

WELL NOW

THE STUDENT HEALTH CENTER NEWSLETTER

CHANGE

Ahhhh . . . Yessss . . .
Easier said than done!

by Beth Gaiser

"Ugh—I need an overhaul!" Sound familiar? During the nine months rat race of college: sitting, studying, stressing and living on the edge, it's a much shared sentiment to want to spend summer undoing the damages of going through the "academic wringer." Bad habits are easily acquired and endured during busy, busy, busy times but alas—old habits die hard. In setting goals to turn over a new leaf this summer, it may be helpful to understand the forces which cause old habits to stick and how to undo those.

Have you ever wondered why you do things you know aren't good for you but are simply irresistible? The old belief in behavior change is that given enough information, attitudes and behaviors will change in accordance. There are numerous other forces at work, however, and knowledge plays only a part in change. You may know everything about nutrition. You may believe a healthy diet is the key to fitness and optimal functioning and regardless of this, you will load up on candy bars, Big Macs, pepperoni pizzas and Fruity Pebbles. This is a typical frustration—"I know better!"

Knowledge can influence attitudes, but the stepping stone between a changed attitude and actual behavior is the behavioral intention—what you intend to do regardless of what you know. Behavioral intentions are influenced by your attitudes about specific things as well as by your environment. While you believe quitting smoking would be great, you have friends who smoke and this makes it difficult to abstain. So the behavioral intention is that you will smoke regardless of how you really feel about it.

In choosing goals to strive for during the summer overhaul, it's important to identify all the intervening factors that may weight you down. In becoming aware of "cues" that contribute to a behavior, you can begin to plan strategies to resist them as



they come up. If you want to change your diet, you may note you eat too many sugary, refined, fatty foods. Why? Probably because you became very hungry and headed for the nearest convenience outlet. There's your cue: hunger and no food. Change your behavioral intention then by planning to eat a healthy snack and keep fruit, cereal, bagels and other complex carbohydrates on hand or in your backpack to tie you over. If you plan to quit smoking, but know that on Friday night you will be out on the town with old time "smoking buddies," plan ahead, anticipate the situation, rehearse your refusal to yourself and others and even ask your friends not to smoke around you. By doing your "cue" homework, you enter the situation ready to respond accordingly.

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FROM THE HIP

INSIDE

**YO-YO
Dieting**
Aspartame
**Mind
Traps**

ARE YOU STRESSED OUT???????

Get some help from a Peer Health Advisor who is a Stress Management specialist. To set up an individual appointment, just call 686-4456 or come by the Health Education Center in the Student Health Center, Monday through Thursday between 9:30am and 4:00pm.

NEED SOME HEALTH INFORMATION FOR THAT PAPER YOU ARE WRITING?????

Come by the Health Education Center, Monday through Friday between 9:30am and 4:00pm. You'll find a variety of books and audio cassettes to check out, plus educational pamphlets and handouts on many different health topics.

HAS FOOD BECOME YOUR ENEMY OR YOUR BEST FRIEND???

DO YOU FIND YOU ALWAYS EAT TOO LITTLE OR TOO MUCH???

You are not alone. Peer Health Advisor and GTFs are available to talk with you about your eating habits. Call 686-4456 or come by the Student Health Center, Health Education Center M-F 9:30-4:00.

LOOKING FORWARD TO THAT SUMMER ROMANCE?? MAKE SURE THAT YOU DON'T CATCH ANY MORE THAN THE LOVEBUG BY:

- Deciding, in advance, what kind of relationship you can handle
- Communicating with your partner before your body becomes a "walking hormone"
- Remembering that love can't protect you from unwanted pregnancy or sexually transmitted diseases.

BUT GOOD CHOICES CAN.
For more information call the Health Education Center at the Student Health Center, 686-4456 or come by M-F, 9:30-4:00.