Upcoming Events:

Meet, Eat, & Learn:
Julie Dahlman RN & Rebecca Lessard RN Will Discuss Disease Prevention and Early Detection.
Wednesday, December 7th
Noon - 1:00 pm
International Center

De-Stress Fest

Friday, December 9th
11:00am-2:00pm
at the Loading Dock in the Memorial Union.

“Come to the Chalet and Melt your stress away!”

All activities are FREE! Prizes and free food too!
Come join us and make homemade body scrubs that smell yummy!

Season's Greetings from the Women's Center!

This Issue:
♦ De-Stress Fest
♦ Eat, Move, Unwind.
♦ Body Scrub Receipt

Hours:
Monday-Friday
8:00am-4:30pm
Or visit our website at:
http://und.edu/student-life/womens-center

Kay Mendick, Director
Patty McIntyre,
Program Associate

Find us on Facebook for
Event Updates and Information:
Search UND Women’s Center
Eat! Move! Unwind!

by Elizabeth Blazek-Thompson

It is 3 p.m. on a typical Tuesday afternoon. You are sitting at your desk as that familiar mid-day brain fog kicks in halting any hope of productivity for the rest of your working hours. This is a scene many professionals struggle with - that common feeling of sluggishness from day of phone calls, appointments and staring at a computer screen. There’s no cure but to chug another energy drink or cup of coffee, right? Wrong. That brain fog is a symptom of living an unbalanced lifestyle. The world can be so demanding of one's time and attention that it becomes a distraction from taking care of oneself. The three functions of a poor diet, a sedentary lifestyle and abundant stress are interdependent and can lead to serious illnesses and health costs over time. They also take a substantial toll on day-to-day work performance. "Presenteeism," a relatively new concept coined by The Economist, is defined as "productivity loss due to physically showing up for work to be present, yet accomplishing little to nothing due to fatigue, personal stresses and sickness."

Presenteeism wastes valuable time and a great deal of company funds. In her article for The Economist, Susan Lang reports, "Researchers at the Cornell Institute for Health and Productivity Studies (IHPS) and the health information firm Medstat estimate that companies' on-the-job productivity losses from presenteeism are possibly as high as 60 percent of the total cost of worker illness exceeding the costs of absenteeism and medical and disability benefits." That run down, fuzzy-headed disengagement that so regularly presents itself is what can be called an imbalance in the four quadrants of wellness, which encompass physical, spiritual, emotional and intellectual wellness. Due to their co-dependency, an imbalance in any one of these equals an imbalance in quality of life and productivity. Spiritual and emotional wellness are maintained through interpersonal relationship skills and stress management tools. Intellectual wellness is the feeling of personal growth and challenge. Therefore, three steps can be remembered to maintain a healthy system and reduce the number of unproductive daily working hours: eat, move and unwind!

EAT! This is arguably the biggest health conundrum for most people. Eating well takes planning and discipline, especially for busy professionals. Eating whole and raw foods is the best way to ingest the most vitamins, minerals and antioxidants, and buying organically is a good first step to better and more conscious eating habits. Organic means that little to no genetic alteration has been conducted on foods, and minimal pesticides and preservatives have been used in their growth and production. Eating a raw-food diet or mainly vegetarian/vegan diet is an excellent way to begin cleaning up a sluggish digestive system and metabolism. Think of food as medicine for whole body health and longevity, this lifestyle takes time. Herbs are also taken as supplements to food and are reported to improve a variety of body functions. Herbs such as valerian root, chamomile, lavender flower, melatonin and cat nip are reported to have calming effects, while hoodia and cinnamon tend to curb the appetite. Holistic herbs such as ginseng, kava kava, guarana, ginko biloba and gouto kola are reported to increase metabolism and blood flow, but naturopathic doctors and herbalists say these results can also be achieved through a well-balanced diet. Health food store professionals are well-equipped to educate consumers on the effects and proper amounts of herbs. Just because something is natural does not mean it is harmless. Naturopathic doctors and herbalists warn that too much of an herb or the wrong combination can have very serious health effects. The U.S. Food and Drug Administration has no regulatory stipulations on the effects of herbs, so it is important to become educated on their properties with the aid of a naturopathic doctor, herbalist or trained health food professional. Eating well and changing habitual behavior is a big step on the journey to a more well-balanced lifestyle.
MOVE! Exercise reduces stress and promotes quality, more restful sleep. But if the monotony of a gym routine and all its mirrors and treadmills conjure a groan, get creative and don't forget to factor in some fun. When your daily exercise program becomes too routine, exercising becomes something to dread rather than look forward to, and eventually people quit. Faith Stoutamire, a certified cycling, Pilates and primary fitness and yoga instructor, stated, "I don't think of exercise as work, but a way to rejuvenate my soul. When you feel how strong your body can become and how it should be considered a miracle within itself, you will have a greater appreciation for it. We are only given one body. There are so many people who are sick, so to be blessed with the strength to do whatever my heart desires is priceless." Grand Forks has an abundance of unique activities for any outdoor enthusiast. When outdoor activities don't sound appealing, why not try rotating different types of classes into a weekly schedule? Most gyms offer yoga, Pilates, Jiu Jitsu, Tai Chi and spinning. Studios keep classes cut down into roughly one-hour sessions so that they fit easily into a tight schedule.

UNWIND! If the weekend warrior lifestyle seems a little too extreme, yoga is a great alternative offering both exercise and stress relief. Yoga is a no-impact 5,000-year-old form of exercise and relaxation movements practiced throughout the world to promote mind and body control. Through yoga, translated "to unite," a harmonious interdependence of the body and mind create a continuum of overall stress reduction, strength, flexibility and health. Different styles of yoga have different emphases and poses. Style examples range from the more common beginner's yoga of Hatha to the truly in-depth styles of Sivananda, Iyengar and Ashtanga, which are based in the overall lifestyle of Ayurvedics. Bikram, or "hot yoga," is a sequence of 50 poses practiced in a hot room with temperatures ranging from 95 to 100 degrees. The room temperature promotes the heating of the muscles and increased sweating to rid the body of more toxins faster. Yin yoga promotes muscle endurance by holding each pose in a sequence for five minutes. All poses are done on the ground. Kundalini yoga is designed with meditation; it focuses mainly on stress reduction and healing body injuries and draws attention to breathing and self-awareness. Some classes examine posture and where individuals carry stress in the body. Kundalini is known as the "chanting" or "lazy yoga" because it is meant for relaxation. On the complete opposite end of the spectrum is the Westernized version - Power yoga. This style is a fast-paced, intense form that moves from pose to pose. Power yoga builds muscle and cardio endurance along with flexibility. Because so many versions of yoga are available, try out several to find the best personal fit. Many people say they do not have enough time to exercise, eat right or take 30 minutes out of a day to de-stress. What they are really saying is that they are overwhelmed, and it takes a real conscious effort to make lifestyle changes. However, taking time to identify and change imbalances is one of the simplest proactive measures working professionals can take to reduce health care costs and increase productivity and presenteeism in the workplace. So eat, move, unwind!
After your shower routine. Turn off the water and rub down your skin with this scrub. Let is soak in a few minutes and then rinse clean. As a tip, shave before the scrub, not after.

This is a Body Scrub receipt to be used in the shower for a moisturizing winter glow:

2/3C. Brown Sugar

1/3 C. Almond Oil or Jojoba Oil

45-60 drops of fragrance Oil or Essential oil

(we recommend lavender & vanilla mixed)