

# Wellness Comes in Seven

Wellness Resource Center

Become a Fan on Facebook!!

Most of Us



## Upcoming Events

### Got Wellness?

sign-up anytime at the Wellness Resource Center or email Alison at [amhhvc@mizzou.edu](mailto:amhhvc@mizzou.edu)

### Feb 11- FitStop

10-2pm Stotler Lounge Get Glucose, Iron, and Cholesterol checked. (\$5 each or \$10 for all 3)

**Relaxation Station**— sit in a massage chair for free anytime at the WRC.



*Hand washing helps prevent the spread of germs and disease. Public health efforts focus on prevention.*

## Question of the Month

“When is Random Acts of Kindness Week?”

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

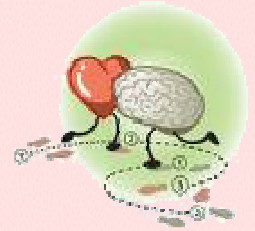
**\$10 of Wellness Bucks!**

December Winner:

Jennifer Koppelman

## Love or Loco?

When one is in love, activity occurs in a certain area of the brain. Mental scans show the same activity in those that suffer from mental illness. This is the same activity hunger, thirst, and drug cravings create. Over time, as a relationship continues, the activity in this area lessens and will develop in other areas of the brain.



## This Is Public Health.

### Public health is your health.

Public health efforts improve the conditions and behaviors that affect the health of each and every one of us. Public health battles against deadly contagious diseases and promotes healthier lifestyles. Public health seeks to reduce incidences of preventable diseases, minimize the consequences of catastrophic events, and provide the basics of sanitation, safe food, and water.

### Public health is moral and smart.

Public health efforts allow us to save lives - your life, the lives of your family and friends and people around the world. If we can save lives, we should. We'll not only make people healthier, but we'll also address soaring healthcare costs by preventing unnecessary death and disease.

The Association of Schools of Public Health predicts that 250,000 new public health workers will be needed by the year 2020.

**To learn about the Master of Public Health Program at MU:** visit <http://publichealth.missouri.edu/index.php>

## Wellness Tip

This month we celebrate President's Day. So, in honor of this holiday, decide to be the executive of your life: Begin making daily, monthly, and/or yearly lists of goals or things you need to accomplish. Check them off as you go and feel good about your accomplishments!



## Random Acts of Kindness Week

During the week of Feb 9-15 try doing nice things for others. Performing random acts of kindness can have these health benefits:

- Diminished effects of diseases and disorders
- Increased release of the body's natural pain-killers and endorphins
- Decreased stress and physical pain
- Improved emotional well-being
- Diminished feelings of depression, helplessness, hostility and isolation.
- Increased feelings of joyfulness, emotional resilience, vigor, self-worth, happiness, and optimism

These health benefits can be maintained for hours or days just by remembering the event. Maintaining relationships of friendship, love or simply having a positive bond with another person can strengthen the immune system.

**Interesting Fact:** Regular club attendance, volunteering, entertaining, or faith group attendance is the happiness equivalent of getting a college degree or more than doubling your income.

<http://www.actsofkindness.org/node/478425#here>

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.answerbag.com/q\\_view/286353](http://www.answerbag.com/q_view/286353), <http://en.wikipedia.org/wiki/Love>, <http://www.actsofkindness.org/node/478425#here>, <http://www.thisispublichealth.org/>, Allan Luks. The Healing Power of Doing Good: The Health and Spiritual Benefits of Helping Others.

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

# Wellness Comes in Seven

Wellness Resource Center

Become a Fan on Facebook!!

**Most of Us**



## For More Information February's Issue:

- Become a fan on Facebook!  
<http://www.new.facebook.com/pages/Columbia-MO/Wellness-Resource-Center/73112470116?ref=ts>
- Got Wellness?  
[Wellness.missouri.edu](http://Wellness.missouri.edu)
- Random Acts of Kindness  
<http://www.actsofkindness.org/node/478425#here>
- Public Health  
<http://www.thisispublichealth.org/>  
<http://publichealth.missouri.edu/index.php>

To add or remove your name to our distribution 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.

\* By responding to the Question of the Month you will automatically be

