



From the Eagle's Beak

Volume 2, Issue 4

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

Exercise:

What Is It Good For?

Exercise boosts the immune system, gives you energy, can elevate your mood, strengthens muscles including the heart muscle, maintains or improves vascular tone, lowers blood pressure, controls blood sugar and cholesterol, relieves stress, and helps improve the quality of sleep.

Exercise is important, however, most of us think of grueling routines or belonging to some expensive health club. A better word for exercise would be **ACTIVITY**.

Most activities increase your heart rate and that is good for you. Increased heart rate means increased blood flow leading to improved circulation. Also, being active may contribute to more involvement with others.

How many different ways can you be active? Walking, dancing, riding a bike, playing tennis, swimming, gardening, jogging, etc...

Research has shown that 3 or 4 10-minute sessions of brisk walking can be as beneficial as a 30 or 40 minute session.

Exercise or be active on a regular basis. Be creative. Find ways to increase your activity. There are many opportunities on campus for you to become active. Just don't sit there! What are you waiting for? Get up and Go!

STALKING

911

A recent federal survey reported that stalking is under reported and misunderstood. Stalking is defined as a course of conduct directed at a specific individual that in a reasonable person would cause fear.

Stalking behavior includes the following actions:

- Unwanted phone calls and messages
- Spreading rumors
- Following or spying
- Showing up at places
- Unwanted letters / emails
- Waiting for victim
- Leaving unwanted presents

Stalking is another way in which the abuser continues

to abuse their victim. Advances in technology have made this crime more sophisticated. Stalkers have used GPS systems, email, and cell phones to track and harass their victims.

Experts in the field of domestic violence say that stalking can be one of the more dangerous outgrowths of domestic violence because of the abuser's refusal to let go.

Men or women can be victims of stalking. People between the ages of 18 and 24 have the highest rates of being stalked. Three out of four victims knew the stalker in some fashion. Only one in three reported being stalked by a stranger.

Chicago Tribune, Wednesday, January 14, 2009

Stalked? Report It!!

- * Follow your gut instinct. Immediately state your unwillingness to have future contact.
- * Report every occurrence even if it doesn't seem significant.
- * Tell others that you are being stalked. Tell them to be on the look out for the stalker.
- * A restraining order may not protect you from harm, but it will help the police to make an arrest.
- * The key to making restraining orders effective is to be willing to follow thru.
- * Call the National Center for Victims of Crime at 800 -FYI-CALL or email gethelp@ncvc.org

Are You Caught in the Net?

Are you spending 8 hours or more a day on the internet? Is the internet interfering with your social life or school work? Here are some tips for managing your time spent on the internet.

Check emails once or twice a day at specific times. Set

a timer while using the net. Stop when your time is up.

Have a specific goal for internet use. If you are doing research for a paper, use the timer to limit the time you spend on that particular assignment. Want to shop on the internet? Again, be specific in what you are looking for and set a time limit. But, you use the internet for socializing

and relaxing. Again, time management is important.

Addictive internet use shares similarities with other addictive behaviors. If your internet usage is significantly interfering with your daily activities, seek professional help immediately.

Resource: Student Health 101, January 2009 issue.