

Wellness Comes in Seven

Wellness Resource Center

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Upcoming Events

Oct. – Alcohol Responsibility

Month (ARM):

1st – Resource Fair 10-2

Downstairs Brady Commons

1st – Speaker Judson Laippy

7-8 pm Jesse Auditorium

3rd –12-Hour Alcohol

Responsibility Walk

12pm-12am Stankowski Field

7th – Sex and Alcohol

Lunchbag 12:30-1:15

234 Brady Commons

7th – Career Panel

7-8pm Stotler Lounge

14th – Virtual Bar 7-8pm

Jesse Wrench Auditorium

15th – Drive Safe/Drive Smart

Lunchbag 12:15-1:00

234 Brady Commons

21st – Legal Issues Panel

Lunchbag 12:30-1:15

234 Brady Commons

Other Events:

15th– Love Your Body Day

20th– Health Screening Fitstop

11-3pm 34 Brady Commons

Question of the Month

“What is SAD an acronym for?”

Email Julie at tobiasja@missouri.edu with the correct answer to enter into a drawing for:

\$10 of Wellness Bucks!

Halloween Unmasked

Halloween was derived from an ancient Celtic festival called Samhain. It was believed in these times that on October 31 the boundary between the living and the dead would be broken and the spirits would cause mayhem amongst the living. Bon fires were held where the remains of dead livestock were burned and masks were worn to appease the spirits. Irish and Scottish settlers brought these Halloween traditions with them in the nineteenth century.

Are You SAD

SAD is an acronym for seasonal affective disorder and it occurs in some during the winter when there is less light during the day. The signs are:

- Sleep too much
- Have less energy
- Crave sweets and starchy foods
- Depressed: sad, disinterest, feel worthless, change in weight.

This mood disorder can be altered, visit www.nlm.nih.gov or talk to your doctor if you have these symptoms.

Healthy Halloween Treats

Take Along Snack Mix

Serves 9 190 calories per serving

- 1 1/2 Tablespoons butter
- 1 1/2 Tablespoons honey
- 1 Cup Cheerios
- 1 Cup Crispix
- 1/2 Cup Peanuts
- 1/2 Cup thin pretzels, broken in half
- 1/2 Cup raisins
- 1 Cup M&M baking bits



In a large, heavy skillet melt butter over low heat.

Add honey and stir well.

Add cereal, nuts, pretzels, raisins and stir until evenly coated.

Continue cooking over low heat for 10 minutes, stirring frequently.

Remove from heat and immediately place on a sheet of wax paper until cool.

Stir in M&M

Store in tightly covered container.

Wellness Tip

Having trouble motivating yourself to work-out? Get a work-out buddy and maintain a regular schedule. A friend will help motivate you and will increase the likelihood of fulfilling your goal.



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

Sources: www.wikipedia.org, www.nlm.nih.gov, <http://foodivillage.com>

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For More Information On This Month's Issue:

- Become a fan on Facebook!
<http://www.new.facebook.com/pages/Columbia-MO/Wellness-Resource-Center/73112470116?ref=ts>
- Alcohol Responsibility Month
http://wellness.missouri.edu/Documents/ARM%202008_Calendar.pdf
- Alcohol Responsibility Month Walk
http://wellness.missouri.edu/Documents/ARM%202008_RegForm.pdf
- Love your body Day
<http://wellness.missouri.edu/EDwww/>
- Fitstop
<http://wellness.missouri.edu/fitstop/>
- Halloween
<http://en.wikipedia.org/wiki/Halloween>
- Seasonal Affective Disorder
<http://vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-meta?query=SAD&v%3Aproject.nlm-main-website>