



# From the Eagle's Beak

Volume 2, Issue 1

October 2008

**Benedictine University  
Student Health Services  
and Counseling Center  
Krasa 116  
M-F: 9a.m - 4:30 p.m.**

## **Needed to Know, You Learned in Kindergarten!**

Well, at least the basics.

The simple principles you were taught at 5 years of age still apply!!

*"Wash your hands before you eat."* Hand washing is an important defense against germs. It is your first defense against flu and colds.

*"Take a nap every afternoon."* Sleep 8-9 hours every night. Take a short 20 minute nap, if you feel sluggish. Recent studies have linked sleep deprivation to hypertension, type 2 diabetes, and memory impairment.

*"Have cookies and milk every afternoon."* Don't forget your fruits and vegetables! Nutrition is another key component in maintaining health and wellness. Snacks are okay, but avoid a steady of sugary fatty foods. Choose snacks that are a combination of protein, fat, and carbohydrates to provide sustaining energy without too many extra calories.

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## **Your Student Health Services**

Our mission is to contribute to your academic success by keeping you physically and mentally healthy.

The staff consists of two licensed registered nurses and a counseling center headed by a licensed Doctor of Psychology. The office is located on the first floor of Krasa, Room 116. Maintaining immunization records and keeping a current health form on file are two components required by the University and the State of Illinois to insure health and wellness on the campus.

The Student Health Service is free to undergraduate students who seek advice, have a minor ill-

ness or injury, or need counseling. Look for our brochures around campus to see a listing of services.

Find out more about us on the University web site under student/campus resources.

In addition to the office visits, you will find the nurses out and about on campus hosting health education programs throughout the year. We recently co-hosted a health and safety program with University Police. Look for us, again, in October when we begin our campaign to promote SLEEP!

In November we will be hosting "Chicken Soup for the Stressed Out Soul" and in December look for

The Stress OUT Zone, our quiet place to retreat to during final exam week. Watch for flyers promoting the free massages that will be offered during the week of final exams as well.

## **Exercise for the College Co-ed.**

Exercise to look good and feel good, and to relieve stress. Regular exercise helps to maintain weight, enables a person to sleep better, think more clearly, and maintains balance and muscle tone. There are many ways to exercise and stay active on campus.

Walking is the cheapest form of exercise. A 15-20 minute brisk walk everyday is a good start to incorporating activity into your daily life. If you like group activities, join one of the campus intramural teams or become involved in one of the Pilates, yoga, or exercise programs offered on campus.

Exercise isn't limited to physical activity or muscle groups. The most important body part to exercise is your brain. Your brain exercises when you create, read, reason, and when you think before you act. Think about what? Think about your values, your goals, and the

### **Cont'd .... Everything You Needed to Know...**

Lastly, *"Live a balanced life-learn some, think some, and draw and paint and sing and dance and play and work some every day."* This last bit of the poem reflects our own Benedictine value of living a life in balance. *Excerpts from Robert Fulghum's Poem: All I Really Needed To Know....*



Cont'd from col. 4.. consequences of your actions. Think about the choices you are making and whether those choices will contribute to your overall success.

**GET UP AND GO!  
Get moving!**