SEASON’S GREETINGS

Mindfulness and Meditation with Dr. Lora Sloan

Meet, Eat, & Learn
Wednesday,
December 4th
Noon-1 PM
International Centre

Dr. Lora Sloan received her Ph.D. in clinical psychology in 1997 and is a Staff Psychologist at the University of North Dakota Counseling Center. She has been practicing mindfulness in her daily life and has been attending extended meditation retreats for more than 10 years. Dr. Sloan completed a two and a half year international training program for community leaders in meditation and mindfulness through Spirit Rock Meditation Center in California. For the last several years she has been teaching meditation and providing public talks on meditation and stress reduction at the Lotus Meditation Center here at UND. She also uses mindfulness techniques in her psychotherapy practice.

Students, Staff, Faculty, & Community Members are Welcome!!
FREE LUNCH WILL BE SERVED!

UPCOMING EVENTS

De-Stress Fest
Wednesday, December 11th
Memorial Union Loading Dock
11AM-2 PM

What’s Inside
* Upcoming Events
* Benefits of Mindfulness
* Southern Mac and Cheese
* Study Tips

Stop by the Women’s Center!
Hours:
Monday-Friday
8:00 AM-4:30 PM
Call us at:
701-777-4300
Or visit our website at:
www.und.edu/student-life/womens-center
Or email us at:
und.womenscenter@und.edu

Kay Mendick, Director
Patty McIntyre, Program Associate

Find us on Facebook for Event Updates and Information:
UND Women’s Center
Benefits of Mindfulness

Finals are quickly approaching and it seems that it is always hard to focus on study materials. You have tried every technique in the book to try and focus, to try and remember what you studied the night before, to try and cram a semester’s worth of reading into one night in order to prepare for the final exam, but nothing seems to work. Have you thought about practicing mindfulness? This may be the technique for you!

What is Mindfulness?

“The mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations, used as a therapeutic technique.” -Harvard Health Publications

The Benefits:

Improves Well-Being

Helps you fully engage with the activities you are participating in
Focusing on the here and now can help alleviate worry about past or future events that may be stressful

Improves Physical Health

Relieves stress
Lowers blood pressure
Improves sleep

Improves Mental Health

Depression
Substance use
Anxiety
Eating disorders

How to get started:

Sit on a straight backed chair or cross legged on the floor.
Focus on natural breathing (air flowing in and out of your nose or belly rising as you inhale and exhale).
Once you are focused on your breathing, begin to focus on the sights, sounds, and emotions around you.
Embrace those sensations without judgment. If your mind begins to race or wander, start to focus on your breathing again and then return to awareness after you have refocused.

http://www.helpguide.org/harvard/mindfulness.htm

The University of North Dakota Alumni Association & Foundation raises and manages funds that support programs and educational opportunities for UND's students, such as the Women's Center.
To support the Women's Center, go to www.undalumni.org and designate your donation to "Women's Center" in the comments or contact Jay Erickson, Director of Development, Division of Student Affairs, at 701.777.3693.
Southern Macaroni and Cheese

Nothing quite says comfort like a good old fashioned childhood favorite dish of macaroni and cheese. So throw out the boxed version and go for something a little more grown up. The following recipe is sure to please the child in all of us.

**Ingredients:**
- 16 ounces large elbow macaroni
- 1 lb cheddar cheese
- 8 ounces monterey jack cheese
- 8 ounces Velveeta cheese
- 2 eggs
- 2 1/2 cups milk
- 1/2 cup real butter
- 2 teaspoons all-purpose flour
- 1/4 teaspoons salt
- 2 teaspoons black pepper
- 2 teaspoons live oil

**Directions:**
1. Boil the macaroni in a large pot with the olive oil until tender.
2. While the macaroni is boiling, shred the cheddar cheese and the Monterey Jack cheese onto separate plates.
3. Pour milk into a mixing bowl. Add the eggs, salt, pepper, and flour. Add melted butter. Mix until ingredients are well blended.
4. When macaroni is finished cooking, remove from pot and rinse well with cold water.
5. Pour the macaroni into a large oven safe dish (I prefer an aluminum pan for easy clean up.
6. Mix about half of the cheddar cheese into the macaroni. Mix in all of the Monterey Jack cheese. Cut the Velveeta cheese into chunks and mix into macaroni. Pour the milk and egg mixture over the macaroni and mix well. Spread the remaining cheddar cheese over the top of the macaroni.
7. Bake uncovered at 350°F for 30 minutes.

http://www.food.com/recipe/southern-macaroni-and-cheese-146856

AAUW and UND Partnership

The University of North Dakota and AAUW (American Association of University Women) have recently formed a college/university partnership. Kay Mendick and Patty McIntyre from the Women’s Center are the C/U representatives and will be collaborating with the AAUW Grand Forks Branch. AAUW’s mission is to advance equity for all women and girls through advocacy, education, philanthropy and research. Through membership one belongs to a community of men and women breaking through education and economic barriers so that women and girls have a fair chance. Undergraduate students can join for FREE as an e-student affiliate by filling out a simple online form.


There are benefits for students, faculty and staff which include free e-student affiliate membership for undergraduates, access to education, grants, leadership development opportunities, fellowships for graduate students who are AAUW members, advocacy for federal public policy, ground breaking research and AAUW internships.

Visit [www.aauw.org](http://www.aauw.org) and see what the opportunities available to the University of North Dakota community.

Watch for future announcements regarding opportunities to meet, greet and get to know AAUW better.
7 Study Tips for Finals Weeks

1. **Take Time to “Time Manage”**: Organize what you need to study and create a routine.

2. **Set Realistic Study Goals**: Don’t overwhelm yourself and give yourself plenty of time to study for each exam.

3. **Take Lots of Breaks**: Try not to study for more than an hour at a time.

4. **Plan Where You Will Study**: Make a plan for where and when you will be studying.

5. **Don’t Bring Food with You**: Food can create distraction. Bring a beverage to keep you hydrated and focused.

6. **Reward Yourself**: Once you have mastered a chapter, book, etc. treat yourself to a movie, lunch, something other than studying.

7. **Ask for Help**: If you aren’t getting the material, ask your professor or classmate to help explain it to you prior to the exam.

http://www.simmons.edu/blogs/300thefenway/2011/12/7-awesome-study-tips-for-finals.php

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**UND Women’s Center**  
305 Hamline Street  
GRAND FORKS, ND 58203  
21880-5180

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Have a SAFE & HAPPY Winter Break!