercise habits, your diet and your mindset about life's challenges — you will be setting the stage for a calmer, healthier, happier you. What are some other ways to reduce stress? Being social is great for stress management. People who are connected with friends, are involved with groups (like religious or social organizations), or volunteer in their community live longer, healthier lives. Living within your means is an important way to avoid stress. People who spend more money than they earn have increased daily stressors that lead to chronic disease and accelerated aging. Exercising the mind, whether through crossword puzzles, learning a new language, or taking an evening class, not only helps with stress reduction but will keep your mind and memory active and your body young.

Deep breathing is a quick and easy way to reduce stress when we feel it building. Try to practice this technique when you are frustrated in traffic, running late for a meeting, or walking up the steps to help your 9th grader study for a math test. Any way that we can reduce stress will help us live longer, more enjoyable lives. Until next time, BREATHE (and be well).

Dr. Daniel Neides is the Medical Director and Chief Operating Officer of the Cleveland Clinic Wellness Institute. http://www.cleveland.com/lyndhurst-south-euclid/index.ssf/2016/02/gaining_health_begins_with_red.html

The Successful manager of stress is willing to do that which the unsuccessful manager of stress is not willing to do.” — Dr. Michael Olpin

Stress Relief Center in

Come visit the WSU Stress Relief Center, where relaxation happens!

We have a way to combat the stress in our lives here at WSU. The Stress Relief Center has been designed to give you a large number of effective tools that work to reduce your stress and help you feel a lot better. We also feel that stress, and it’s unpleasant effects, are completely within our control. Most people simply don’t know what to do.

Michael Olpin, professor and director of health promotion with an emphasis on stress management and mind/body wellness at the university, created the Stress Relief Center on the campus a few years ago.

“The Stress Relief Center is a place I created a few years ago to try to help address the needs of a stressed out student body,” he said. “According to many studies, stress is the biggest health concern for college students. I wanted to do something useful to deal with the problem.”

Article and Photo by JAMIE LAMPROS/Standard-Examiner correspondent - Weber State University student Shalane Crosland finds relaxation on the aqua massage table at the Stress Relief Center.

Services include massage chairs, a water massage table, chi machines, light-sound machines, biofeedback, meditation areas and a library of books on psychological, emotional and spiritual well being.

“We also have additional feature of the SRC that make it appealing, including aromatherapy, relaxing music, herbal tea and hot cocoa and lotions made with essential oils,” he said.

The Stress Relief center is now located in room 124 of the Swenson Gym. You can find us just down the hall
Hello, my name is Ann Valverde. I am a senior majoring in Health Promotion, and I am working in the Nontrad Center as a Peer Mentor, as well as a Health Promotion intern. People ask me all the time what I am learning and what a health promoter does. In the Health Promotion major, we are educated in becoming professionals in the health and wellness field. We go on to help others become more active, choose healthy behaviors, and make positive lifestyle changes. It is a fascinating field of study and I am very passionate about it. After graduation, health promoters often work in health and wellness programs in community, corporate, clinical, non-profit and educational settings. This semester I will be promoting health in the Nontrad Center through Wellness Wednesdays, Wellness Coaching, and by being a resource for health related information.

Wellness Wednesdays are free, fun workshops filled with activities and refreshments to boost your physical and mental health. This semester learn how to manage your stress, get a better nights sleep, Eat healthier, Cook Healthy and Mange your weight.

Taking care of yourself isn’t selfish, it is necessary. As nontrad students we are constantly on the go with work, school, family and other commitments that use our time and energy. Healthy living can help to make life easier.