

# Wellness Comes in Seven

Wellness Resource Center

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## Upcoming Events

The Wellness Resource Center has moved to 200 Bingham Hall in between Hatch and Schurz. Please stop by and check out our new digs.

**GOT WELLNESS?– Coming January 29th**



## Wellness in Columbia

- Enjoy looking at all the Holiday décor? Go on the Holiday Lights and Sights Tour sponsored by Parks and Recreation.
- Holiday Toy Drive– call 874-7460 for more information about donating a toy
- Celebrate the New Year in Downtown Columbia on Dec 31!  
<http://firstnight.missouri.org>

## Question of the Month

**“Where is the Wellness Resource Center?”**

\*Email Julie at [tobiasja@missouri.edu](mailto:tobiasja@missouri.edu) with the correct answer to enter into a drawing for:

**\$10 of Wellness Bucks!**

October Winner: Carina Nelms

## Stress Reduction

Finals are upon us and undoubtedly your stress level has increased to the max. Here are some easy ways to manage your stress level during this season:

**Exercise**– This increases your serotonin levels and therefore gives your mood a boost. It also can give your brain the focus it needs to concentrate on those finals.

**Meditate**–sitting quietly can clear your mind.

Take a Warm Shower or Bath

**Eat Healthy**–This will increase your energy and give your brain the fuel it needs to survive this high stress time.

**Breathing Exercises**– Deep breathing will increase oxygen uptake and increase calming.

**Laugh**– Releases endorphins, lowers blood pressure, and boosts immune function.

**Gratitude**– It is physiologically impossible to be grateful and stressed at the same time.

## Save this Season

Here are some great pointers to help you save money this holiday season.

- For decorations: use pinecones, acorns, strung popcorn, and homemade decorations.
- When grocery shopping: use coupons, look in the paper or store flier for deals and stock up, use store brands, and compare prices.
- For gifts: Have a budget and make a spreadsheet, compare prices, use cash, check the internet for coupons and deals, set a limit for the gift exchanges you are apart of, buy gifts after the holiday, make the gift, redeem reward points (frequent flier miles and credit cards).

## Wellness Tip

This is a busy world filled with deadlines, timelines, and well, not enough time. In honor of the season, take a moment to discover your personal values and morals. What do you feel strongly about? What do you honor? Is there life beyond this? You may reconnect and surprise yourself!

Did you know there are 7 aspects of wellness? Physical, Emotional, Social, Spiritual, Environmental, Intellectual, and Occupational.

## National Hand Washing Awareness Week December 7-13

Nothing is worse than having the sniffles over the holiday season, or even worse during finals week! To protect yourself and your loved ones, wash your hands! During this week rejuvenate your commitment to washing your hands after: coughing, sneezing, touching your eyes, nose, or mouth, and after using the restroom. Also wash your hands before eating or preparing food.

Basic hand washing steps include:

- Removing rings
- Wetting hands with warm water
- Apply soap and vigorously scrub for 15-20 seconds
- Rinse well
- Use a paper towel to turn off the faucet and to dry your hands.

[www.henrythehand.com/](http://www.henrythehand.com/)

To add or remove your name to our monthly mailing list or other questions or comments please email either Julie at [tobiasja@missouri.edu](mailto:tobiasja@missouri.edu) or Alison at [amhhvc@mizzou.edu](mailto:amhhvc@mizzou.edu) or call 573-884-9441. Sources: [http://www.afsp.org/files/College\\_Film/facilitatorsguide.pdf](http://www.afsp.org/files/College_Film/facilitatorsguide.pdf), <http://www.realsimple.com>, [www.betterbudgeting.com](http://www.betterbudgeting.com), [www.stressinstitute.com](http://www.stressinstitute.com)

\* By responding to the Question of the Month you will automatically be added to the monthly mailing list.

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## For More Information December's Issue:

- Become a fan on Facebook!  
<http://www.new.facebook.com/pages/Columbia-MO/Wellness-Resource-Center/73112470116?ref=ts>
- Holiday Lights and Sights Tour  
[http://www.gocolumbiamo.com/webcal/view\\_entry.php?id=402&date=20081222FirefoxHTML\Shell\Open\Command](http://www.gocolumbiamo.com/webcal/view_entry.php?id=402&date=20081222FirefoxHTML\Shell\Open\Command)
- Stress Reduction  
[www.stressinstitute.com](http://www.stressinstitute.com)
- First Night Celebration  
<http://firstnight.missouri.org>
- Saving This Season  
[www.betterbudgeting.com](http://www.betterbudgeting.com)

To add or remove your name to our monthly mailing list or other questions or comments please email either Julie at [tobiasja@missouri.edu](mailto:tobiasja@missouri.edu) or Alison at [amhhvc@mizzou.edu](mailto:amhhvc@mizzou.edu) or call 573-882-4634.

Sources: [http://www.afsp.org/files/College\\_Film/facilitatorsguide.pdf](http://www.afsp.org/files/College_Film/facilitatorsguide.pdf), <http://www.realsimple.com>, [www.betterbudgeting.com](http://www.betterbudgeting.com)

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