The winter months bring a lot of things, like cold winds and snow, but we rarely have clear, sunny days. Without sunshine, we can start to feel tired, lethargic, and generally depressed.

Light therapy is a great way to combat the winter blues! Light therapy uses a bright lamp to mimic the effect of sunlight. This light can affect the brain chemicals related to mood and sleep and is used to treat conditions such as seasonal affective disorder (SAD), depression, sleep disorders, and other mental health conditions. If you are interested in experiencing the benefits of light therapy, stop by Wellness in Rod every Wednesday from 11-1 in the Makerspace!

Get the Facts...

There are walk in, same day crisis appointments and consultations available 8:00-4:30 M-F

Counseling Center

The wait time for an initial assessment in the Counseling Center is currently at one week.

If you need long term therapy and you are concerned about insurance, you can see an intern when clinically appropriate or attend a group for free.

Student Wellness Services

Need some light?

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March is National Nutrition Month!

We hope you have a BERRY wonderful month, and join us in spreading the word about nutrition.

**Intuitive Eating Sessions**

Curious about how to create a new relationship between your mind, body, and food? Jenna Petersen, Health Promotion Coordinator, meets with students for 1:1 and group Intuitive Eating consultations.

**EAT THE RAINBOW**

**What new foods will you try?**

**BENEFITS COMMON TO ALL**
- Reduce risk of cancer and heart disease
- Promote eye, skin, hair & bone health

**EXAMPLES**
- Tomatoes, beets, red apples, radishes, red peppers, red potatoes, grapefruit, cherries, raspberries, watermelon, and strawberries

**BENEFITS**
- Decrease inflammation, and increase immunity

**NUTRIENTS**
- Vitamins A, C, Manganese, and antioxidants (lycopene, quercetin)
- Carrots, orange/yellow peppers, squash, sweet potatoes, pumpkins, oranges, bananas, apricots, cantaloupe, nectarines, peaches, and pineapple

**Nutritious Recipes with Pineapple**

**Tropical Wake-Up Smoothie**

- 1/2 cup frozen fruit (banana, pineapple, or peach)
- 1 cup yogurt (tropical flavor)
- 1/4 cup Orange juice

- Mix all ingredients in a blender until smooth.

**Hula Bagel**

- 1 bagel, sliced
- 1/3 cup ricotta cheese
- 1/4 cup crushed pineapple, drained

- Dash of nutmeg

- Combine ricotta cheese, crushed pineapple and nutmeg

- Spread mixture on bagel slices

Students are encouraged to sign up for individual sessions through the SWS website: https://studentwellness.uni.edu/eating-well.

The 4-week Intuitive Eating Workshop will be offered in April at two times: Tuesdays at 3PM and Wednesdays at 1PM.

Email jenna.petersen@uni.edu to register!
Prep for Spring Break Safely!

No matter what your plans are for spring break, make sure you have a safety plan in place:

Know your limits with alcohol and stay in your “sweet spot” by having a BAC of 0.05 or below. You can calculate your approximate BAC by using calculators -- we recommend visiting alcohol.org/bac-calculator.

Avoid mixing alcohol with other drugs (legal or illegal).

If you are taking a prescription medication, such as anti-anxiety or anti-depression drugs, alcohol may affect you differently than it has in the past. If you decide to drink, make sure you speak with your doctor so you have the best understanding possible about how alcohol and your medication will interact.

Not planning to drink? You’re not alone! 1 in 3 UNI students choose not to consume alcohol (ACHA-NCHA, 2019). Visit uni.edu/resources/campuslife for fun spring break ideas that don’t involve drugs or alcohol.

Know the signs of alcohol poisoning! If you see any of these symptoms, call 911 immediately:

1. Cold, clammy, pale or bluish skin
2. Unconsciousness or semi-consciousness
3. Prolonged vomiting or rapid/slow pulse
4. Slow, shallow, or irregular breathing or seizures

Avoid mixing alcohol with other drugs (legal or illegal).

It’s difficult to know exactly how marijuana will affect you every time you use it. When mixed with alcohol, it may cause nausea, vomiting, panic, anxiety, paranoia, or other psychotic symptoms (Alcohol and Drug Abuse Institute).
Erika Lippmann, Pathways Behavioral Services Community Prevention Educator, will be discussing electronic cigarettes, or commonly referred to as vapes. She will discuss what vaping is, what the health implications are, new research and studies, and different types of vapes and vape products. Resources will be provided for those who wish to quit vaping. All students, faculty and staff are welcome to attend. Participants will have the opportunity to ask questions during the panel discussion immediately following the presentation.

For more information or questions, email wellness@uni.edu.

Erika Lippmann, Pathways Behavioral Services | Followed By A Panel Discussion

Tuesday, March 10 | Maucker Union, University Room | 12-1PM

Students will be able to Walk the Labyrinth and engage in a variety of mindfulness activities that promote relaxation. We have relaxing music, essential oils, a finger labyrinth, a "create your own mantra" station, and more! Give your residents a chance to unwind by encouraging attendance at this event, held on Monday, March 9th from 10:00am-2:00pm at the Maucker Union Ballrooms in collaboration with the Student Health Advisory Committee.
When we are in the middle of classes, exams, homework, studying, and trying to have a life outside of school, we often short ourselves on the amount of sleep we get. However, getting enough sleep will give you heroic benefits! Getting 7-9 hours of sleep leads to better grades and memory while lowering your stress. Here are some tips for you to become a super sleeper:

**Be a Super Sleeper!**

- Disconnect from your phone/technology
- Reduce caffeine
- Make a regular bedtime routine
- Limit alcohol
- Practice mindfulness

**Boost your productivity: Get 7-9 hours of sleep per night!**

DID YOU KNOW?
Regular sleep leads to an improvement in grades, memory, focus, and alertness.

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If you need a sleep sidekick, you can sign up for Wellness Coaching by visiting studentwellness.uni.edu.