

STRESSING CHOICE

Life can be viewed as a continual sequence of situations about which one makes choices. These choices may be the primary determinant of health and happiness. Our choices affect the well-being of our minds and bodies.

A stress-illness model begins with a life situation that is perceived as stressful. This stress causes emotions which lead to physiological arousal. The end result can be impaired health. What can be done to intervene?

In his book Comprehensive Stress Management, Jerrold Greenberg's most important concept is that "you are in much greater control of yourself than you ever realized." He says "managing stress is really just exercising that control, rather than giving it up to others or to your environment."

Making choices that work for you is within your control. You may not be able to change a life situation but you can choose how you react to it. I close with the following thought: "Men are disturbed not by things, but by the views which they take of them." --Epictetus, 1st Century, A.D.

Rob Willis

Stress Management Peer Health Advisor

A MATTER OF BALANCE

Do minor problems throw you for a loop? Does nothing seem to give you pleasure? Are you unable to stop thinking about your problems? Do you feel out of control of your life?

Often we forget the importance of all the dimensions that influence our well-being. To experience anxiety is quite normal. When tension gets out of control try some of these suggestions:

1. Find someone to confide in.
2. Take a short respite (even if that is only an afternoon off or evening at the movies).
3. Shun the urge to be superwoman or superman.
4. Try something new. A creative expression provides a sense of accomplishment as well as peaceful relaxation.
5. If you feel you need additional help, make an appointment with a Peer Health Advisor (686-4456), call the 24-hour Crisis Center (686-4488), or make an appointment with the Counseling Center (686-3227).

Lifestyle Planning Program Staff

Don't Regress

AVOID STRESS.



OVERWEIGHT VS. OVERFAT

Are you overweight or overfat? You may not think that there is a difference, but there is. There are two variables which determine your weight: the number of calories you consume each day (energy input) versus the number you burn off (energy output). Another important variable which determines your weight is your body composition - the proportions of fat and lean tissue in your body. If your energy input is more than your energy output, you will gain weight. There are two ways to prevent this: decrease the energy input, or more effectively, increase the energy output. This will burn off calories as well as change the fat-to-lean tissue ratio towards more lean tissue. Lean tissue is active tissue which uses energy by metabolizing calories. A person with a high percentage of body fat can eat very little and still gain weight because fat uses little energy. Being overfat leads to weight gain even if you eat very little. So how do you lose fat? The most effective way is through aerobic exercise. There are several benefits to this kind of exercise beyond the number of calories expended:

1. It increases your BMR (basal metabolic rate) for as long as 24 hours, so you continue to burn extra calories even after you stop exercising.
2. It adds to muscle tissue, which is lean and further increases your BMR proportion.
3. It increases fat burning efficiency by stimulating the production of more fat burning enzymes.
4. It helps manage stress and control depression.

Good luck - if you are still unclear...see a "Peer"!

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