

Health and Wellness Newsletter

TCNJ Health and Wellness Offices

Alcohol and Other Drug Education

<http://adep.tcnj.edu/>
(609) 771-2571
Forcina Hall 308

Anti-Violence Initiatives

<http://oavi.tcnj.edu/>
(609) 771-2272
Forcina Hall 308

Counseling and Psychological Services

<http://caps.tcnj.edu/>
(609) 771-2247
Eickhoff Hall, Suite 107

Collegiate Recovery Program

www.recovery.pages.tcnj.edu
(609) 771-2134
Forcina Hall 308

Recreation and Wellness

<http://recreation.tcnj.edu/>
(609) 771-2223
Rec Center

Religious and Spiritual Life

<http://religiousandspiritualife.tcnj.edu/>
(609) 771-2571
Forcina Hall 308; Spiritual Center

Student Health Services

<http://health.tcnj.edu/>
(609) 771-2889
Eickhoff Hall, Suite 107

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Why Personal Relationships Are Important

Healthy relationships are a vital component of health and wellbeing. There is compelling evidence that strong relationships contribute to a long, healthy, and happy

life. Conversely, the health risks from being alone or isolated in one's life are comparable to the risks associated with cigarette smoking, blood pressure, and obesity.

Research shows that healthy relationships can help you:

Live longer

A review of 148 studies found that people with strong social relationships are 50% less likely to die prematurely. Similarly, Dan Buettner's Blue Zones research calculates that committing to a life partner can add 3 years to life expectancy (Researchers Nicholas Christakis and James Fowler have found that men's life expectancy benefits from marriage more than women's do.)

Deal with stress

The support offered by a caring friend can provide a buffer against the [effects of stress](#). In a study of over 100 people, researchers found that people who completed a stressful task experienced a faster recovery when they were reminded of people with whom they had strong relationships. (Those who were reminded of stressful relationships, on the other hand, experienced even more stress and higher blood pressure.)

Be healthier

Research indicates that strong relationships contribute to health at any age. According to research by psychologist Sheldon Cohen, college students who reported having strong relationships were half as likely to catch a common cold when exposed to the virus, while an AARP study with older adults found that loneliness is a significant predictor of poor health. More generally, a 2012 international Gallup poll found that people who feel they have friends and family to count on are generally more satisfied with their personal health than people who feel isolated.

Moreover, hanging out with healthy people increases your own likelihood of health—in their book *Connected*, Christakis and Fowler show that non-obese people are more likely to have non-obese friends because healthy habits spread through [our social networks](#).
Continued.....



Feel richer

A survey by the National Bureau of Economic Research of 5,000 people found that doubling your group of friends has the same effect on your wellbeing as a 50% increase in income!

On the other hand, **low social support** is linked to a number of health consequences, such as:

- **Depression.** Loneliness has long been commonly associated with depression, and now research is backing this correlation up: a 2012 study of [breast cancer](#) patients found that those with fewer satisfying social connections experienced higher levels of [depression](#), pain, and fatigue.
- **Decreased immune function.** The authors of the same study also found a correlation between loneliness and immune system dysregulation, meaning that a lack of social connections can increase your chances of becoming sick.
- **Higher blood pressure.** University of Chicago researchers who studied a group of 229 adults over five years found that loneliness could predict higher blood pressure even years later, indicating that the effects of isolation have long-lasting consequences.

According to psychiatrists Jacqueline Olds and Richard Schwartz, social alienation is an inevitable result of contemporary society's preoccupation with materialism and frantic "busy-ness." Their decades of research supports the idea that a lack of relationships can cause multiple problems with physical, emotional, and spiritual health. The research is clear and devastating: **isolation is fatal.**

TAKEN FROM: <https://www.takingcharge.csh.umn.edu/why-personal-relationships-are-important>

Nurture Your Relationships

Relationships aren't static—they are living, dynamic aspects of our lives that require attention and care. In order to benefit from strong connections with others, you should take charge of your relationships and put in the time and energy you would any other aspect of your wellbeing.

Connect with your family

One of the biggest challenges for families to stay connected is the busy pace of life. But Blue Zones research states that the healthiest, longest-living people in the world all have something in common: they put their families first. Family support can provide comfort, support, and even influence better health outcomes while you are sick. Relationships and family author Mimi Doe recommends connecting with family by letting little grievances go, spending time together, and expressing love and compassion to one another.

Of course, the same practices apply to close friends as well. This is especially important if you don't have living family, or have experienced difficult circumstances, such as abuse, that would make it difficult for you to connect with your relatives.

Continued.....

Develop your relationship skills

Practice gratitude

Gratitude is one of the most accessible positive emotions, and its effects can strengthen friendships and intimate relationships. One 2010 study found that expressing gratitude toward a partner can strengthen the relationship, and this positive boost is felt by both parties—the one who expresses gratitude and the one who receives it. Remembering to say “thank you” when a friend listens or your spouse brings you a cup of coffee can set off an upward spiral of trust, closeness, and affection.

Learn to forgive

It’s normal for disagreements or betrayal to arise in relationships, but your choice about how to handle the hurt can have a powerful effect on the healing process. Choosing to forgive can bring about a variety of benefits, both physical and emotional. Fred Luskin, head of the Stanford Forgiveness Project, says it’s easier to let go of the anger or hurt feelings associated with a circumstance if you remind yourself that much of your distress is really coming from the thoughts and feelings you are having right now while remembering the event—not the event itself.

Be compassionate

Compassion is the willingness to be open to yourself and others, even in painful times, with a gentle, nonjudgmental attitude. When you feel compassionate toward another person—whether a romantic partner, friend, relative, or colleague—you open the gates for better communication and a stronger bond. This doesn’t mean taking on the suffering of others, or absorbing their emotions. Rather, compassion is the practice of recognizing when someone else is unhappy or whose needs aren’t being met and feeling motivated to help them. We are an imitative species: when compassion is shown to us, we return it.

Accept others

It is also important to be accepting of the other person in the relationship. Obviously, this does not apply in situations of abuse or unhealthy control, where you need foremost to protect yourself. But otherwise, try to understand where the person is coming from rather than judge them. As you do for yourself, have a realistic acceptance of the other’s strengths and weaknesses and remember that change occurs over time.

Create rituals together

With busy schedules and the presence of online social media that offer the façade of real contact, it’s very easy to drift from friends. In order to nurture the closeness and support of friendships, you have to make an effort to connect. Gallup researcher Tom Rath has found that people who deliberately make time for gatherings or trips enjoy stronger relationships and more positive energy. An easy way to do this is to create a standing ritual that you can share and that doesn’t create more stress—talking on the telephone on Fridays, for example, or sharing a walk during lunch breaks, are ways to keep in contact with the ones you care about the most.

Balance social and alone time

Gallup researchers Jim Harter and Raksha Arora found that people who spend **6-7 hours per day socializing** (which could mean hanging out with friends, sharing meals with family, or even emailing a colleague) tend to be the happiest. In contrast, those who have zero interactions (or an exhausting overload of social time) feel more stressed. Knowing when to give your time to others and when to take some time for yourself can be crucial in maintaining balanced, healthy relationships as well as emotional wellbeing.

Try a guided forgiveness meditation

This guided forgiveness practice has three steps: We begin with those whom we have caused harm, intentionally or unintentionally. Next we turn our attention to those who have similarly caused us harm, intentionally or unintentionally. And, finally, we turn our attention to self-forgiveness, for ways we may have harmed ourselves, intentionally or unintentionally. You can repeat this process with the same or different people as often as you wish.

<https://soundcloud.com/tcoyh/forgiveness-meditation>

SOURCE: <https://www.takingcharge.csh.umn.edu/nurture-your-relationships>

Work on Communication for Healthy Relationships

The foundation of healthy relationships is strong communication. Learn to improve your connections with others by following these tips.

Share your feelings

Discussing your feelings and needs can be difficult. However, people can only begin to understand you at a deep level if you share your feelings with them.

So go ahead and express yourself. When you don't want to talk, use a journal to explore the feelings that you have trouble communicating. This will give you some time to reflect until you are ready to talk about it.

Build trust

Trust is the safe feeling that enables you to be vulnerable with another person, without fear of judgment, abandonment, or betrayal. John Gottman, marriage researcher and author of *The Science of Trust*, has found that there are particular times during a relationship when trust can be cultivated and strengthened: when someone expresses a need for emotional connection or support, during disagreements, and when discussing a conflict from the past. Listening deeply to your friend, family member, or partner during these moments can pave the way for trust to build, enabling you both to be more open and supportive of one another.

Listen deeply

One of the best ways you can show your friends, family, or partner how much you care is to listen to them with an open mind and your full attention. Turn off the television and remove distractions. Make eye contact and try to hear what the person is saying, without letting your own judgments get in the way.

In her book *The Five Keys to Mindful Communication*, Susan Gillis Chapman says that by giving up our “toxic certainty” about what another person is thinking, we create an open space that allows us to fully understand them for who they are. This can make us better communicators and increase the level of trust and comfort in the relationship.

Be vulnerable

Although the idea of being vulnerable—exposing yourself emotionally to another person—may sound frightening, Brene Brown says that it’s the key to developing strong relationships with others. Without truly opening up to another person, we are unable to form bonds of complete trust and intimacy. In fact, she says, “Vulnerability is a glue that holds intimate relationships together.” You can be vulnerable by sharing your feelings, even when they are uncomfortable—for example, by telling a friend that you need someone to listen, or allowing yourself to cry when describing a difficult time in your life.

Manage conflict

Conflict management is one of the most important skills for sustaining healthy relationships. This includes clear and open communication, mutual respect, shared exploration, an orientation to collaborative problem solving, and a commitment to resolution.

Conflict management involves analyzing a situation and developing a solution that meets the needs of all concerned. Remember to actively listen and speak in a fair and balanced manner. If you are caught up in the heat of anger, try defusing it, so you can approach the situation less reactively.

While it is important to allow yourself to feel and express anger when it is warranted, you want to focus on the issue and how it impacted you rather than blaming or shaming the other. Take a deep breath and step away from the situation if necessary. When you are calm, you can tease out what part of your anger is desire to hurt back, and let that go—it is not helpful.

Don't stereotype

It is important to see an individual as a person first, and not as a representative of a particular group. Within any given group, there is a very broad variation due to individual uniqueness. Gender, age, and cultural stereotypes are common in our society. Do the following statements sound familiar to you?

"Oh well, he's a guy."

"Of course she feels that way, she's a woman!"

"He's too old for that!"

If we approach our relationships with these attitudes, thinking we have all the answers and have others figured out, we lose harmony and balance, creating an environment for competition.

SOURCE: <https://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/relationships/work-communication-healthy-relationships>

Relationship Tests



[The Sustainable Marriage Quiz](#)

How much does your relationship expand your knowledge and make you feel good about yourself?

[How Deep is Your Love? Quiz](#)

How passionate do you feel in your current relationship?

[Quick Compassionate Love Quiz](#)

How compassionate do you feel in your relationship?

[How Strong is Your Relationship? Quiz](#)

For help in determining the strength of your current long-term relationship or marriage.

[Romantic Attachment Quiz](#)

A 41-item quiz to help you determine your romantic attachment style — whether relationships make you more anxious or avoidant.

[Feeling Connected? Quiz](#)

How connected in your [relationship](#) with your partner are you right now?

[Domestic Violence Screening](#)

For helping to determine whether you have symptoms commonly associated with someone in a physically or emotionally abusive relationship and [domestic violence](#).

[Energy Vampires Quiz](#)

Are you being drained by an [energy vampire](#)? Answer 20 questions and we'll tell you.

[Do I have a Love, Lust or Loser Relationship?](#)

For helping to determine whether your relationship is love, just lust, or a loser.

[Interpersonal Communications Skills Test](#)

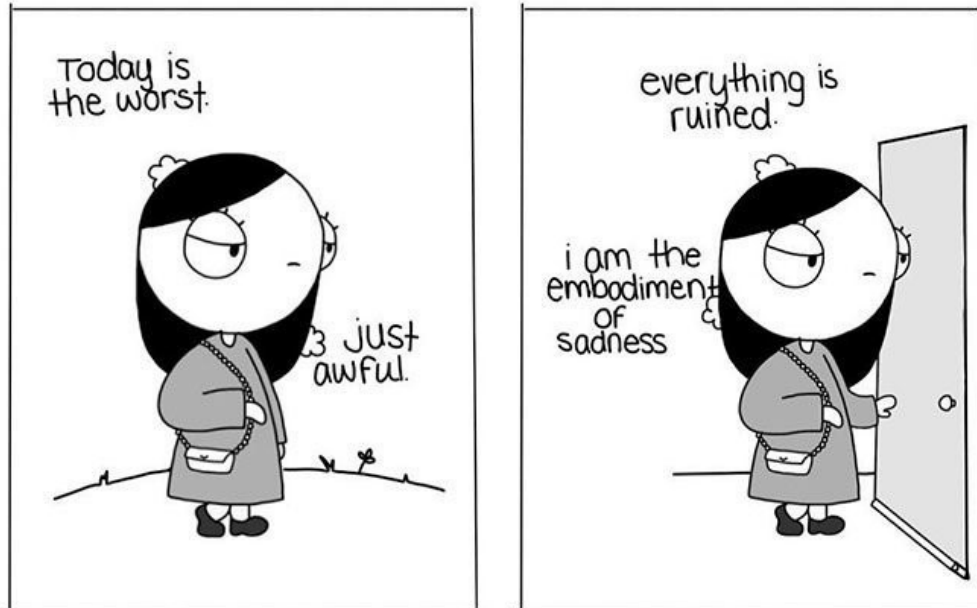
How well do you communicate with others? In your personal life? In your work life? Do you have difficulty getting your point across?

[Parenting Style Quiz](#)

What's your parenting style? Are you more democratic or authoritative? Is your style more strict or lenient?

SOURCE: <https://psychcentral.com/quizzes/sexuality-relationship-tests/>

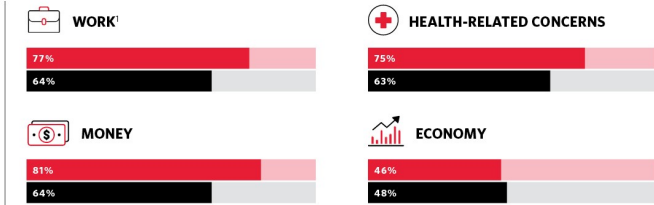
Just for laughs



What Causes Stress for College Students Today?

COMMON STRESSORS FOR GEN Z

STRESS IN AMERICA™
GENERATION Z
OCTOBER 2018



GEN Z ADULTS VS ADULTS OVERALL

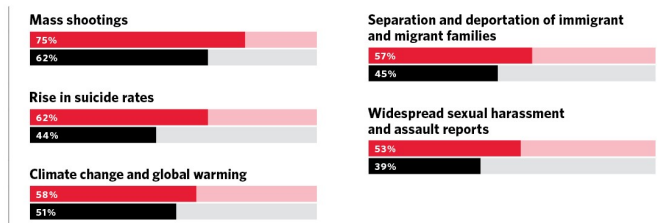
■ GEN Z ADULTS
■ ADULTS OVERALL

* Small base (n=100) of Gen Z adults. Results are directional in nature.

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GEN Z FEELING STRESSED BY ISSUES IN THE NATIONAL NEWS

STRESS IN AMERICA™
GENERATION Z
OCTOBER 2018



GEN Zs VS ADULTS OVERALL

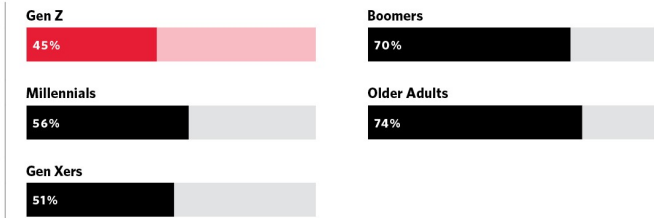
■ GEN Zs
■ ADULTS OVERALL

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MENTAL HEALTH OF GEN Z

LEAST LIKELY TO SAY THEIR MENTAL HEALTH IS EXCELLENT OR VERY GOOD

STRESS IN AMERICA™
GENERATION Z
OCTOBER 2018

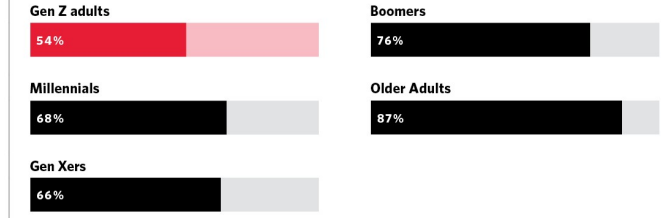


% REPORTING EXCELLENT OR VERY GOOD MENTAL HEALTH

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GEN Z IS STRESSED ABOUT THE COUNTRY BUT WILL THEY VOTE?

STRESS IN AMERICA™
GENERATION Z
OCTOBER 2018

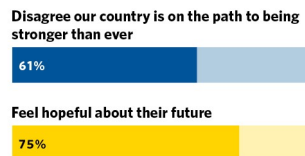
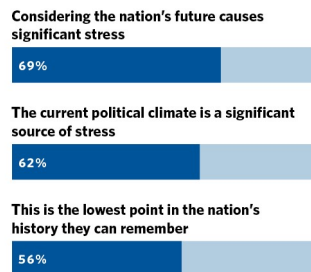


% REPORTING INTENTION TO VOTE IN THE 2018 MIDTERM ELECTIONS

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AMERICANS STRESSED ABOUT THE PRESENT BUT HOPEFUL FOR THE FUTURE

STRESS IN AMERICA™
GENERATION Z
OCTOBER 2018



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SOURCE: <https://www.apa.org/news/press/releases/2018/10/generation-z-stressed>



Center for Mindfulness and Compassion

Tips for Reducing Stress

What's Going on in Your Head?

Your attitude matters. Stress is part of life that can energize you or immobilize you. Exams can be viewed as a challenge and opportunity to integrate what you have learned or a threat to your identity and sense of worth. Your attitude toward exams may also be colored based on past experience.

It is often helpful to recognize if you have a habit of over identifying with your grades or if you have a self-defeating attitude toward exams. In mindfulness, each moment is a new moment. To acknowledge your habitual tendencies creates the opportunity to choose how you will deal with exams today.

Resisting Stress Doesn't Work...

Resisting, denying or ignoring stress just makes it worse. When you are feeling unproductive stress it is best to just acknowledge it without giving yourself a hard time in any way. Just acknowledging stress and then firmly and calmly redirecting your attention to whatever you need to do right now, be it memorization, organization or resting.

Grounding Yourself Works...

[Standing Movement and Breath Meditation \(10 minutes\)](#)

The body experiences negative stress and holds onto it unless there is an outlet. Some very simply standing mindful movements can help release unnecessary holding in the body. The mere act of redirecting your attention to the body and the breath can ground you in the present moment in a way that offers the possibility of clarity, acceptance and ease of being.

Setting Intentions Changes Outcome...

You know how you don't want to feel during exams but do you know how you want to feel? Knowing your intention changes your behavior. Research has shown that once you set an intention, the brain starts looking for ways to achieve it. Here are some examples of intentions that may help you function well during difficulty times:

- May I be calm and at ease in the midst of the challenges of the semester.
- May I treat myself with kindness.
- May I trust that my best (under the circumstances) is good enough.
- May I focus on this moment, letting go of thoughts about the past or concerns about the future.
- May I be patient and nonjudgmental, learning and growing from whatever arises.

Coping with Grief and Loss Reactions

Our campus community experienced a series of traumatic events and losses last semester that we won't soon forget. If you find yourself struggling, please keep these tips in mind.

Experience your thoughts and feelings

You have the right to have thoughts and feelings even if you were not directly affected and remind yourself you are normal and having normal reactions.

Talk about your thoughts and feelings

Even when the trauma is something that is being talked about publicly, it is important to talk to others about how you are affected. Talk to someone who feels safe to you.

Take care of yourself

Take care of your body by watching what/how much you eat, your use of alcohol, drugs, caffeine, nicotine, sugar and medicine and by practicing safe sex. Be sure to do some regular exercise and be more attentive when driving.

Take time

Be good to yourself—spent time with people you care about and do things that make you feel better. Take breaks, schedule pleasant activities, engage in positive distracting activities such as sports, hobbies and reading.

Have empathy

Each person experiences trauma differently and that you and others may have different needs at different times, try to be flexible. Remember that when under stress you may not react in a manner you would normally expect.

Moderate your news intake

If the trauma is widely publicized, be mindful of how the media reports affect you. While having information is helpful for some crisis, some people may want to limit how much they read, listen to or watch the news.

School and work

If you are having trouble concentrating in class or work talk to your professors or boss about how to handle your workload and still give yourself time to recover.

Take action

While you do not want to make big life changes in the immediate aftermath of a traumatic event, find ways to express your thoughts and feelings about the trauma. Suggestions include political action, community service and spiritual/religious practice to name a few.

Seek support

From campus and community resources. Consult a mental health professional if you need assistance or want to gauge your reactions.

When and how to seek help

Stress reactions usually diminish in severity over time. However, if your symptoms persist, cause you excessive discomfort, or increase over time you may want to seek professional assistance.

Source: <https://uhs.berkeley.edu/coping-trauma-grief-loss-and-tragic-news-and-events>

CAPS Spring 2019 Group Program

Moderate your Mood	Tuesdays 2-3pm
Parent Loss Support Group	Tuesdays 3:30-4:30pm
Food, Mood, and You	Wednesdays 11-12:15pm
Fit to a T	Wednesdays 11-12pm
Survivors of Assault Feeling Empowered (SAFE) Group	Wednesdays 1-2:15pm
Chill Out: From Anxiety to Resilience	Wednesdays 1-2:15pm
Race, Culture, Identity	Wednesdays 3-4:15pm
Not the Perfect Family	Wednesdays 3-4:15pm
Perfectly Imperfect	Thursdays 1:30-2:45pm
iThrive	Fridays 11-12pm
LGBQ+ Support Group	Fridays 1-2pm
Living Well	TBD

****New Group Spotlight****

Understanding Self and Others

Mondays 3-4pm

This group is for students who wish to increase self-understanding, self-esteem, and intimacy in relationships, learn to communicate more honestly and effectively with others, and gain support from their peers. What group members talk about and when they share is up to each individual. Most find that once they feel comfortable in the group, they benefit from discussing issues that led them to counseling such as trust, intimacy, anger, and assertiveness.

For more information and group descriptions, visit: [CAPS group schedule](#)

To sign up for a CAPS group- Email: CAPS@tcnj.edu

Staff Spotlight



Meet Babayemi Aiyegbo "Yemi"

Babayemi is a Licensed Clinical Social Worker who joined CAPS in January 2019. Babayemi currently serves as the Coordinator of Diversity and Inclusion Initiatives for CAPS and is also licensed as a Certified Screener. He received his Master of Social Work degree (MSW) in Client Centered Management from Fordham Univ.

As a Licensed Clinical Social Worker, he approaches the practice from an ecological perspective with interests that include men's health, drug policy, and young-adult development.

His past internships have included therapeutic learning, behavioral assistance, and opioid addiction. Babayemi has work experience in crisis intervention, intellectual/developmental disabilities, case management, and school social work.

In his free time, he enjoys creating digital music, traveling, and watching films.



I Am Diversity, Please Include Me

I 'm present in every place you go
Depending on your lens I'm friend or foe
I'm a force to be reckoned with
Like the winds of change I move. I'm swift.
I'm present when two or more are together
If embraced I can make the good even better.
I'm not limited to age, gender, or race.
I'm invisible at times and yet all over the place.
Don't exclude me due to a lack of knowledge
Welcome me like the recruit fresh out of college.
Let me take my seat at the table
Even though I may be differently able
My experience, my passion the authentic me
Can help add value for your company.
Learn about me; improve my underrepresentation
And I can provide a competitive edge to your entire nation.
I exclude no one I am strengthened by all
My name is Diversity and yes I stand tall.
Recognize me and keep me in the mix
Together there's no problem that we can't fix.
I am your best hope towards true innovation
And to many, I reflect hope and inspiration.
Your lives and companies will continue to change
Thus the need for Diversity and Inclusion will also remain.
Do all that you can to truly embrace me
And experience life's fullness totally
I'm the thought lurking behind the unfamiliar face
I'm the ingenuity that helps your team win the race.
I'm the solution that came from the odd question that was asked.
I stand out in the crowd when I, Diversity, am allowed to be unmasked.
I'm diversity embrace me and we'll journey far.
I'm Diversity include me and we will reach the shining star.
Coupled with Inclusion our lights burn longer
Together we are smarter, better and stronger
I am Diversity
Yes, that's me

Charles Bennafield
Written 3/8/2012 for The Conference Board Diversity Boot Camp
Spring 2012 team

SOURCE: <https://simmalieberman.com/i-am-diversity-an-outstanding-poem/>

THIS MONTH IN



How to handle jealousy and envy—and why it happens in the first place



RELEASED FEBRUARY 6



This quick body scan meditation will melt away your stress

RELEASED FEBRUARY 6

Quiz: How much sugar are you actually consuming?



RELEASED FEBRUARY 13

4 ways to get over your fear of public speaking



RELEASED FEBRUARY 20

ENTER TO WIN A \$25 AMAZON GIFT CARD

CAN'T REMEMBER THOSE DATES?

download our app  



@sh101_cw



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Student Health 101 & CampusWell

tcnj.readsh101.com



THIS V-DAY, GIVE THE GIFT OF *communication*

"I bottle up my feelings."

"We weren't bringing up the small issues regularly."

"Nobody could admit they were wrong."

These responses are from a recent *Student Health 101* survey where students told us how their communication breakdowns became relationship breakdowns. So how do you talk out the irritations and insecurities that arise in any relationship? Clear communication is the key to a strong connection, whether that's with your friend, parent, roommate, partner, professor, boss, or anyone else.

Next time you've got something on your mind, follow these steps:

1. Check in with yourself. Are you super rattled? Wait until you're calm enough to have a thoughtful conversation.
2. Think about what you want to say. Is it true, kind, necessary, and the right time?
3. Use "I" statements: "I am feeling hurt and angry," not "You are a thoughtless jerk."
4. Listen more than you speak. Listen fully until you understand the other person's perspective and feelings.
5. In a difficult conversation, "respond," don't "react." Instead of saying the first thing that comes to mind, take a few breaths and let the first wave of emotion pass. Then, respond truthfully, directly, and kindly.



@sh101_cw



@sh101_cw



Student Health 101 &
CampusWell

tcnj.readsh101.com



THE COLLEGE OF NEW JERSEY
ALCOHOL AND DRUG
EDUCATION PROGRAM

TIPS FOR THE UNIVERSITY

TIPS for the University is a nationally certified training that acknowledges that whether or not students choose to drink, they are likely to find themselves in situations where alcohol is being consumed. Unlike other alcohol education programs, TIPS for the University provides students with the confidence, skills, and strategies to prevent alcohol-related problems.

LOOKING TO ATTEND OR HOST A TIPS TRAINING?

Contact Christina Sargiss, the Program Assistant for Health and Wellness, at:

E: sargissc@tcnj.edu

P: 609 - 771 - 2451

Looking for an internship?



The Alcohol and Drug Education Program (ADEP) is looking for interns for Summer and Fall 2019! For more information, contact our office or check out our website!

<https://adep.tcnj.edu/>



Making the Most Of Life with Mindfulness

Free 9 week non-credit courses
Application Deadline: February 13th

This experiential course includes a variety of meditation practices, reflection, mindful/body connection exercises, information on science of mindfulness and activities that reduce stress, improve clarity of thinking and memory as well as enhance overall psychological & physical well being.

Tuesday Classes: February 19 – April 23

Session A: 11:30 AM – 12:30 PM

Session B: 1:00 - 2:00 PM

Session C: 2:30 - 3:30 PM.

First class is overview of what to expect during the course. Final commitment to course by 2/25.

For more information and to apply, email: Mindfulness@tcnj.edu

Center for Mindfulness and Compassion

Facebook - TCNJ website

• AVI | CAPS | THRIVE ✨

Meet The Peer Educators!

FEBRUARY 6TH

12 - 2 PM

STEM 102

Use this link to apply:

https://tcnj.col.qualtrics.com/jfe/form/SV_6YCYHhjBf8yTdAx

STOP IN AND LEARN ABOUT THE
DIFFERENT PEER EDUCATOR TEAMS
ON CAMPUS AND HOW YOU CAN GET
INVOLVED!



Don't have enough time to commit to being a SAVE PE or AVI Intern? Apply for our Street Team and engage in the community, raise awareness for AVI issues, and share violence prevention information! Street Team applications are currently live on the AVI website and will close on Monday, February 11, 2019. For more information, check out the Street Team tab on our site!

<https://oavi.tcnj.edu/>

AVI PRESENTS: MIKE MARJAMA



WHO IS MIKE MARJAMA?

Mike is a former catcher for the Seattle Mariners baseball team. Throughout his high school and professional baseball career, he struggled with an eating disorder. He retired from his baseball career to raise awareness of the stigma surrounding eating disorders and mental health in general while also promoting resiliency and the value of community.

DETAILS

BSC 100, 11 AM-12PM
Tuesday, February 12, 2019
Open to all of the TCNJ campus community

FORCINA HALL, ROOM 308 // [HTTPS://OAVI.TCNJ.EDU/](https://oavi.tcnj.edu/)
/ 609.771.2571

NATIONAL STALKING AWARENESS MONTH



**KNOW IT .
NAME IT.
STOP IT.**

Due to the extended winter break, AVI will be promoting Stalking Awareness Month from January 28th - February 28th. Keep an eye on our social media for information and for all the events we have planned. Want to show your support? Please stop by Forcina 308 to pick up your free Stalking Awareness Month ribbon and AVI stickers or pins.

SPARC

AVI

Showing Love to Survivors

**You deserve
to feel safe**

**What can I do
to support
you?**

**Your
boundaries
should be
respected**

**Whatever you
feel is okay**

**I am here for
you**

**I will support
you whatever
you decide to
do**

Due to the extended winter break, AVI will be promoting National Stalking Awareness Month from January 28th - February 28th. Take some time this month to remember that actions that may seem 'romantic' from the outside, may be concerning to the person experiencing it. Check in with the person first to see how they feel and use some of the phrases above to validate their experience.

SAVE THE DATE!

DAY TO END RAPE CULTURE 2019

TUESDAY, APRIL 9TH

APPLICATIONS FOR
PRESENTERS LAUNCHES ON
FRIDAY, FEBRUARY 8TH!

WE ARE CURRENTLY LOOKING
FOR CO-SPONSORS &
ADVISORS. IF YOU ARE
INTERESTED IN PRESENTING OR
HAVE ANY QUESTIONS, CONTACT
ANTI-VIOLENCE INITIATIVES AT
OAVI@TCNJ.EDU

EMP  **WER**





Spring Break Travel

Wherever your travels may take you this spring break, stay healthy and safe with these tips from the CDC!

BEFORE YOU GO

- ◆ Find out about vaccines needed and any other health concerns for your *destination*. Visit a travel medicine specialist in [Student Health Services](#), or your healthcare provider, at least 1 month before you leave the United States.
- ◆ **Pack smart** and prepare a travel health kit with the items you may need on your trip, including prescription and over-the-counter medicines, [insect repellent](#), [sunscreen](#), alcohol-based hand sanitizer, and condoms.
- ◆ Find out if your health insurance covers medical care abroad—many plans don't! Consider [additional insurance](#) that covers health care and emergency evacuation, especially if you will be traveling to remote areas.
- ◆ Check the [US Department of State website](#) for information on security risks. Register with the [Smart Traveler Enrollment Program](#) so the US embassy or consulate can contact you in an emergency.



DURING YOUR TRIP

- ◆ Be careful when indulging in the local cuisine. In developing countries, eat only food that has been fully cooked and served hot. Do not eat fresh vegetables or fruits unless you can peel them yourself. Drink only bottled, sealed beverages, and steer clear of ice—it was probably made with tap water.
- ◆ **Don't leave your healthy habits at home**—"what happens on spring break stays on spring break" may imply that taking risks is expected, but you should always play it safe when it comes to your health.
- ◆ Use condoms to reduce your risk of sexually transmitted diseases (STDs). Read more about preventing STDs on the [Traveler STD](#) page.
- ◆ Avoid getting tattoos or piercings to prevent infections such as those caused by HIV and hepatitis B virus.
- ◆ Use insect repellent to protect against diseases spread by mosquitoes, such as Zika, dengue, and malaria. Read more about how to [prevent mosquito bites](#).
- ◆ Wear sunscreen with SPF 15 or higher when outdoors. Remember that sun protection isn't just for the beach—you can get a sunburn even if it's cloudy or cold!
- ◆ Use a reputable travel guide or tour company if you plan on doing any [adventure travel](#) activities like reef diving, surfing, or zip-lining.
- ◆ Choose safe transportation. [Motor vehicle crashes](#) are the leading cause of death among healthy travelers. Always wear a seat belt and ride only in marked taxis or ride-sharing vehicles. Be alert when crossing the street, especially in countries where people drive on the left.

Hearing Loss

A night out to see your favorite musician is sure to make lasting memories, but could it also leave you with long-term hearing loss?

One good tip-off that you need to step up your hearing protection: Ringing in your ears. If you experience it after you left your last concert, it's a sign of damage. And though the ringing may subside over time, that sort of damage can last, even once your hearing seems to go back to normal. Over time, and with constant exposure, that damage can add up, eventually becoming noticeable. It could even turn into tinnitus, in which that ringing becomes constant.

With a few precautions, you can enjoy a live concert *and* protect your hearing. Here are a few ways to get started, courtesy of Forbes Media.



Noise-induced hearing loss is a major cause of hearing loss across the country. Permanent damage to the inner ear can occur after one extremely loud noise exposure or repeated exposure over time.

◆ STOCK UP ON EARPLUGS

Earplugs are an easy (and relatively affordable) way to protect your hearing. Don't worry — you'll still be able to hear the music. Just opt for musician-grade earplugs, which lessen the sound intensity while keeping the quality intact.

◆ STAY IN THE BACK

Forget the first row. Standing close to the speakers exposes your hearing to a higher volume of sound — and, the closer you are to the noise, the more intense it is. This might seem great in the moment (after all, you're there to hear the music), but it can leave your ears ringing.

◆ TAKE BREAKS

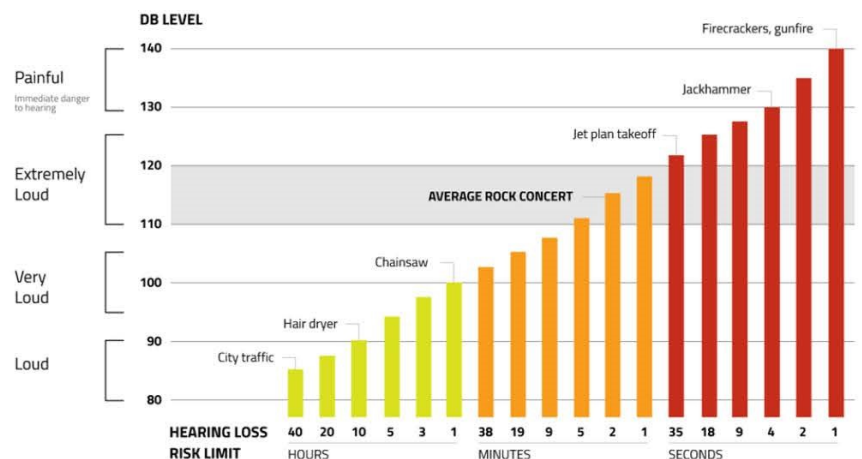
Enjoying two solid hours of loud music sounds like a dream — but it also means your ears don't get a break. During a lull in the music, step outside for five minutes to let your ears adjust to normal noise levels. It's better than nothing.

◆ GO ON A NOISE DIET

So you went to the concert and pushed your way to the front. There's still hope! After a night of loud music, go on a 24-hour "noise diet." This entails avoiding loud sounds as much as you can, turning down the volume of your headphones (if you use them at all) and giving your ears a break from the noise of daily life. It'll give your hearing a chance to recover — which, bonus, will help with any residual ringing in your ears.



HEARING LOSS: Decibel Level and Danger for Hearing Loss



GRAPHIC BY TODD OWNYC / WWW.ISHOOTSHOWS.COM

Adapted from "How To Protect Your Ears During Concerts, According To Top Otolaryngologists", Forbes Media 2019



February is National Condom Month

It's about respect – and responsibility – for yourself and your partner. Before deciding to have sex it pays to think about protecting yourself from sexually transmitted infections (STIs).

Not having sex is the best way to keep from getting an STI, but if you choose to be sexually active, using condoms correctly and consistently is a key way to reduce risks. Don't be shy to talk with your partner about safer sex and condoms. For both of you, this is one of the most important conversations you can have. It's also one of the smartest!

HOW TO TALK WITH YOUR PARTNER ABOUT CONDOMS AND SAFER SEX

- Sometimes people don't like to use protection for sex, so it can be helpful to think about how you might respond if you're ever with a partner who doesn't want to use a condom. Remember, you have a right to protect yourself and your health, and using condoms is a way to take care of your partner too – so you're not being selfish at all.
- Talk this over with your partner *before* you start to have sex. The two of you might even want to select and buy condoms together. When it's hot and heavy it might be easy to have sex without a condom "just this once."

FEB 11, 11:30 - 1, BSC 1st Floor
Spin the STI Wheel & win a prize!



A partner might have specific reasons for not wanting to use condoms. Look over this list to get ideas about how to respond if you ever feel pressured to have sex without a condom:

"I don't have any kind of disease! Don't you trust me?"

"Of course I trust you, but anyone can have an STI and not even know it. This is just a way to take care of both of us."

"I'm [or you're] on the pill."

"But that doesn't protect us from STIs, so I still want to be safe, for both of us."

"I didn't bring any condoms."

"I have some, right here."

"I don't know how to use them."

"I can show you – want me to put it on for you?"

"Let's just do it without a condom this time."

"It only takes one time to get pregnant or to get an STI. I just can't have sex unless I know I'm as safe as I can be."

HOW TO USE A CONDOM

DON'T store condoms in a hot place.

DO keep condoms in a cool, dry place

DON'T use out of date condoms or ones whose packaging is torn or damaged.

DO check the expiration date. Old condoms can be dry and can break more easily.

DON'T use scissors or your teeth when opening a condom—you might tear it.

DO open condoms with care.

DON'T try to put a condom on before the penis is erect (hard).

DO put the condom on an erect penis before there is any contact with a partner's genitals.

DON'T use oil-based lube with latex condoms. The oil can cause latex condoms to break.

DO use a water-based lube with latex condoms.

DON'T flip a condom over and reuse it if you put it on the wrong way. Throw it out and get a new one.

DO throw out a condom after you use it. Never reuse a condom.



what's happening

[TCNJ Event Calendar](#)

[Forrest Theatre](#)

[TCNJ Center for the Arts](#)

[RUTGERS EVENT CALENDAR](#)

[McCarter Theatre Center](#)

[George Street Playhouse](#)

[Mercer County Arts Organizations](#)

[The State Theatre](#)

[Trenton Culture, Art, History & Entertainment](#)

[Yardley Players](#)

[The Delaware River Towns](#)

[Walnut Street Theatre](#)

[Bucks County Playhouse](#)

[Philadelphia Theater Guide](#)

[Sellersville Theater](#)

[The Langhorne Players](#)

[Tin Angel](#)



GUEST COLUMN



By Puneet Sethi
TCNJ Registered Dietitian



February is National Heart Health Month. This February consider opening your **heart** to *mindful eating* on the path to long lasting health and wellness. With an open mind and an open heart, we can challenge negative judgements surrounding food and cultivate an approach to healthy eating that is centered around being present and appreciating the opportunity to feed and energize ourselves.

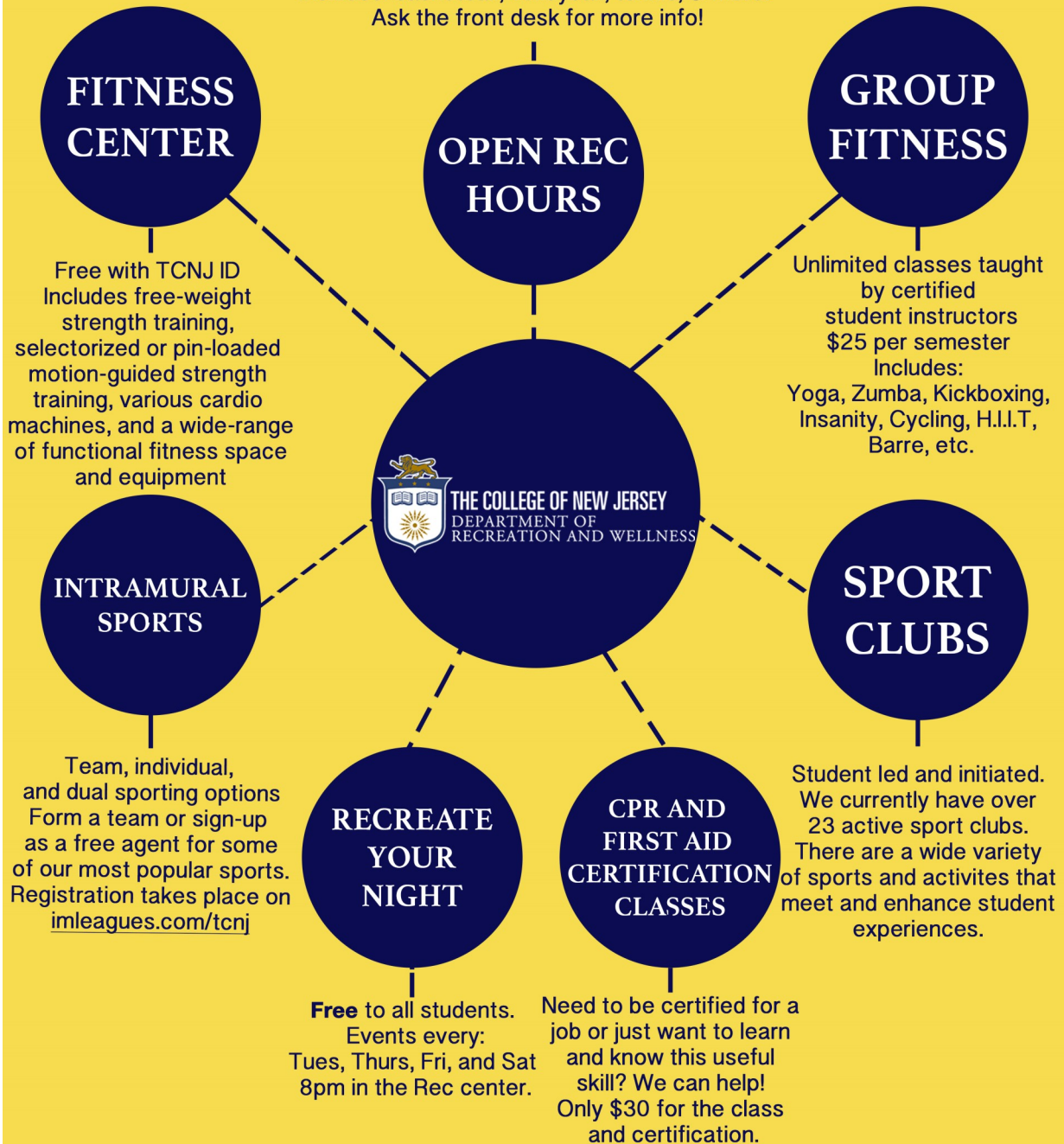
Every time nourish, refuel, or simply enjoy food it is an opportunity to have a *mindful moment*; we can develop a practice of mindful eating by repeating a few simple steps every time we eat.

- ◆ **Check in with yourself before you begin eating.** Are you hungry? Are you full? How long has it been since your last meal or snack? Checking in on a hunger and satiety scale can help discern patterns in eating. Try to avoid eating when overly physically hungry or full.
- ◆ **Observe.** How do you feel? Are you stressed, anxious, happy? How does the food in front of you look and smell? Is it appealing? Soak it in using as many senses as possible when observing your food, and how you are feeling before you begin to eat.
- ◆ **Remain in the moment.** Scrolling through social media on your phone? Checking emails? So wrapped up in a conversation that you didn't realize how fast, and how much you were eating? When you are eating, try to *just* eat. Turn off the TV, save long discussions for later and find a place to sit and eat. Building a practice of eating in a quiet, calm space will not only help reduce the mental clutter but also enable you to increase awareness of how you are feeling during the meal, allowing your brain to catch up with your stomach.
- ◆ **Savor and enjoy your food.** Enjoy my brownie mindfully? *YES*. Pleasure from food is part of the human experience. If you are eating something that tastes good or that has positive associations do not lose out on the opportunity to experience that by clouding it with negative judgements and guilty thoughts. *All* foods can fit into a healthy diet.
- ◆ **Be aware of when it is time to finish eating.** Know when it is time to stop by learning what physical cues indicate that you are starting to feel full and satisfied. Avoid feeling "thanksgiving full" after meals or snacks. An important part of knowing if you've had enough is also understanding your bodies nutritional needs and ensuring that you are well nourished (as emotions can sometimes make us feel that we are more hungry or full than we may be!).

Eat, Drink, & Be Mindful

What is Recreation and Wellness at TCNJ?

The courts in the Rec Center are open to all students from 6-8pm on weekdays, 1-7pm weekends for open play. Includes: basketball, volleyball, tennis, & more. Ask the front desk for more info!



Follow us on social media!

   @tcnjrecwell

Questions?

Email us at recwell@tcnj.edu

Join Our Team!

The Department of Recreation and Wellness is hiring for Fall 2019.

Learn more at our information tables.

Tuesday Feb 26th 3:30-5:30 pm

Wednesday Feb 27th 10 am-12 pm

Monday March 4th 2-4 pm

Position Available

- **Group Fitness Instructor:** Instruct students in various fitness classes in the TCNJ Fitness Studios. Contact us for information on auditioning to instruct a course. And let us know areas or courses of interest. *Certification in course interested in instructing required. 
- **Fitness Center Associate:** The first line monitoring the safety of the users, facility, and equipment; under the guidance of the Shift Manager. 
- **RECreate Your Night Event Assistant:** The foundation for our programs. This role helps ensure the events run smoothly as well as assist in event ideas. Events are every Tuesday, Thursday, Friday, and Saturday nights at 8pm.
- **Intramural Official:** Responsible for officiating all intramural sports offered. Several of the sports include flag football, soccer, basketball, softball, floor hockey, dodge-ball, volleyball, and more. No experience required.
- **Sport Club Supervisor:** Responsible for ensuring facilities are opened and closed properly for sport club practices and competitions. Supervisors adhere to all risk management protocols and ensure the safety of each participant. 

 Positions require First Aid, CPR, and AED certification.

All positions have in-service training all staff must attend.
If hired you will be informed of these.

Apply online through student employment website.
<https://studentemployment.tcnj.edu>

Applications Open: March 5th
Application Deadline: April 5th

Questions? Contact us at recwell@tcnj.edu

Need First Aid, CPR, and AED certification?

We offer blended learning classes for only \$30.
Online portion MUST be complete before in person classes.
Sign up at least 24 hrs before class time.

Tuesday, 3/26: 3-4:30pm
Wednesday, 3/27: 10am-11:30am
Monday, 4/1: 3:30-5pm
Thursday, 4/4: 9am-10:30am

All trainings will be held in Packer Hall Team Room 160 Sign up at
<https://goo.gl/forms/14V8799Xsmrx3naI2>



THE COLLEGE OF NEW JERSEY
DEPARTMENT OF
RECREATION AND WELLNESS

Gym Etiquette

YUP!



- Bring your TCNJ ID
- Follow Dress Code (sleeveless shirts and any garments that expose the torso, pants with buttons or zippers, appropriate athletic shoes)
- Clean up after yourself!! Put away the weights and equipment on their appropriate racks and storage locations.
- Wipe down all equipment
- Bring a day lock and secure your valuables in a locker in the locker room.
- Use Deadlift Deadners while deadlifting



NOPE!

- Don't slam the weights! Control the weights all the way to the ground for muscle engagement and better form. It also promotes safety as well as courtesy
- Don't hog the weights/machines during your workout, especially when the Fitness Center is busy.
- Don't judge! Everyone is at the gym to better themselves, Don't waste time on other people, focus on your own goals
- Don't use ANY attachments on the Land-Mine extension of the Synergy 360.
- Don't leave belongings on the floor, put in cubbies.
- Don't move barbells to other locations of the facility or away from their stations/benches/racks
- Do not block emergency exits

How do you RecWell?

Join us on
February 22nd
to celebrate
REC DAY!

Free Throw Shot Competition

11 a.m. - 12:45 p.m.
South Gym in Packer Hall
See if you can set the
record for the most free
throws in a minute or
compete in
the hot shot

RECreate Your Night

8 - 11 p.m.
Recreation Center
Kickball
Bubble Soccer
Prizes
Food
& MORE!

Winners
get **FREE**
Rec Day
T-shirt!

Free
Classes all
Day!



Rec Day Challenge
at the Fitness Center

Stop by to see if you can set the
record for longest time jump
roping and/or hula hooping

National Champions



TCNJ Cheer are National Champions!
At the UCA National Championship
Tournament, Cheer placed 1st out of 16
teams in the Open All Girl Division and
received gold medals.

Congrats!

How do you stay motivated?

What keeps me motivated, especially at the beginning of a semester, is establishing a solid routine, usually with the help of a visual schedule that I keep in my apartment and on my phone. This way I can be consistent, because I know exactly when my workouts and classes are, and I can see at what points in the day I will have time to do homework or to take care of whatever else I have going on.

—Corinne

At the beginning of the semester, I like to first write down all of my academic commitments, and then write in specific times that I am going to go to the gym or a fitness class so that I force it into my daily routine. It also helps to remember the feeling after a good workout when debating whether or not you should go to the gym. Lastly, I like to write down my goals so that I have a clear idea of what I am working towards accomplishing.

- Emily





INTERESTED IN
BECOMING A
THRIVE
HEALTH AND
WELLNESS
PEER
EDUCATOR?

JOIN US AT TCNJ'S PEER EDUCATOR OPEN HOUSE

Meet our peer educators and learn more about our role on campus, along with CAPS and AVI peer educators!

DATE: WEDNESDAY FEBRUARY 6, 2019

TIME: 12PM-2PM

PLACE: STEM 102

APPLY:

FOR MORE INFORMATION CONTACT: THRIVE@TCNJ.EDU



SAVE THE DATE



T H R I V E

The Wellness Expo

SPiritual OCCUPATIONAL

HELP PROMOTE HEALTH AND WELLNESS
AT THE COLLEGE OF NEW JERSEY

Recreation Center
Wednesday, April 3, 2019
11 am - 2 pm

RSVP TO RAFIA SIDDIQ AT [SIDDIQR@TCNJ.EDU](mailto:siddiqr@tcnj.edu)



Anti-Violence Initiatives:

- Speaker: Mike Marjama: Tuesday, February 12, BSC100, 11am—12pm
- Day to End Rape Culture: Tuesday, April 9th, Location TBD

Collegiate Recovery Program:

- NA Meetings: Fridays 6:30pm—8:00pm; Trenton Hall Room 106

Counseling and Psychological Services:

- Don't forget to check out our many group offerings for the spring semester: <https://caps.tcnj.edu/counseling-services/caps-groups/groups-schedule/>

Health & Wellness:

- Save the Date: THRIVE: Wednesday, April 3, 11am—2pm, Rec Center



- ◆ Holly Heller, Student Health Services NP, passed the International Society of Travel Medicine exam, earning her the prestigious “Certificate in Travel Health”!

