## The Throes of the Non-traditional Student

Many college students are not in their early twenties. More and more, college student populations include a large percentage of older students who were engaged in activities that led them to postponing their college education. These students experience stressors similar to those experienced by younger college students such as grades, course overload, and breakups. But in addition they experience some stressors that are also unique i.e. mixing careers, family life and school concurrently. Even though each of these stressors may be manageable alone, when they coexist there may be an overload which may result in illness or disease.

Not only are many non-traditional students working, but many have family responsibilities as well. Questions may arise about what to do with after-work time. Should they work on their term paper, play with their kids or spend time with their spouses? Will the in-laws understand if they don't visit because they're doing school work,

So what takes off the pressure? A very understanding spouse helps. A spouse who can spend a few extra minutes with the kids, take on more than his/her share of the household chores, can provide a shoulder to lean on and an ear to listen can go a long way in intervening between stress and illness for the older college student.

It helps to remember there will be a payoff down the road. If the whole family believes it is worthwhile and is willing to put off immediate pleasures to achieve long-range goals the sacrifice is easier. If the older student has to continually justify the expense of college, or if the family's sacrifice is periodically brought up, the stress associated with guilt will be greater.

Since older students may have all sorts of doubts about their ability to be successful in their studies many counseling programs and support groups are available for these students. The Center for Academic Learning Services help with study skills including effective note taking, active reading skills, test taking, time management and memory improvement all of which are imperative for success in school. The Counseling Center offers a multi-purpose group for older-than-average students as well as several other support groups. The Women's Center in the EMU has a support group for Women In Transition.

Remember you can make college life less stressful if you attend to the stressors rather than ignoring them.

by Robbie Ross

compeling moments over and over again.

Talking to Yourself by Pamela Butler

## Food, Emotions, and Compulsive Eating

large amounts of food, barely tasting it, and going way past a reasonable level of fullness? This is the behavior of a compulsive eater. Food abuse can be likened to drug or alcohol abuse in that it is a way to escape. A compulsive eater feels out of control and food may occupy hours of thought. Compulsive eating is finally getting some attention as a serious eating disorder since the effects are harmful mentally and physically, and are damaging to one's self-es-

comes a way to deal with emotions.

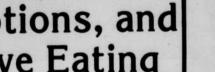
## Food abuse really has nothing to do with hunger.

It is essential to realize that dieting and self-punishment are not going to help because they avoid the psychological issue. Food abuse is a continuous cycle where one binges one day and feels extreme guilt

It is possible to overcome this compulsive behavior. It's important to learn what emotions trigger a binge. Keeping a food diary is a good way to record it. Next, the person needs to allow themselves to feel and express the emotions they are suppressing with food and learn to deal with them in a positive way. Separating food and emotions is the key. A compulsive eater needs to relearn regular eating patterns and learn to trust themselves and their bodies' wants

Compulsive eating is an eating disor-der that deserves to be dealt with and recognized. Don't be afraid to seek help and to stop punishing yourself.

by Perrin Elmore



Do you often hide out in your room binging on

Food abuse really has nothing to do with hunger. For many, food is tied up with many emotions and is used for comfort. Remember when mom gave us a cookie when we were hurt or sad? It's natural for one to bring this into adulthood and to care for ourselves and assuage our pain. This can be linked to many emotions such as sadness, depression, loneliness, stress, and even happiness. Compulsive eating be-

Still unknown Hoping peace, someday, I'll find. Have you ever felt lost and alone, or down and unable to lift your spirits like the author of this poem? Chances are you have. The feeling that both inspired and is expressed in the poem is called depression. Most, if not all, of us will feel depressed at some point in our lives. Depression is a very common

acacacacacacacacacacacacacacacac "LETTING YOURSELF GRIEVE SEEMS TO

MAKE THE DIFFERENCE BETWEEN BREAK-

reservatives exercises exer

Lost

Lost in confusion

No way out

Trapped in a prison..

The mind

Dying for freedom

Not in sight

Shedding a tear...

Left behind

Pain searing through me

Unrecognized

So watchful, yet,

So blind

Will I survive this?

**NICKI ROKICH** 

ING DOWN OR BREAKING THROUGH."

emotion and is triggered by a number of things. Perhaps you're new to the area and are having a hard time making friends. Or maybe you just had a relationship end with someone you really cared about. Or it could be that school or even life in general just isn't going the way you'd like it to. Whatever the case may be, the result is often the same: feelings of un-shakeable sadness or simply the inability to feel good.

Ranging in intensity from mild to severe, and a time period from hours to days or even months, depression is something that should be taken seriously and dealt with. A person should talk to someone about how they are feeling and try to uncover the reason(s) for feeling that way. It may be that there is no apparent reason, but that is no excuse to ignore the depression.

If you notice that a friend is depressed, lend an ear and let them know that you are there for them. No matter what the severity of the emotion nor what the cause, it is always good to know that someone cares. But keep in mind that signs of depression aren't always easily noticed. Some people are excellent at putting on masks to hide their depression when around others. The following are some less-apparent characteristics of depression as described by the National Alliance for the Mentally III (AMI):

 Poor appetite and weight loss, or the opposite, increased appetite and weight gain. \* Sleep disturbance: sleeping too little, or sleeping too much in an irregular pattern.

\* Loss of energy: excessive fatigue or tiredness.

\* Change in activity level, either increased or decreased.

\* Loss of interest or pleasure in usual activities. Decreased sexual drive.

\* Diminished ability to think or concentrate.

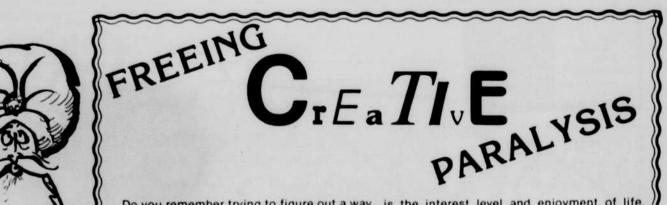
\* Feelings of worthlessness or excessive guilt which may reach grossly unreasonable (delusional)

\* Recurrent thoughts of death or self harm, wishing to be dead or contemplating suicide

If you recognize yourself as being in a state of depression, be it mild or severe, reach out for help. You deserve to be happy. And remember, tomorrow is a brand new day.

by Deborah Smokey

A smile from a stranger's face A happy tear A warm embrace Knowing I belong someplace ----These are things that make me high.



ent message was to use your chewing gum chance.

'new" as it is finding a unique way to make order to be creative. ness, stay motivated and have more fun.

Unfortunately, suppression of our creativity thought happens to most of us through authority figis freed we become alive, energetic and ful-that turn out to be the best ones. filled-we become our real selves

faced with doing something in a new way. help you think more creatively.

easier, but the tradeoff is that you shut off a they will be. part of yourself with that decision, the part of .. Learn to relax you that is the child-that creative, playful, \*\* Practice using your imagination. always new part. To cope with this creative paralysis, first recognize your "creative while. crunchers" adapted from Kathleen Martin's "Increase your awareness by observing article "The Creative Edge"

1. "I might appear silly or foolish." Nobody enjoys being ridiculed. New ideas, however, ... Look for different "hows" are not born from conformity. The willing- " Practice making changes. ness to risk being made fun of open the door .. Be more willing to appear silly or even be to creativity

self-belief says this, rarely even looks at al-find it! ternative possibilities. The risk is low, but so

Do you remember trying to figure out a way is the interest level and enjoyment of life. you could leave a note on your friend's door. The "I am creative" self-image leads to an when the wind was blowing? Finally, you de- openness to different ways of doing things, ided the only way you could leave your ur- and the willingness to experiment and take a

stick the note to the door. This is creativi- 3. "It's easier not to change." We are basity! Creativity, we use it everyday and yet, we cally creatures of habit. Habits free the mind tend to equate it with the famous works of to think about more important things. But daVinci, Einstein, Thoreau and other famous habits can crunch creativity. If we are unaware of how we are doing it now, how can The process we know as creativity, then is we do it in a new way? We need to do things not so much coming up with something with conscious awareness, not just habit, in

familiar things seem new and different. It is a 4. "I must do it right." Early in school, we combination of many factors, including curi- learn that the more we are right, the better osity, openness and a willingness to go be- our grades will be. We tend to grow up avoidyond the accepted norms. The creative per- ing situations in which we might fail. But the son can come up with new ways to solve creative thinker looks at error as a learning problems, do a presentation, improve busi- tool. To a creative thinker, richness of thought is more important than rightness of

5. "It must make sense." One of the things ures, parents and institutions (such as poli- that happens when your creativity is blocked ( tics, religion, education and media). Creativi- is that you start disregarding your own ideas ty plays a vital part of our "child within" be- when they come up because they don't make cause expression is freed. When expression sense. Often it is those very nonsense ideas

We can use our creative abilities to find ( Bringing creativity back into our lives, how- new solutions, new combinations and new ever, is not without it's perils. Self-doubt may ways to look at things. The following "creabring about fear of criticism when you are tivity expanders" will give you some ideas to

"What will people think? What if they laugh .. Develop a positive mental set. Begin to at me?" You may wonder if it might be easier think of ways you have been and are creative. to do it the way you always have. It may be Believe that your ideas are worthwhile, and

"Suspend criticism and judgement for a

something old as new.

\*\* Learn to trust your instincts and hunches.

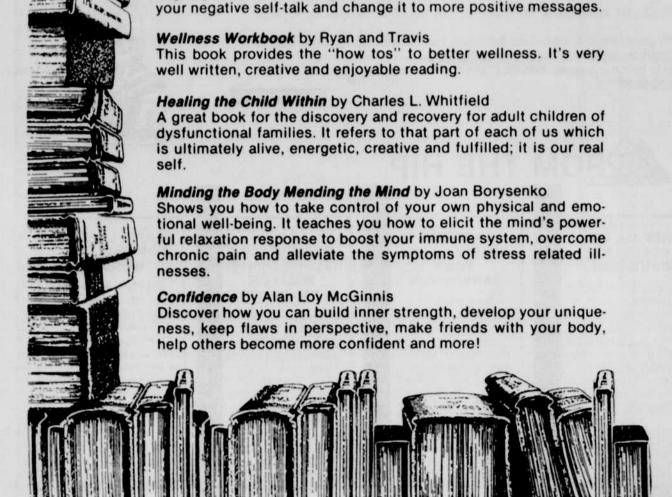
2. "I am not creative." The person whose We all have creative ability. We just need to

by Amy Tantau

Whatever your mind can conceive and believe, it will achieve. Dream great dreams and make them come true. Do it now. You are unique. In all the history of the world there was never anyone else exactly like you, and in all the infinity to come there will never be another you. Never affirm self-limitations. What you believe yourself to be, you are. To accomplish great things, you must not only act, but also dream; not only plan, but also believe. If you have built castles in the air, your work need not be lost-put foundations under them. Yes you can. Believing is magic. You can always better your best. You don't know what you can do until you try. Nothing will come of nothing. If you don't go out on a limb, you're never going to get the fruit. There is no failure except in no longer trying. Hazy goals produce hazy results. Clearly define your goals. Write them down, make a plan for achieving them, set a deadline, visualize the results and then go for them. Just don't look back unless you want to go that way. Defeat may test you; it need not stop you. If at first you don't succeed, try another way. For every obstacle there is a solution. Nothing in the world can take the place of persistence. The greatest mistake is giving up. Wishing will not bring success, but planning, persistence and burning desire will. There is a gold mine within you from which you et all the necessary ingredients. Success is an attitude. Get yours right. It is astonishing how short a time it takes for very wonderful things to happen. So, do it—and show us the color of your rainbow.

tributed by Beth Reed

by Barbara Smallwood and Steve Kilbo



Ah, a book, it can take you away to your favorite fanta-

sy, make you laugh, cry, dream, and much more. The best part is

a book never pushes you to hurry. In fact you can re-live those

This is a great book for reprogramming those negative mes-

sages you've been telling yourself. You learn how to recognize



**Oregon Daily Emerald** 

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The Well Now is a newsletter sponsored by the Student Health Center and produced by the health education staff with the assistance of the Oregon Daily Emerald. All articles are written by students and GTFs for the health education program. If you have any suggestions or are interested in contributing an article, please call Melanie Steed at 346-4456 11:30 to 1:30 Tuesdays and Fridays.