

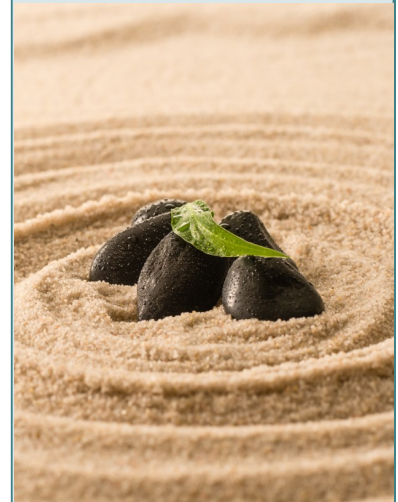
# Stress Management

## WHAT IS HAPPENING THIS MONTH:

- December 1: Stress Relief workshop with Cascade RA's
- December 3: FIRST ANNUAL WELLYS! 7:00 Taylor Auditorium
- December 8: Therapy Dogs event 11-1 on the UC patio
- December 8: Bystander Workshop with Gamma
- December 11: Healthy Relationships Workshop with Thetas
- December 14: CW Holiday party

## Featured News:

You are invited to our Welly's Red Carpet Video showing on December 3rd 7pm in Taylor-Meade Auditorium. Vote to see who wins our (over \$300 worth) prizes! We will have drinks and snacks after voting with photographers, so dust off your prom dresses and break out your bow ties. If you don't have any formal wear you can contact [chap3037@pacificu.edu](mailto:chap3037@pacificu.edu) or go to the CCE to schedule an appointment to go through their closet.



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## STRESS ISN'T ALWAYS BAD FOR YOU

Research has shown that short-term stress actually stimulates the immune system. But long-term stress -- especially the kind that seems to have no end - - may wear out the immune system and damage health.

## WHAT IS STRESS?

Stress is your physical and mental response to change, regardless of whether the change is good or bad.

Stress can be beneficial. It can help us get things done, it provides that extra burst of adrenaline that helps you finish your paper, or perform in sports, or meet other challenges sent your way. This short term tension and alertness usually subsides when the challenge is met,

enabling you to relax and carry on with normal activities. But if you can't return to a relaxed state, this stress can become negative. The changes in your body- increased heart rate, higher blood pressure, and stomach and muscle tension can take their toll, often leading to mental and physical exhaustion.

## SIGNS OF STRESS

The symptoms below may indicate a sign of prolonged stress or other health problems. Call the **Student Health Center** 503-352-2269 for an appointment to discuss your concerns with one of our providers. Or come find us at [www.pacificu.edu/about-us/offices/student-health-center](http://www.pacificu.edu/about-us/offices/student-health-center)

- problems eating or sleeping
- problems making decisions
- inability to concentrate, pay attention
- feeling anxious or confused
- frequent head, back or muscle aches
- frequent stomach aches
- frequent colds or other infections
- friends telling you that you seem “stressed out”

Credit to Judy Flynn from Pacific University's Health Department

## THERE ARE MANY ACTIVITIES THAT CAN REDUCE STRESS



- Take a walk or a bath
- Meditate
- Color or sketch
- Stretch and move to music
- Write a poem
- Call a friend

*Happiness is a choice. You can choose to be happy. There's going to be stress in life, but it's your choice whether you let it affect you or not.*  
-Valerie Bertinelli

### COLORING ISN'T JUST FOR KIDS:

Check out this article about how coloring as an adult is an excellent form of stress relief:

<http://www.medicaldaily.com/therapeutic-science-adult-coloring-books-how-childhood-pastime-helps-adults-relieve-356280>

Find free downloadable coloring sheets here:

<http://www.coloring-pages-adults.com/>

### STRESS RELIEF TIPS:

**Fake it till you make it:** Smile even if you don't feel happy in the moment. You can actually trick your brain into thinking you are happy by smiling.

**Breathing:** Breathe in through your mouth and try to make your exhale through your nose last for 8 seconds. Repeat until you feel calmer. This is a good quick, calming technique.

**Warm your hands:** When you are anxious your nervous system directs all blood flow to your larger muscles making your hands cold. Warming them tells your nervous system everything is all right and lets you calm down.

**Give yourself a hug:** This releases the feel good hormone oxytocin. The presence of this hormone can calm your nervous system.

**Exercise:** Exercise also releases feel good hormones that will calm your nervous system.

**Sing or dance:** Singing and dancing releases endorphins and oxytocin, feel good hormones.

**Eat Chocolate:** Chocolate mimics the feel good hormones which can reduce anxiety.

## TAKE A HUMAN PERFORMANCE (HPER) COURSE THIS SPRING SEMESTER

Pacific offers plenty of human performance courses each semester to help with stress management in students. Here is a list of all of the HPER courses available this Spring 2016 term:

Dance Aerobics: HPER-101-01

Fitness Walk/Jog: HPER-105-01

Swimming: HPER-107-01

Weight Training: HPER-108-01

Tai Chi: HPER-109-01

Yoga: HPER-111-01 and HPER-111-02

Strength Training for Women: HPER-113-01

Golf: HPER-123-01

Handball: HPER-124-01

Pickleball: HPER-125-01

Taekwondo: HPER-128-01

Tennis: HPER-129-01

Volleyball: HPER-131-01

Hula: HPER-142-01

Recess: HPER-143-01 and HPER-143-02

Women's Personal Self Defense: HPER-144-01

Alpine Skiing: HPER-156-01

Outdoor Recreation: HPER-157-01

Snowboarding: HPER-160-01



## BOXER BREATHERS

The Student Counseling Center wants to welcome you to join us at Boxer Breather a weekly drop-in group to help students learn new skills, strategies, and ideas to increase your ability to cope with stress and to improve your overall wellness. We will be at UC Boxer Pause every Wednesday from 2-3 to teach new skills, and you can attend as often or as little as you want. Look forward to seeing you there!



## BODY IMAGE

About 91% of women feel unhappy with their bodies and resort to dieting to reach their ideal body and 58% of college-aged girls feel pressure to be a certain weight. For that reason, female students are invited to join the Body Project; a group aimed at helping young women feel better about their bodies. Attend four one-hour classes designed to improve body image.

For more information, email Campus Wellness at: [wellness@pacificu.edu](mailto:wellness@pacificu.edu), or Kathleen Converse at [kathleenconverse@pacificu.edu](mailto:kathleenconverse@pacificu.edu)

# A LOOK BACK ON NOVEMBER

November 3: Body Project Meeting

November 4: Stress Relief Workshop with AKD

November 10: Body Project Meeting

November 12: Healthy Relationship/Bystander workshop with Phi Lambda Omicron

November 17: Healthy Relationship/Bystander workshop with Deltas

November 22: One Love Workshop with Clark RAs

If you want to sign up for a workshop you can e-mail Campus Wellness at [wellness@pacificu.edu](mailto:wellness@pacificu.edu)

**Campus Wellness at  
Pacific University**

Location: Clark 124

E-mail:

[wellness@pacificu.edu](mailto:wellness@pacificu.edu)

Phone: 503-352-2273

**Student Counseling  
Center**

Located next to Bates  
House

Phone: (503)-352-2191.

