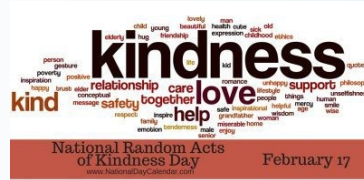


# Health and Wellness Newsletter



February is generally associated with Valentines Day and **Love**, however today I'd like to focus on a close cousin of love—kindness...something we could use a little more of these days. **February 11-17 is Random Acts of Kindness Week.**

Kindness is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with kindness. While kindness has a connotation of meaning someone is naive or weak, that is not the case. Being kind often requires courage and strength. Kindness is an interpersonal skill.

You've heard about survival of the fittest and Darwin. Survival of the fittest is usually associated with selfishness, meaning that to survive (a basic instinct) means to look out for yourself. But Darwin, who studied human evolution, actually didn't see mankind as being biologically competitive and self-interested. Darwin believed that we are a profoundly social and caring species. He argued that sympathy and caring for others is instinctual (DiSalvo, Scientific American, 2017).

Current research supports this idea. Science has now shown that devoting resources to others, rather than having more and more for yourself, brings about lasting well-being. Kindness has been found by [researchers](#) to be the most important predictor of satisfaction and stability in a [marriage](#). Many colleges, including Harvard, are now emphasizing kindness on applications for admission.

There are different ways to practice [kindness](#). One way to be kind is to open your eyes and be active when you see people in need. Do you notice when people could use a helping hand? A sense of community is created when people are kind to those who need help.

Opening your eyes means noticing when others are suffering. A kind word, a smile, opening a door, or helping carry a heavy load can all be acts of kindness. Celebrating someone you [love](#), giving honest compliments, sending an email thanking someone, telling someone how s/he is special to you, helping an elderly neighbor with yard work or food, taking a photo of someone and sending it to the person, sharing homemade food, refusing to [gossip](#), and donating old clothing and things you don't need are all ideas about how to practice kindness.

CONTINUED.....

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## TCNJ Health and Wellness

## 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 10

## 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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## Kindness cont'd

Kindness is a willingness to full-heartedly celebrate someone else's successes. [Gottman](#)'s work shows that your response to someone's successes may determine more about your relationship than how you respond when times are difficult. Do you minimize the success, not pay attention to it, or bring up all the problems with the success? Kindness is to be openly happy for the other person.

Kindness is also about telling the truth in a gentle way when doing so is helpful to the other person. Receiving accurate feedback in a loving and caring way is an important part of a trusted relationship. The courage

to give and receive truthful feedback is a key component of growth and flexible thinking.

Kindness includes being kind to yourself. Do you treat yourself kindly? Do you speak gently and kindly to yourself and take good care of yourself?

There are many ways to be kind and many opportunities to practice. Perhaps kindness is a value that could add more satisfaction to and strengthen your relationships.



A 12-step experiment designed to open our hearts, eyes, and minds.

[CHECK IT OUT](#)

### The Benefits of KINDNESS:



#### KINDNESS INCREASES:

1. The Love Hormone
2. Energy
3. Happiness
4. Lifespan
5. Pleasure
6. Serotonin



#### KINDNESS DECREASES:

1. Pain
2. Stress
3. Anxiety
4. Depression
5. Blood Pressure

Taken From: <https://www.randomactsofkindness.org/the-science-of-kindness>

## Coping with Academic Stress

Much has been made of recent studies revealing that Millennials (young people ages 18-29) are [America's most stressed generation](#). But younger members of Gen Y know that the pressure begins long before they're legal. With exam pressures and other life stressors at an all-time high, academic stress can become a daily struggle for many college students.

Whether it's your parents pushing you to boost your GPA, teachers criticizing you for a less-than-stellar test scores, or your own drive to do well in college — or some combination of the three — academic pressure can get the best of you if you don't learn how to deal with it properly.

"I think it all ties in to fear," Susan Stiffelman, author of ["Parenting Without Power Struggles,"](#) tells the Huffington Post. "Fear of not getting into a college, fear of not getting financial support if that's what you need, fear of not shining in college so that you're employable. Fear is a powerful motivator, but it also creates and generates tremendous amounts of stress."

We chatted with Stiffelman, a psychotherapist who has helped countless teens cope with school stresses, about her best tips for managing academic anxiety. Here are five helpful ways to get through your college years with less stress.

### 1. Take time for self-care.

Stiffelman emphasizes that you have to start with the basics, like sleep. "You have to give your organism the means to cope with stress, and that includes healthy food, non-harmful substances, sleep (dramatically more than most kids think they need), down time... Building into your day right-brain activity that lets you digest what you've been going through and process it. Those are some basic and almost biological needs we have."

Taking time to pause from the relentless pace of everyday life and enjoy creative activities that keep you from dwelling on or stressing over school pressures can go far in decreasing your stress levels.

### 2. Learn to change your thinking.

"You cannot get stressed out unless you believe your thoughts," says Stiffelman. "All stress is precipitated by stressful thinking."

When you start stressing about not finishing your project on time, your mind builds a case for why what you believe is going to happen *will* happen — and this can be paralyzing. So, when combating negative thinking patterns, Stiffelman recommends coming up with specific examples to counter the stressful thoughts. Think instead of concrete ways that you can create the time to work on a project, and how your previous line of thinking isn't accurate.



## Coping with Academic Stress cont'd

### 3. Take assignments one baby step at a time.

Stiffelman advises her young clients to chunk their work down into manageable, bite-sized portions that feel less overwhelming than looking at the big picture. If you have an essay to write that's making you feel anxious, list the individual steps that lead to the destination of the essay being finished (finding sources, creating an outline, writing an intro), and the task will begin to feel less daunting.

"List what you have going on, and list how much time each thing is going to take," she suggests. "Chunking things down makes them feel more manageable and less anxiety-inducing."

### 4. Lower your goals.

No, we're not talking about being a slacker. According to Stiffelman, following the truism "Lower your goals, you'll achieve more," can help to relieve stress *and* boost academic success.

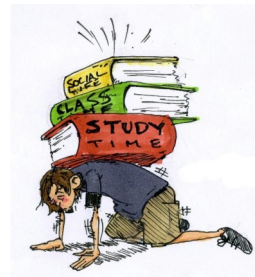
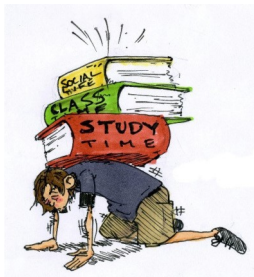
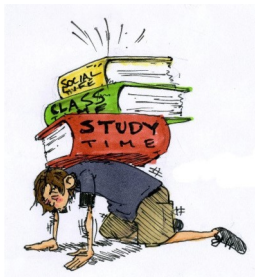
Instead of setting your goal to be getting the highest grade in the class, set a goal to feel satisfied with your performance.

### 5. Stay balanced during exam periods.

The importance of taking breaks and working in time to relax during your busiest and most stressful periods can't be overestimated, Stiffelman urges. No matter how hard you push yourself, nobody can maintain constant focus, and you will burn yourself out if you try. Take frequent, short breaks for fun activities so that you'll be able to go back to your writing or studying refreshed.

"Do something that, even for 15 minutes, brings you back to yourself," says Stiffelman. "I'll often say, 'What did you love to do when you were six years old?' Do a little bit of that when you're in prep mode to counterbalance the stress — no brain can work for 24 hours."

Adapted From: [https://www.huffingtonpost.com/2013/02/27/academic-pressure-5-tips-\\_n\\_2774106.html](https://www.huffingtonpost.com/2013/02/27/academic-pressure-5-tips-_n_2774106.html)



# TAKE 10!

## 10 Ways to Relax—When you only have 10 minutes

### ⇒ TAKE A MINDFUL WALK

Notice the smallest component of some of the things you see.....a flake of snow, the tiniest pebble on the sidewalk, the last drop of water clinging to a leaf, a single brick in a building.

### ⇒ CLOSE YOUR EYES AND DO A VIRTUAL TOUR OF A FAVORITE MEMORY

Challenge yourself to recall the details: note the sights, the sounds, the smells, the people, the faces; what you were wearing. Replay the whole thing, from the beginning to end, and watch it like a movie in your mind.

### ⇒ TAKE A POWER NAP

Don't forget to set an alarm for 10 minutes. You'll feel a little groggy when you first wake up, but after a few minutes you'll feel refreshed for hours. Don't be tempted to sleep longer than 10-20 minutes; you'll enter a different stage of sleep and will feel more tired after you wake up.

### ⇒ BE KID-LIKE

Blow bubbles; play with a yo-yo, or other favorite toy; pop some popcorn and share it.

### ⇒ GAZE AT A FAVORITE OBJECT OR PHOTO

### ⇒ LISTEN TO YOUR FAVORITE SONG THREE TIMES

Or, listen to your three favorite songs once!

### ⇒ GO OLD SCHOOL—SPEND 10 MINUTES IN A CARD STORE READING THE FUNNY ONES

Snail mail a friend...for no special occasion, just to let them know you thought of them. While you're at it send one to yourself!

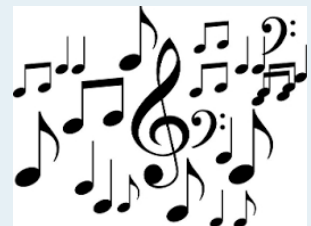
### ⇒ PRACTICE ONE NEW YOGA POSTURE

Get some ideas from the many yoga sites on the internet, or from a book or video.

### ⇒ DO SOME DRUMMING

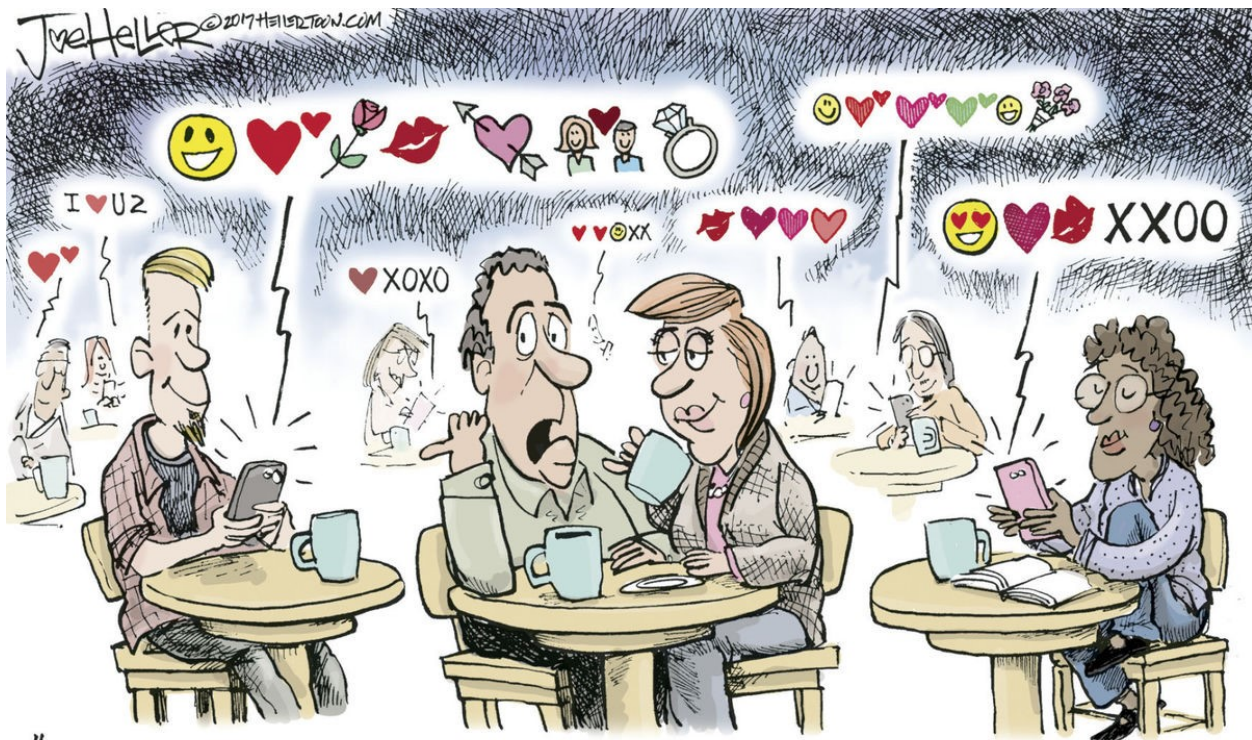
On a table, on your legs, or on a real drum if you have one.

### ⇒ DO ABSOLUTELY NOTHING FOR 10 MINUTES





# Just for laughs



"BACK IN MY DAY, I DROVE 10 MILES TO THE MALL IN THE SNOW, UPHILL BOTH WAYS, JUST TO GO BROKE BUYING A VALENTINE'S DAY CARD, FLOWERS + CANDY!"



Love equals love.



## How to Help a Friend with a Drinking Problem...

According to the National Institute of Alcohol Abuse and Alcoholism (NIAAA), approximately 20 percent of college students meet the criteria for an alcohol use disorder. Someone with an alcohol use disorder might experience mild, sometimes subtle, problems or even severe consequences in their life. Very often, we become aware of a friend's substance use problems before they are ready to acknowledge it themselves.

What can we do when we are concerned about a friend's alcohol use?

The American College Health Association's (ACHA) pamphlet "How to Help a Friend with a Drinking Problem" offers advice on what you can do to help someone you care about get help.

ACHA suggests that you start by telling your friend that you care about them and why you are concerned. They emphasize the importance of using non-judgmental language and focusing on the impact of the alcohol use on them rather than any frustrations you might feel about their alcohol use.

Because of the way substance use disorders are stigmatized, it's common for a person with an alcohol use disorder to present with self-protective denial and defensiveness. Setting compassionate limits with your friend while they work through their defensiveness may be helpful.

ACHA suggests:

- ◇ don't engage in the behavior you want them to change—avoid drinking with your friend or spending time with them when they are drinking,
- ◇ let them experience the consequences of their behavior by not covering or lying for them,
- ◇ lastly, remember that you are not responsible for their behavior or to get them to change.

When your friend is ready to make a change it is important that you be available to support them and even provide them with resources to make the change easier. Remember to praise and encourage your friend and let them know you will be there for them on this journey. Help them find new non-drinking activities that you can both do together. Be ready to remind them of the on-campus and other resources. The Collegiate Recovery Program and the Alcohol and Drug Education Program both provide resources to help students with substance use problems. TCNJ offers counseling services, SMART Recovery and Narcotic Anonymous meeting on campus, and the Collegiate Recovery Community. Showing compassion, setting limits, and being available with support and resources will go a long way in helping your friend start their journey of change and recovery.

The full ACHA pamphlet is available in CAPS/SHS.

# National College Health Assessment



## Attention Faculty and Staff

TCNJ will be administering, with our students, the American College Health Association's National College Health Assessment (ACHA-NCHA) early in the spring semester.

This survey is the GOLD STANDARD for data collection on student health habits, behaviors, and perceptions.

WE NEED YOUR HELP informing our students of the email for the survey opportunity, should they be **randomly** selected.

(Our goal is to increase the student response rate)

The Center for Institutional Effectiveness will provide the random selection of TCNJ undergraduate students. Each selected student will receive an email, on February 12th, with the online survey link from ACHA-NCHA.

Students who participate will be entered to win one of a variety of select gift cards or a free parking spot.

We will be using a "Willy Wonka's Golden Ticket" theme for marketing survey to students.

For general information regarding ACHA-NCHA:  
<http://www.acha-ncha.org/>



Contact:

JOE HADGE  
(609) 771-2572  
hadgej@tcnj.edu



# Anti-Violence Initiatives

## Counseling • Advocacy • Prevention

TCNJ's *Anti-Violence Initiatives (AVI)* leads the campus effort to address issues of sexual assault, domestic/ dating violence, and stalking. We work with our community partners to create a campus environment that is intolerant of abuse, responsive to the needs of victims/survivors, and holds perpetrators accountable for their actions. Our objective is to establish a campus culture of safety, free from power-based personal violence, resulting in a safer living and learning environment.

## Healthy Hearts for Valentine's Day!



**Celebrate friendship instead!**



**Open and honest communication is super important in relationships!**



**Even on V-Day, there is no room for pressure. Respect boundaries.**



**Romance doesn't end on V-Day. Show your partner you care about them all the time!**



**While a romantic Valentine's Day can be fun, it doesn't make up for bad behaviors. Lack of ongoing respect can be a sign of an unhealthy relationship. You deserve to feel appreciated every day.**



**Valentine's Day can also be about caring for yourself, whether you are in a relationship or not!**



**If you're not feeling it, staying home with someone is just as romantic!**

*Follow us on social media!*



/tcnjavi @tcnjavi @tcnj\_avi

Join our mailing list to receive emails about what we're up to! You can join our mailing list [here](#).

## #MeToo Campaign



Everyone's favorite day, the Day to End Rape Culture, is coming up! The Day to End Rape Culture, an expo style event designed to educate the community on rape culture and how to dismantle it, will be held on Tuesday, April 10th, 2018 from 11-3pm! Mark your calendars!

Want to get involved? We would love to have you as an advisor, presenter, or co-sponsor! To apply to be a presenter, please fill out this application [here](#).

If you are interested in being an advisor, please fill out this [form](#): Please email [oavi@tcnj.edu](mailto:oavi@tcnj.edu) if you have any questions!

**We also have officially released the topics for this year. They are as follows:**

Teaching Children about Body Autonomy, Gender Roles, and Consent  
Sex Ed/Healthy Sexuality  
Slut-Shaming  
Dress Codes  
Oversexualization of Women  
Green Dot  
Calling Someone In  
Male Gender Stereotypes  
Hypermasculinity  
Rape Culture in the Media  
Sexual Assault in Our Government and Legal System  
Empowering Survivors and Reclaiming Autonomy  
Understanding Consent  
Catcalling  
Pornography and Sex Work  
Fetishization of People of Color  
Sexual Violence as an Intersectional Issue  
Disability and Sexual Violence  
Violence in the Queer Community  
Coercion, and Affirmative Consent  
Sexual Violence in the Digital Age  
Healthy Relationships  
Victim-Blaming

## Recruitment

**The SAVE PEs have been busy working to expand their team for next year! The Peer Education program, which includes CAPS, SAVE, and THRIVE PEs, is recruiting throughout the month of February. The deadline for applying is Friday, February 9th at 4pm!**



During your college career, peers can be the most potent source of influence on affective and cognitive growth and development. Peer Educators impact the campus community by serving as role models for healthy decision-making, helping correct misconceptions, guiding students towards informed decision-making, and working collaboratively with faculty and staff to increase the quality of services offered to students.

If you want to find out more and talk to some of our current PEs, there is an Interest Session on Wednesday, February 7th in Ed. 212 from 12-2pm. There, students can learn about the three different peer

education programs and the ways in which each group addresses a component of TCNJ's Health and Wellness Wheel. If Peer Education might not work for you but you still want to get involved in our office, AVI has a variety of opportunities including office interns and volunteer members! Be on the lookout for our Get Involved tab on our website!



### **Come join our group of volunteers on the AVI Street Team!**

This is a team of volunteers that works to engage the community, raise awareness of AVI-related issues and share violence prevention information. If you are interested in volunteering with the Street Team or have any questions, please contact Kiara Mayhand at [mayhank1@tcnj.edu](mailto:mayhank1@tcnj.edu).

The link to apply for the Street Team can be found [here](#).

**The deadline to apply for the spring semester is February 16th, 2018.**

[Visit this link to find out more about our opportunities](#)

If you are in **Greek Life** here at TCNJ, be on the lookout for Greeks for Change programming! We are emphasizing content around supporting survivors and bystander intervention this semester. In the next coming weeks, Greeks for Change will be partnering with risk management chairs and committees and programming through new member education.

If you are in Greek Life and have any interest in learning about what we do or want to become involved, contact our Greeks for Change Intern at [cartags2@tcnj.edu](mailto:cartags2@tcnj.edu).



MILES (Men for Integrity, Leadership, and Ethics, in Society) is a group for students interested in discussing gender roles and socialization, the challenges faced by men-identifying folks on campus, and how we can come together to promote a healthier, more inclusive definition of masculinity and reduce violence in our community. We meet weekly on Tuesdays at 1 PM in Forcina Hall 308. Please feel free to drop-in and join the conversation. We'll have coffee and tea but feel free to bring lunch or a snack!

*Follow MILES on Social Media!*



/milestcnj



@tcnj\_miles



## #MeToo Campaign

**It would be tough to look at any news source recently and not see the number of stories about celebrities and sexual assault. We wanted to discuss this topic that has taken on so much national and popular attention.**

The news has recently been full of stories of celebrities and media figures, namely men, being accused of and punished for, sexual assault and harassment. This huge increase in the national conversation surrounding sexual assault has prompted feedback of all types, with many unsure of what to say or how to react following these events.

Many men specifically have come forward saying that they are no longer sure how to approach dating or romantic situations. A common feeling has been that some of what is described in these stories is what we learned is appropriate in sexuality and dating. And if these actions are assault or harassment, and I'd like to be clear that they are by legal definitions and the way they impact others, then everything we've learned about talking to a potential sexual partner is wrong.

This can be an uncomfortable situation to be in, to feel that all one has learned about a topic is not only wrong but possibly harmful. However, it is a chance to address a larger cultural issue.

What this media attention is highlighting is that many behaviors we are all taught are acceptable, even desired, are harmful and threatening to others. An example from a recent story is of a man who, despite being told by his female partner that she did not want to engage in intercourse that night, continued to ask her to do so and initiated other intimate contact, despite her verbally saying no and physically pulling away. Things like this seem so normal to us, every romantic comedy has at least one scene that looks similar and so much of our available media teaches that one "No" doesn't really mean no.

The task we have now is to unlearn some of the messages we have been taught and relearn how to engage in intimate moments in ways that feel safe and satisfying for everyone involved.

MILES is a space to discuss these issues and others related to masculinity and men's experiences and how we can all work to end violence in our community.

---

MILES recently had the chance to cosponsor a fundraiser with both the Men's and Women's Basketball teams for Play4TheCure, a foundation dedicated to funding cancer research through sport. We look forward to continuing to support their events and build new ties with our Athletics department as a whole!



## 12 Inspirational Quotes for Black History Month

1. **"Never be limited by other people's limited imaginations."**

—Dr. Mae Jemison, first African-American female astronaut

2. **"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality.... I believe that unarmed truth and unconditional love will have the final word."**

—Martin Luther King, Jr.

3. **"The cost of liberty is less than the price of repression."**

—W.E.B. Du Bois

4. **"In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute."**

—Thurgood Marshall, first African American U.S. Supreme Court member

5. **"Hate is too great a burden to bear. It injures the hater more than it injures the hated."**

—Coretta Scott King

6. **"Whatever we believe about ourselves and our ability comes true for us."**

—Susan L. Taylor, journalist

7. **"Defining myself, as opposed to being defined by others, is one of the most difficult challenges I face."**

—Carol Moseley-Braun, politician and lawyer

8. **"One day our descendants will think it incredible that we paid so much attention to things like the amount of melanin in our skin or the shape of our eyes or our gender instead of the unique identities of each of us as complex human beings."**

—Franklin Thomas, activist, philanthropist, and former president of the Ford Foundation

9. **"My humanity is bound up in yours, for we can only be human together."**

—Desmond Tutu

10. **"Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly."**

—Langston Hughes

11. **"If there is no struggle, there is no progress."**

—Frederick Douglass

12. **"The time is always right to do what is right."**

—Dr. Martin Luther King, Jr.





## 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."
- Plan ahead and have condoms with you if you think you might want to have sex. Don't rely on your partner to have condoms.

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."**

### 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.



And a word about penises: Smaller ones really do work as well as larger versions, so quit fretting. A partner is probably much more concerned with how you use what you have. The important thing is to cover it with a condom, each and every time you have sex, to protect you and your partner.



## Student Health Services

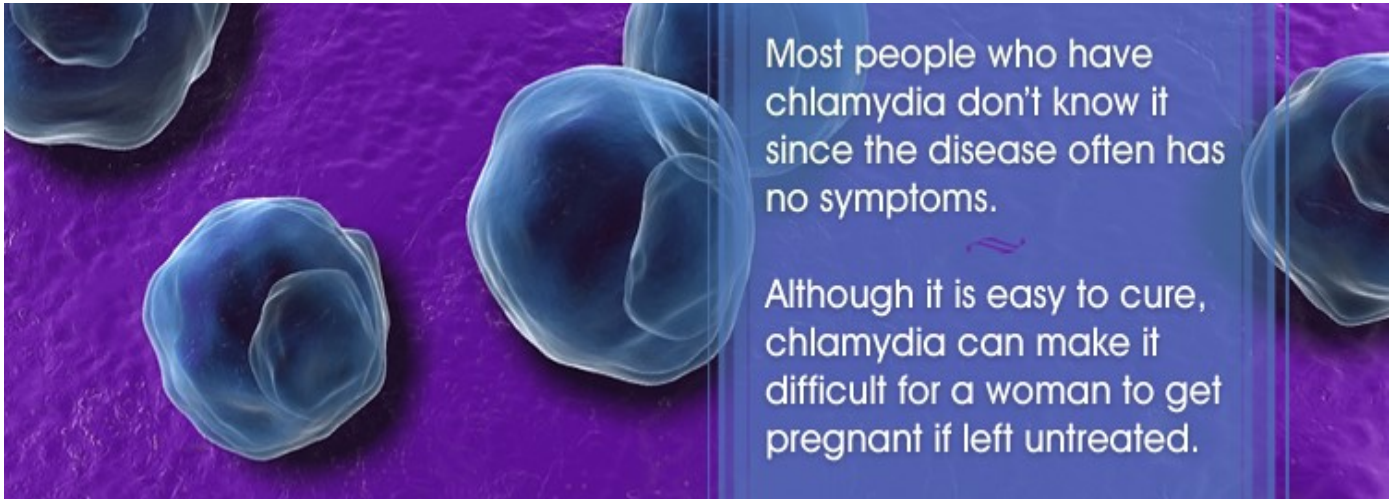
Eickhoff Hall, Suite 107

609.771.2889

Website: <http://health.tcnj.edu/>

Email: [health@tcnj.edu](mailto:health@tcnj.edu)

# CHLAMYDIA 101



*In the United States, chlamydia is the most common bacterial sexually transmitted infection (STI), particularly among sexually active adolescents and young adults. It is the most common STI that we see in Student Health Services and cases are dramatically increasing.*

## Students: Get tested IN TCNJ Student Health Services!

- ◆ It's free
- ◆ It's confidential
- ◆ It's easy (urine sample)
- ◆ Results in as little as a week
- ◆ If positive, the medicine is free
- ◆ Includes free test for gonorrhea too

Schedule an appointment by calling 609-771-2889 or online using the Online Wellness Link (OWL) at <https://tcnj.medicatconnect.com/>



## How do you get chlamydia?

Chlamydia, like other sexually transmitted infections, is passed from an infected person to a partner through certain sexual activities. Chlamydia is passed primarily during anal or vaginal sex. It can also be passed on through oral sex, but that is less likely. Chlamydia can be passed even if the penis or tongue does not go all the way into the vagina or anus. If the vagina, cervix, anus, penis or mouth come in contact with infected secretions or fluids, then transmission is possible. The only way to avoid STIs is to not have vaginal, anal, or oral sex.

If you are sexually active, you can do the following things to lower your chances of getting chlamydia:

- Be in a long-term mutually monogamous relationship with a partner who has been tested and has negative STI test results;
- Use latex condoms **the right way** every time you have sex.

## What are the symptoms of chlamydia?

**Most people with chlamydia will have no symptoms at all.** If a person does have symptoms, they usually develop within one to three weeks after exposure to chlamydia. Women may experience vaginal discharge, or a burning sensation during urination. For men, symptoms may include pus discharge from the penis, pain during urination, or pain or swelling of the testicles.

## Who should get tested for chlamydia?

Because chlamydia is very common and often has no symptoms, people who have had sex should think about being tested. People at higher risk should get checked for chlamydia **every year**.

- Sexually active women age 25 or younger
- Older women who have new or multiple sex partners, or a sex partner who has a sexually transmitted infection
- Men who have sex with men

## Is Chlamydia dangerous?

Chlamydia can be treated and cured easily, but if not detected and left untreated, it can cause serious problems, especially in women. **Chlamydia is the leading preventable cause of infertility** and can also cause infections in newborn babies of infected mothers.



## Staff Spotlight



### Meet Dr. Ileana (Ana) Slack!

Ana joined the Student Health Services' staff in September 2017. Ana is a board-certified family nurse practitioner with over 15 years of experience providing women's health care in Florida and New Jersey. Ana also has many years of experience in college health.

Ana received her DNP (Doctor of Nursing Practice) from the University of Alabama, MSN/Family Nurse Practitioner from the University of Miami, and BSN from Florida International University in Miami.

Ana's experience as a family nurse practitioner includes providing healthcare to rural families, homeless clients, and migrant farm workers in East Tennessee, providing reproductive and primary health care at Planned Parenthood of Palm Beach and Broward Counties in Florida, providing primary care to families and faculty at Barry University in Miami, working in student health services at International University, Miami, and then most recently at Planned Parenthood of the Northern, Central and Southern New Jersey.

Ana's role in Student Health Services is providing healthcare to students, including the evaluation, diagnosis, and treatment of a variety of illnesses, conditions, and minor injuries, pre-departure travel health consultation, physical exams, and reproductive and sexual health care including gynecological services and contraception.

Ana resides with her family in New Hope, PA.



**HAPPY BLACK HISTORY MONTH!**

Initially for a week during the month of February, beginning in 1926 by Carter G. Woodson, an African American historian, scholar, educator, and publisher, America recognizes important elements of the past that have often been omitted and abated. To the surprise of many Americans, the month of February was chosen because the birthdays of Frederick Douglass and Abraham Lincoln both happened during this month. Both men were vocal in the opposition and movement to abolish American slavery, a stain in our history that lasted over 400 years. Furthermore, it was in 1976 when the fete of Black history became a month-long commemoration. Today, as we continue to participate in recognizing Black history, it is practice that many of the first are memorialized such as Madam C.J. Walker, one of the first American women to become a self-made millionaire, and John Mercer Langston the first African-American lawyer in Ohio who was the first African American to win a congressional election in the state of Virginia.





Furthermore, a mission of Black History month is to center recognition on the efforts of movements in the American history that catapulted equality of education and other civil rights by and for African Americans. Brown vs. Board of Education was a historical Supreme Court case ruling in Black History that pronounced the fight for equality in education. As one of the results of this case, Carlotta Walls LaNier, the youngest of the Little Rock Nine, a group of African American students who braved hatred were first to integrate an all-White high school in 1957. To this note, below are a few notable African Americans who have made history that changed academia in on all levels, including higher education:

**Paul Hill:** African American author of Coming of Age, a book of research on young Black men, and creator of The National Rites of Passage Institute to train adults to mentor 10,000 African American youth.

**Maxine Smith:** African American who worked with the NAACP to desegregate Memphis, TN schools. In this city, she escorted the first African American children through hate-filled crowds so that they could attend school.

**Daniel Hale Williams:** African American who founded the first interracial hospital, which served as the first school for Black nurses in America.

**Aaron Lloyd Dixon:** African American developed one of the first programs called Free Breakfast for School Children. His program addressed how African American children needed to be better prepared for learning through the meeting of basic needs.

**Kelly Miller:** First African American graduate student in mathematics, who wrote articles in scholarly journals that promoted higher education for Black academia.

The above notable African Americans have each made strides in equal rights and justice for African Americans in education. Much of their work continues today, being channeled through student affairs across the United States. For instance, scholar Dr. Thomas Parham, noted psychologist works to train leadership in higher education on how to work proficiently with students of color from a multicultural perspective.

During this month of February, you are encouraged to learn more about American history through the lives, hopes, movements, firsts, and efforts of African Americans. It's a celebration of great contributions to myriad aspects of progress across time and the nation.

# 10 BENEFITS OF GROUP EXERCISE CLASSES



## **1. Group Exercise Classes Are Motivational**

Working out on your own can be a drag. Sometimes you need an external motivator. Group classes offer it in spades. Firstly, you've got the instructor to encourage you to push to the limit. Then there are the people around you. Just seeing them pushing themselves is a great motivator in itself. And if one of them happens to whisper, "Keep going, you can do it," then that's priceless. The variety that you find in a group class is an extra motivator that will keep your body guessing and your mind fresh.

## **2. Group Exercise Classes Are Challenging**

The number one reason that people who regularly train at a gym don't get the results they want is that they don't challenge themselves enough. In other words, their workouts are too easy. You won't get that in a [group exercise class](#). So long as you choose the right class for your level, you will be challenged to work harder. And you will definitely want to make sure that you keep up with the rest of the class.

## **3. Group Fitness Classes Provide Variety**

Group fitness classes today offer a huge variety of training options to add fun and specialized focus to your workouts. Group classes are available both indoors and outdoors, and you can focus on everything from boxing to Pilates, Bootcamp to Bosu. Of course, each class comes with its own certified expert to guide you along.

## **4. Group Exercise Classes Provide Structure**

Knowing how to properly structure your workout takes knowledge and skill. Many people who are let loose on the gym floor simply don't know what they're doing. As a result, they end up performing workouts that are less than ideal. At best they are wasting valuable workout time, at worst they are risking serious injury. But, when you join a group class, all the planning has been done for you. A certified expert trainer has meticulously structured the workout to provide your body with the warm-up, progressive intensity and warm-down that it needs to work safely at its best.

## **5. Group Exercise Classes Check on Your Form**

A lot of gym goers develop sloppy exercise form. Yet, when you're in a group fitness class there's nowhere to hide. The instructor is usually on a raised platform in front of you. Her eyes are going to be upon you because her job is to ensure that you perform the movement the correct way. If you don't, she'll guide you so that you get it right.

## **6. Group Exercise Classes Will Make You More Regular**

The key to fitness is regularity. Show up, day in and day out, and you will get results. When you become a member of group fitness community, you are noticed. And so is your absence. Often this will provide enough of a push to get you out the front door on days when you just feel like staying in bed. This in-built accountability is a major reason that group fitness class members stick with their fitness regime longer than gym goers who train solely on the gym floor.



## **7. Group Exercise Classes Are Fun**

If you are going to stick at an activity, you want it to be enjoyable. Group classes provide all of the elements that combine to make your workout enjoyable – mixing with like minded peers, engaging activities, an inspiring leader, and sweat!

## **8. Group Exercise Classes Help You Manage Your Time**

Juggling your time to get in your workout is one of the biggest challenges faced by gym-goers. Even when they do manage to get through the gym door, they are often watching the clock as they go through their routine, not really focused on the workout at hand. With group exercise classes, that's all a thing of the past. Group classes are offered at all sorts of hours designed to suit busy lifestyles. While you may have never considered turning up at the gym for a 6:30am workout, a scheduled class at that time can be enough motivation to overcome mind over mattress syndrome and allow you to get more out of your day.

It's amazing, too, how quickly the time goes by when you are in a class. The classes are carefully paced to make the time fun. You'll be too engaged to watch the clock.

## **9. Group Exercise Classes Teach You**

The benefits of working with a certified personal trainer cannot be overstated. Personal training is a great option, but many people simply can't afford it. Group fitness classes offer a cost effective way to benefit from the expertise of a certified trainer. You will learn new exercises, techniques and form through the process of going through the workout that the instructor has put together. In the process you will learn how to work your body properly. This will benefit you when you go back to the gym floor and put together your own training sessions.

## **10. Group Exercise Classes Are Social**

When you are sweating alongside a person in a group fitness class you have an instant connection with them. The shared experience of getting through the challenge of the workout creates a bond with a like-minded person who, like you, cares about their body and is motivated enough to do something about it. This may lead to the development of a friendship outside of the gym setting but, even it doesn't, the bond you form can be a motivator for you to do your best and to show up regularly.

**SMALL GROUP TRAINING**

GROUP FITNESS INSTRUCTORS WILL LEAD YOU THROUGH A HIIT-STYLE WORKOUT IN THE FITNESS CENTER UTILIZING KETTLEBELLS, TRX, THE SYNERGY 360 AND MORE!

**MONDAY-FRIDAY 8 A.M.**

**SATURDAY & SUNDAY 1 P.M.**

**FITNESS CENTER @ CAMPUS TOWN**

SIGN UP FOR A GROUP FITNESS MEMBERSHIP AND THEN DOWNLOAD THE ATLETO APP TO SCHEDULE

# 10 STEPS TO A POSITIVE BODY IMAGE



**February is Eating Disorders Awareness Month.** One list cannot automatically tell you how to turn negative body thoughts into positive body image, but it can introduce you to healthier ways of looking at yourself and your body. The more you practice these new thought patterns, the better you will feel about who you are and the body you naturally have.

1. Appreciate all that your body can do. Every day your body carries you closer to your dreams. Celebrate all of the amazing things your body does for you—running, dancing, breathing, laughing, dreaming, etc.
2. Keep a top-ten list of things you like about yourself—things that aren't related to how much you weigh or what you look like. Read your list often. Add to it as you become aware of more things to like about yourself.
3. Remind yourself that “true beauty” is not simply skin deep. When you feel good about yourself and who you are, you carry yourself with a sense of confidence, self-acceptance, and openness that makes you beautiful regardless of whether you physically look like a supermodel. Beauty is a state of mind, not a state of your body.
4. Look at yourself as a whole person. When you see yourself in a mirror or in your mind, choose not to focus on specific body parts. See yourself as you want others to see you — as a whole person.
5. Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who are supportive and who recognize the importance of liking yourself just as you naturally are.
6. Shut down those voices in your head that tell you your body is not “right” or that you are a “bad” person. You can overpower those negative thoughts with positive ones. The next time you start to tear yourself down, build yourself back up with a few quick affirmations that work for you.
7. Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.
8. Become a critical viewer of social and media messages. Pay attention to images, slogans, or attitudes that make you feel bad about yourself or your body. Protest these messages: write a letter to the advertiser or talk back to the image or message
9. Do something nice for yourself — something that lets your body know you appreciate it. Take a bubble bath, make time for a nap, or find a peaceful place outside to relax.
10. Use the time and energy that you might have spent worrying about food, calories, and your weight to do something to help others. Sometimes reaching out to other people can help you feel better about yourself and can make a positive change in our world.



By Puneet Sethi  
TCNJ Registered Dietitian



## Nutrition and Self-Compassion

This Valentine's Day, consider a gift to yourself: the gift of healthful nutrition through self-compassion.

Our daily habits, behaviors, and preferences around food are as unique to each one of us. One's relationship with food is nothing short of being complex. The aroma, site, and even sounds of food being prepared can evoke a myriad of emotions.

This deeply rooted perception of food often times leads to judgments surrounding food. In our society and culture, one cannot escape the judgments around food. Driving down the street, turning on the TV, scrolling through social media; judgments around food are *everywhere*. Everything from ingredients in a dish to lifestyles are deemed "good," or "bad." What's so harmful about these judgments?

This black and white thinking reinforces the negative messages we tell ourselves involving food. If something is considered bad, and I eat it, how may that make me feel? "Am I now bad? Have I failed? If I am already eating poorly, I may as well break all the rules." Often times the negative thought patterns will lead to more unhealthy food behaviors than acceptance of what is, and continuing on the path of trying to make healthful choices.

The path to a positive relationship with food with sustainable healthy eating behaviors begins with

- ♦ Letting go of the judgments, and past food behaviors. No more ruminating about what was right, or what was wrong!
- ♦ Forgiving ourselves, and remembering to be kind to ourselves with what we crave, what we eat, and how we eat it. It is okay want and enjoy foods that make us feel good!
- ♦ Caring for our selves by making positive changes. Taking the time to nourish our selves with nutritious, energizing foods!

Add a sprinkle of self-compassion this season to your diet to help motivate happy,



### **Anti-Violence Initiatives:**

- Deadline to resister as a presenter for AVI's Day to End Rape Culture is Thursday, February 15th, 2018.
- Deadline to register for AVI's Street Team (volunteers) is Friday, February 16th, 2018.
- Teal Party to kick off Sexual Assault Awareness Month is April 2nd.
- Day to End Rape Culture on Tuesday, April 10th from 11AM-3PM in Ed 212
- Denim Day is April 25th

### **Community Recovery Program:**

- CRC Dinner and Discussion
  - March 22-- MTV's "Prescription for Change: Ending America's Opioid Crisis"
  - April 26-- TBD
- NA Meetings: Fridays 6:30pm—8:00pm; Starting 2.23.18; Trenton Hall Basement Room 004 (take elevator)

### **Health & Wellness:**

- Thrive: Wellness Expo 2018 will be held on Wednesday, April 4 from 11 AM to 3 PM at the Rec Center.

### **Student Health Services:**

- Free HIV risk counseling and testing for students: March 1; April 5; May 3. Provided by certified HIV counselors from Henry J. Austin Health Center, Trenton. Location: Student Health Services, Suite 107, Eickhoff Hall. Schedule your appointment on OWL at <https://medicatconnect.com/> or 609-771-2889.

### **Recreation and Wellness:**

- Grit 'N Wit. Friday, April 6: 1:00pm - 4:00pm

### **Counseling and Psychological Services:**

- Don't forget to check out our many group offerings spring semester: <https://caps.tcnj.edu/counseling-services/caps-groups/groups-schedule/>
- NEDA Monologues—Monday, February 28th, 2018. NEDA monologues allows TCNJ students to educate & inspire others by sharing their personal experiences with eating disorders and recovery. Sponsored by the CAPS Peer Educators.



STAY HEALTHY AND WELL!

- THE HEALTH AND WELLNESS GANG -

