

University of Chicago Wellness Resources

Wellness at the University of Chicago

Finding wellness resources on the campus of the University of Chicago can be a challenge. This newsletter is your resource for Wellness events occurring in each quarter of the academic year. It is understandable that you may feel stressed during the school year but it is important to remember that there are healthy stress reducing activities to help you manage the stress.

Both the Student Care Center (SCC) and Student Counseling and Resource Center (SCRS) offer events, classes, and physiological/psychological treatment for University of Chicago students. It is beneficial to understand the resources available to you here on campus. These resources may assist you by showing you a new method or technique to reduce stress in your life.

Remember that people respond differently to stress and may need to try various techniques to reduce stress to find what suits them best.



Massage on a beach anyone?

SCC Winter Events

The SCC holds several events each quarter to promote healthy lifestyle choices. Winter quarter is no exception with events like: Sex in the Dark and De-stress fest.

Sex-in-the-Dark is an event that is always held around Valentine's Day. During this event students can ask any sexual health question they have by writing the question down. The Peer Health Educators (PHEs) and SCC medical providers will be present to answer the questions anonymously to the group.

This is a great event to attend even if you don't have a particular question because you can learn from the other questions that are asked. Students can win prizes and pick up safer sex supplies at this always interesting event!

De-stress fest is held quarterly during reading period. At this event students can take a break before finals. The activities at the De-stress fest change each quarter. During the fall quarter De-stress fest, students enjoyed learning about the

health benefits of tea while sampling Argo tea. Students also learned massage techniques and played Dance Dance Revolution in the Reynolds South Lounge. Winter quarter's De-stress fest will likely include games, tea, snacks, and study essential giveaways!

Many other events are held during the quarter as the PHEs team with ongoing campus events. Keep an eye out for the PHEs at these events as they will have giveaways and are valuable

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Winter Quarter

SCC Events:

- ☺ February 12th, 2009
Sex in the Dark
- ☺ March 12th, 2009
De-Stress Fest
- ☺ Birth Control Group Visits
Wed. & Thurs. afternoons
Appointment required!

SCRS Events:

- ☺ Stress Management
3—(5 week) Sessions
- ☺ Let's Talk
Tuesdays 2:30-4:30pm
IHouse 291
Thursdays 1:00-3:00pm
5710 S. Woodlawn R301
- ☺ Men's Group
Monday afternoons
- ☺ Women's Group
Tuesday afternoons
- ☺ Coming Out Support Group
contact John McPherrin,
PsyD, jkm@uchicago.edu
- ☺ Transgender Support Group
contact Bindu Seth, MA,
bseth@uchicago.edu

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Remember **FREE Smoking Cessation Kits are always available at the SCC room R111. These kits include information on quit smoking aids, coupons, flavor samples of quit smoking aids, free quit line information, stress reducing ideas, other quit smoking information and much more!!

**Birth Control Group visits offered Wed. & Thurs. afternoons for females who either want to learn about their birth control options or want to start a birth control method. Appointments are necessary for this group visit. Call (773) 702-4156

Stress Management Sessions

Take responsibility for your own wellbeing by learning what stress is, how to it affects your life and ways you can manage it. Learn and practice relaxation techniques and learn how to schedule fun into your day. The "Introduction to Stress Management" workshops meet one hour weekly for 5 consecutive weeks at the South Lounge of the Reynolds Club. They are led by Ginger Carr R.N., M.S., a registered nurse and the Associate Director of wellness at SCRS. You can sign up online at www.counseling.uchicago.edu or call 702-9800. This popular workshop fills quickly, so sign up early.

**Remember if you sign up you must attend all of the weekly sessions.

The following Stress Management Sessions are offered during the Winter quarter:

Series 1:

Wednesday: 1/14 - 2/11 (2 -3 pm)

Series 2:

Friday: 2/23 - 3/20 (3 - 4 pm)

Series 3:

Wednesday 2/18 - 3/18 (3 - 4 pm)



Let's Talk

Let's Talk is a program that provides easy access to informal confidential consultations with counselors from the Student Counseling & Resource Service. There is no fee and no appointment is necessary. If you prefer, you do not have to give your name.

This service would be helpful for students who:

-- are not sure about counseling and wonder what it's like to talk with a

counselor;

-- are not interested in ongoing counseling but would like the perspective of a counselor;

"Free drop in counseling sessions available with NO appointments!" -- have a specific problem and would like to talk it through with someone; -- have a concern about a friend and want some thoughts about what to do.

Locations:

Tuesdays 2:30-4:30 pm IHouse 291

Thursdays 1:00-3:00 pm 5710 S. Woodlawn R301

Men and Women Relationship Groups

Men and Women Relationship groups provide safe and nurturing environments for male and female students who seek to enhance their relationships, improve communication skills, and to gain confidence in relationships.

If you think you might be interested in the Men's group, contact Josh Singh at jsingh@uhs.bsd.uchicago.edu. This group will take place Monday afternoons during the winter quarter.

If you think you might be interested in the women's group, contact Iris Song at isong@uchicago.edu or Adrienne Monty at amonty@uchicago.edu. This group meets Tuesday afternoons.



Ratner Updates

The Department of Physical Education and Athletics offers fitness assessments and personal training services which incorporate the client's health history, fitness goals, and current lifestyle into a comprehensive exercise program designed to meet the client's specific needs.

Further information is available through the Wellness/Personal Training link on the Department's website at <http://athletics.uchicago.edu>.

Through the FitChicago Program, a variety of group fitness opportunities are available in Ratner. The classes are open to individuals who hold valid membership privileges for the Ratner Center and who have purchased a Fitness Punch Card. Registered students automatically have basic membership privileges to Ratner and Henry Crown.

Drop-in fitness classes are currently offered in Beginning Yoga, Yoga II, Pilates, Cardio Kickboxing, Water Aerobics, NIA (Neuromuscular Integrative Action), Belly Dancing, Adult Swimming, Boot Camp, and Muscle Tone.

- Brian Baldea, Associate Chairman
Department of Physical Education and Athletics

Massage, Yoga, Somatic Work

Sessions with Meredith Haggerty MFA, NCMTB, level four training in Somatic Education and Therapy, Certified Land to Water yoga instructor, combine massage, yoga and somatic work intended to provide some relief from pain and stress. Her work also supports a program of self treatment that is achieved through creative work with the individual and is hopefully an enjoyable practice her client can integrate easily.

Student rate: \$50/hr, \$30/half hr session

Location: Two blocks from University of Chicago's main campus

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