

University of Chicago Wellness Resources

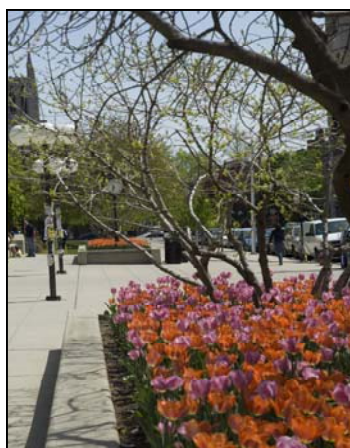
Spring Wellness Extravaganza Event

Finding wellness resources on the campus of the University of Chicago can be a challenge but, we are here to help! The Student Care Center (SCC), Student Counseling and Resource Center (SCRS), Department of Physical Education & Athletics, and Religious Life are a few of the sources for wellness events, classes, or information 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.

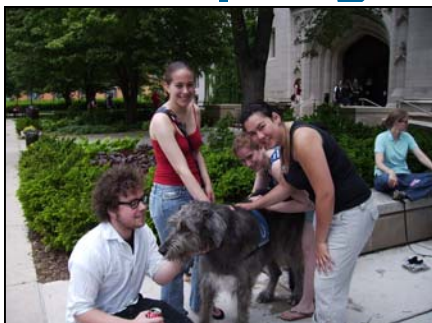
The University of Chicago Wellness Committee has organized a **Spring Wellness Extravaganza Event Thursday, May 28th** from 11am-3pm in Bartlett Quad (or inside Bartlett lounge due to inclement weather). Come learn and relax with therapy dogs, FREE massages, FREE Argo tea, create a piece of art, make a stress ball, and learn about the many wellness resources

at the University. Staff will be present for questions from the SCC, SCRS, Department of Physical Education & Athletics, LGBTQ Programming Office, and Religious Life. Hope to see you there!



Spring is HERE!

SCC Spring Events



Spring 2008 De-Stress Fest with Canine Therapy Corps!

The Peer Health Educators (PHEs) hold several events each quarter to promote healthy lifestyle choices. Spring quarter is no exception as the PHEs participate in events like: —Dance Marathon, Summer Breeze and De-stress fest.

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 Winter quarter De-stress fest, students enjoyed playing Dance Dance Revolution, board games, and creating their own stress balls.

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 SCC resources. If you're interested in becoming a PHE for the 2009-10 school year please contact Kristyn Genrich, kristyn.genrich@uchospitals.edu. The PHE position begins with Fall Orientation events.

****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

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Volume 1, Issue 2
Spring Quarter

Spring Wellness Event:

© May 28th, 2009
11am-3pm
Bartlett Quad
Wellness Extravaganza

SCC Events:

© June 4th, 2009
De-Stress Fest

© Birth Control Group Visits
Wed. & Thurs. afternoons
Appointment required!

SCRS Events:

© Let's Talk
Tuesdays 2:30-4:30pm
IHouse 291
Fridays 1:00-3:00pm
5710 S. Woodlawn R301

© Coming Out Support Group
contact John McPherrin,
PsyD, jkm@uchicago.edu

© Transgender Support Group
contact Bindu Seth, MA,
bseth@uchicago.edu

LGBTQ Events:

5710 S. Woodlawn

© Quarterly HIV testing:
Free, Anonymous, &
Confidential
APRIL 22 12-4pm

© OpenSource Discussion Group
Weekly low-key social/support meetings
for gay men, lesbian, bisexual,
transgender individuals and students of
color

© For more information visit the
LGBTQ Programming Office
Website at lgbtq.uchicago.edu.

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Increase Motivation; Decrease Procrastination

Many workshop sessions are offered through the Academic Skills Assessment Program (ASAP) during Spring quarter. All workshops are presented by Anne Brody, PsyD, from the Student Counseling and Resource Center (SCRS). The workshops are held in the Reynolds Club South Lounge from 4-5pm.

The following workshops are offered for all College Students:

- *Much to do and not enough time! Time management: April 10th
- *How will I get through all of this reading! Effective reading: April 17th
- *Will get to that but first I have to.. Solving the problem of procrastination: May 1st
- * Just can't think about this anymore! Motivation and concentration during Spring quarter: May 15th
- Get set for finals: May 27th

For Graduate Students ONLY:

- * Time management and increased motivation: May 8th & May 22nd
- **Remember to sign up online at <http://counseling.uchicago.edu> or contact Anne Brody, afbrody@uchicago.edu with any questions. There is a limit of 15 students per workshop.



It is important to find a balance between work and fun!

FitChicago Classes

The **FitChicago** Program provides group fitness classes, Fitness Center orientation sessions, and personal training services for Ratner center members. Fitness classes are a great way to try out new exercise activities without a commitment. If one type of fitness class doesn't fit for you, don't dismay just try another class! Drop-in fitness classes are currently offered to members of Ratner in beginning & intermediate yoga, Pilates, cardio kick-boxing, muscle toning, water aerobics, adult learn-to-swim, and other classes. A Fitness Punch Card (1 class-\$5, 5 classes-\$23, 10 classes -\$40) must be purchased at the Ratner Center front desk to participate in these classes.

If you are new to the gym or would like to learn more about the fitness center, orientation sessions are offered on a regular basis to members of Ratner and Henry crown for no charge. The hour long session covers safe and effective use of fitness equipment.

Personal training sessions are with a certified personal trainer who incorporates fitness goals, client's health history, and current lifestyle to create a comprehensive exercise program designed to meet the client's needs. For more information visit the [Personal Training website](#).

Remember it is important to make time for fitness in your busy schedule!

Yoga: Stretching, Breathing, Relaxing

If you have been considering trying a fitness class, why not try yoga? Yoga is a form of exercise that also helps to decrease stress levels. Emily Swafford, PhD student at the University of Chicago, commented "Our FitChicago Yoga instructor allows us to make the practice what we want it to be, whether a peaceful refuge from stress, a place to work through frustration (physical, mental, emotional), or just another form of exercise. For me, sometimes the class is one, but very often it's all three." Practicing yoga can increase flexibility, strength, and posture.

The possibilities to practice yoga are almost endless! You can practice yoga in

groups or independently, indoors or outdoors and at anytime of day. Stop by Ratner if you have any questions about the yoga class offered.



Students worked together to create their own unique bookmarks at the Winter Wellness Event in Reynolds South Lounge.

Disability Discussion

An open, informal discussion will be held Thursday, April 16 at 4:00pm to address the need to find understanding and support in a challenging world for students who identify as having a disability. This event will address the extra challenges that are faced on the University of Chicago campus and how improvements and support can be made. OMSA and SCRS are teaming together to address this topic. Please RSVP for this event through Abby Ostrem, aostrem@uchicago.edu. The event will be held Thursday, April 16th at 4:00pm in the [Office of Multicultural Student Affairs \(OMSA\)](#) 2nd floor conference room.

Eating Concerns

Eating is necessary act in everyday life. There are a few group workshops offered this Spring quarter to address specific eating concerns. The two workshops offered are described below.

Developing Coping Strategies Group for Eating Concerns: SCRS, Fri 3:30-5:00 PM beginning April 24th: A structured six week group for undergraduate and graduate students who find themselves excessively preoccupied with concerns about diet, exercise, and/or body image. The group will focus on development of coping strategies and better understanding of emotional responses that relate to these concerns. Potential participants should be at a healthy, stable weight and not actively restricting at this time. Admission to this group will be closed after April 17th.

Eating Concerns Support Group: SCRS, Wed 3:00-4.30 PM beginning April 1st: An unstructured supportive environment for undergraduate and graduate students who wish to discuss their concerns with diet, exercise and/or body image as well as how these relate to their overall wellbeing and everyday lives. Potential participants should be at a stable, healthy weight and have had some prior therapy experience. Admission to this group will be ongoing until maximum capacity is reached.

If you have interest, questions, or would like to set up a brief screening appointment (required prior to beginning either group), please contact Bindu Seth at bseth@uchicago.edu. You can also visit the [National Eating Disorder Awareness](#) website for additional information.