



Photo by Joe Livingston

Sandy Tsuneyoshi, a staff psychologist at the Counseling Center, is actively involved with international student issues.

Four reasons why you shouldn't avoid the counseling center

By Jensen Ling



Many of us have certain set ideas about the counseling center, and not all of these ideas are positive. A lot of these ideas prevent us from ever wanting to go and talk to a counselor. Below are four common rationalizations that prevent students from getting the help they are entitled to:

- "I have to have a 'crisis' in order to see a counselor." This is simply not true. In fact there is a very low percentage of people who see a counselor with a deathly serious problem. The majority of the people come and talk about everyday situations like relationships, depression, self-esteem, inability to concentrate, and school-related stresses.
- "My problems aren't affecting my everyday life." Too many people ignore real changes in their lives that can follow conflict situations, problems with relationships, school, work, and other sources of stress. If anything in your life causes any change in your mood or behavior (this can range from having a hard time sleeping, change in eating patterns to any changes in your regular routine), a counselor can help. As much as we think these things aren't affecting our lives, others might be able to see what we can't see that is bothering us.
- "Counselors are strangers, how can I tell them my secrets?" One of the most important things that a counselor can offer you is an objective opinion. You might be deeply caught in a situation in which you have a hard time seeing things objectively. A counselor can help you to put things in perspective. Counselors see many people with similar problems everyday. They understand what you are going through. As for telling a stranger a secret, have you ever told a friend something you find very personal to you, and found it's come back to haunt you? Have you ever heard of a counselor doing that? A counselor's main concern is you, and your well being. Better than any of our friends they have to maintain confidentiality, that is their job and a part of their code of ethics.
- "A counselor won't help because I know what I need to do about my problems." Though we might know what we need to do to solve our problems, we

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Weapons for winning the stress management battle



By Peter G. Vallutini

As finals overwhelm us, as our parents annoy us, as our relationships drain us and as our futures taunt us, we can find ourselves fighting a losing battle against stress and its effects. College may bring the happiest years of our lives, but it also brings hundreds of new stresses including separation from home and parents, grades, roommate conflicts, high noise levels, overcrowded living spaces, sleeping and eating disorders, increased use of alcohol and other drugs, weight gain, isolation, social pressures, competition, and career/major choice anxiety. Effectively confronting these situations can seem to be impossible as they bombard us from all directions. What weapons can we use to fight back? How can we get the upper hand in this losing battle?

First of all, we need to realize that stress is largely internal. It has no power over us unless we give it power. Therefore, learning how to effectively manage our own lives, physically and emotionally, is the key to victory.

It is crucial to determine which factors in our lives can be changed and which cannot. Deadlines are normally beyond our control, whereas getting assignments in on time is within our control. If stuck in traffic, you can either become frustrated and angry, or you can realize that the situation is beyond their control and relax. Easier said than done? True, but reminding ourselves to accept what we cannot change and influence what we can is a source of comfort and perspective.

There are endless physical factors that can also be of help in stress management.

- **Diet** When you eat well, your body has the nutrients, vitamins and minerals you need to spring back from the rigors of stressful events. Stressful periods deplete vitamin C, several of the B vitamins, potassium, zinc, copper and magnesium. Stress can also interfere with your body's ability to absorb calcium. Avoid caffeine during stressful periods. It increases the adrenalin level in your bloodstream — stressing your body and literally multiplying the harmful effects.
- **Exercise.** If you are in good physical shape, you are better able to handle anxiety. There is sometimes no better source of relief and refocusing than physical exertion. A 20 minute walk or

jog can make all the difference. Establish a weekly routine.

- **Sleep.** Maintaining the right amount of rest will enable you to better cope with stress. Lack of sleep can even produce its own feeling of tension and depression. When you are tired, anxiety affects you more.
 - **Time management** Planning your day can better prepare you for the struggles that await you. Organizers and calendars can be of help in this area. Large, poster-size calendars for longer term goals can help give perspective. By setting realistic goals and working toward them daily in manageable pieces, stress can be avoided.
 - **Relaxation** Deep breathing is a natural relaxant. Several deep breaths before a test can settle your nerves.
 - **Smile!** Smiling has been proven to have positive effects on your body! You will be surprised at how good it makes you and others feel. Also, learn to laugh at yourself! Humor fosters well-being.
- But all of these above techniques become virtu-

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the trails average around 2 miles in length.

For those of you who do not own a car or would rather just do something within walking distance, there's Hendrick's Park. Located about 10 minutes east of campus, Hendrick's Park offers short, easy trails that are perfect for sunny afternoons or for badly needed study breaks. To get to this park from the University, go east on 19th Avenue until it ends. Take a right on Fairmount Blvd. and take the first left on Summit. Follow Summit up to the park.

The University of Oregon Outdoor Program offers many books on where to go hiking while in Eugene, as well as other places of interest located throughout Oregon. The Outdoor Program also has the Grizzly Oregon Trail database, which lists trails throughout the state. These trails range from the most difficult to the very easiest. The outdoor program office is in room 37 in the E.M.U., downstairs behind the arcade. There are still more trails waiting for your adventurous feet.

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day and Thursdays are hard days, Monday and Wednesday are mellow days, and Fridays is the social ride. For the competitor, it is not too late to begin training with the road racers for this year's racing season. If you are interested, stop by the club sports office or call 346-9017 and speak to Harry Fuhrman, the Bicycling Club's coordinator.

Eugene Bicycle Works: Eugene Bicycle Works is Eugene's only "do it yourself" bike shop, a project of the Center for Appropriate Transportation (CAT), located at 455 W. 1st Ave. It has repair stands, professional quality tools, a solvent tank, lubricants, and spare parts. It costs is \$1.00 for fifteen minutes or \$4.00 per hour for use of supplies. For a dollar, EBW provides five minutes of "on the spot" instruction. A year's worth of access to the equipment and 10% off of all parts costs \$48.00. For more information contact Eugene Bicycle works at 683-3397.

LTD: Lane County District has equipped their buses with bicycle racks. For no extra charge, you can strap your bike to a rack and take the bus wherever your heart desires. Popular buses are #16 to the McKenzie Bridge and Ranger Station and bus #26 to Fall Creek and Dexter Reservoir. Both of these buses go to areas filled with great mountain biking roads and trails. A little

reminder, with your U of O student I.D. card, fare on all LTD buses is free.

