

Positive Attitude

If it seems to you that your life has become one big "stress factor Y", instead of attending to only the negative aspects of school, use selective awareness to focus on the positive side!

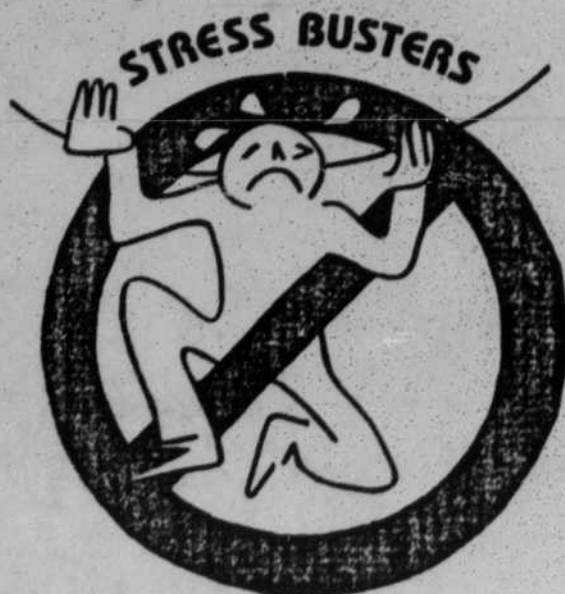
The opportunity to learn new things, meet new people, prepare for a future you are looking forward to and an opportunity to find out how capable you really are, are some positive thoughts that can occupy your mind, rather than how difficult it all is.

Also, take advantage of the more upbeat and pleasing campus surroundings and opportunities that exist. There are things around our campus that, if you were aware about, could make the time you spend here a lot more pleasant.

For example:

- 1) Visit the beautiful, serene University Museum of Art (open noon - 5 pm, Wed. - Sun.) or the Museum of Natural History (open noon - 5 pm, Tues. - Sat.).
- 2) Attend a recital or concert at the Music school (call 686-3761 for times).
- 3) Go mud puddle jumping. It's free and recently, very easy to do.
- 4) Walk by the Student Health Center and enjoy the first signs of spring in the blossoming cherry trees.

Cheryl Brown
Stress Management Peer Health Advisor

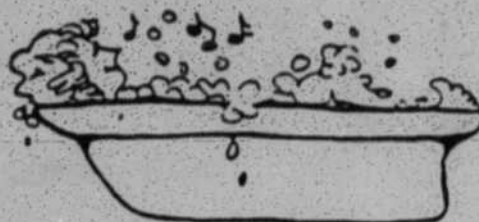


Peer Health Advisers
can help you to learn effective
techniques to manage your stress.

Call: 686-4456

for an appointment—NO FEE

Lifestyle Planning Program
University of Oregon Student Health Center



Stress Management Books

MIND AS HEALER, MIND AS SLAYER
A Holistic Approach to Preventing
Stress Disorders
Kenneth R. Pelletier, Ph.D.

Pelletier writes one of the best books describing the connection between stress, health and healing. It's four major sections include: 1) sources of stress; 2) guidelines for evaluating one's own stress levels; 3) profiles of various disease-prone personalities; 4) a practical section concerned with the prevention of stress-related diseases through such techniques as meditation and biofeedback. This book discusses how people can create a satisfying life and help prevent sickness by doing something positive about their own health.

Massageworks by D. Baloti Lawrence and Lewis Harrison

The Lawrence/Harris massage system includes over 25 of the most popular massage methods from around the world. Included are techniques to alleviate tension, aches and pains, self-massage, massage as a beauty aid, and massage for nutrition, exercise and health.

These two books are available for two-week check out at the Health Education Center in the Student Health Center.

Our hours winter term are:

Mon.	8:30 -3:30
Tues.	8:3 -2:30
Wed.	9:30 -4:30
Thurs.	9:30 -2:30
Fri.	8:30 -2:30