

Stall News

Created by The Student Health and Wellness Center
And Jessi Miller (Office Assistant)



April 2011

Stress

Stress is loosely defined as difficulty that causes worry or emotional tension. According to our Spring 2010 American College Health Association's (ACHA) National College Health Assessment (NCHA) survey, 29.7% of Longwood's

students experience negative impacts on their academic performance due to stress (1). A stressor is any agent that causes you stress and is determined on an individual basis. Stress can negatively and positively effect the body.

We are negatively effected when we do not know how to manage stressful situations. Negative effects of stress can include back, shoulder or neck pain, hair loss, weight gain or loss, irregular heart beats, etc (2).

Upcoming Events

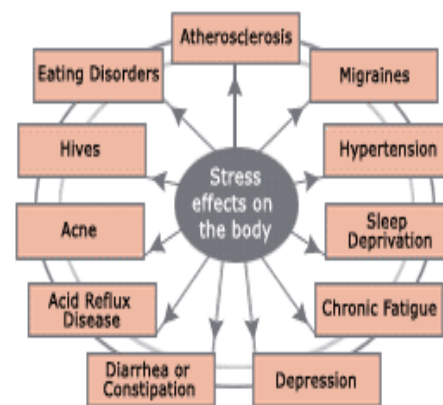
Alcohol Awareness Month	April
World Health Day	April 7
Relay for Life	April 15-16
Peer Health Educator Moe's Night	April 16 4-8pm
Free Massages (434)395-2356	May 2-6

Fight Stress With Healthy Habits

Stress is a fact of life for most people and in many cases can not be avoided. Managing stress is all about taking charge of any given situation. It's important to take control of your thoughts, emotions, your schedule, your environment, and the different ways you choose to deal with your problems. Time management is crucial because it enables you to be well-balanced with time for work, relationships, relaxation, and of course fun! Stress can also be a good thing. Good stress is also known as "eustress" and can help you by enhancing the immune system, improving the ability to respond to a stimulus (fight or flight), and provide motivation and excitement (2).

10 healthy ways to deal with stress (3):

- Talk with family and friends on a regular basis
- Daily physical activity
- Accept things you cannot change
- Remember to laugh
- Give up bad habits
- Slow down and pace yourself
- Get plenty of sleep
- Get organized
- Practice giving back
- Try not to worry



Positive Self-Talk

Although no one tends to admit it, we all talk to ourselves throughout the day. Self-talk can be positive or negative and can influence our thoughts and behaviors. Negative self-talk can cause your heart to beat faster, your palms to sweat, and increase blood pressure whereas positive self-talk helps you relax, go with the flow, think of "difficult" people as hurt, worried, or needy, and will help you look at problems as opportunities (4).

Positive self-talk is when you talk to yourself in a beneficial manner.



The extent to which you respect yourself impacts how well you relate to the world around you. Everyone has the ability to change negative thoughts to positive ones.

The happier you are with yourself, the happier you will be with others around you.

Examples of positive self-talk include:

- I am making progress
- I can handle this
- I am willing to try
- I am excellent at...
- I have a fantastic...
- I will keep trying

"As you think, so you become" (4).

Proven Stress Relievers

• Exercise	• Vacations
• Music	• Yoga/Meditation
• Laughter	• Deep breathing
• Drawing	• A balanced diet
• Reading	• Gardening
• Sports	• Massages

Resources

- ACHA-NCHA 2010 Executive Summary (1)
- www.meditativerelaxation.com (2)
- www.heart.org (3)
- The "Classic": Adapting to Stress (4)

Like "Stall News" or just want one for yourself? Print one out at www.longwood.edu/health/stallnews.

Lankford Student Union
Approved for Posting

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful



Caption describing picture or graphic.

newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World Wide Web. You can write about a variety

of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon

“To catch the reader’s attention, place an interesting sentence or quote from the story here.”

new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thou-

sands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the



Caption describing picture or graphic.

image near the image.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a suc-



Caption describing picture or graphic.

cessful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World Wide Web. You can

write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon

new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

“To catch the reader's attention, place an interesting sentence or quote from the story here.”

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thou-

sands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the



Caption describing picture or graphic.

image near the image.

Longwood University

Primary Business Address

Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail:
someone@example.com



Your business tag line here.



This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names

and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to

mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.