



HEALTHY YOU

April 2008

UK Health & Wellness Program
116A Seaton Center • Lexington, KY 40506-0219
www.uky.edu/HR/wellness • (859) 257-WELL (9355)

Ask the Expert: Can stress make you sick?



Q I know stress is an inevitable part of life. But my stress level seems to be making me physically sick. What are the signs of too much stress? What can I do to reduce the stress in my life?

A It is very easy to let our stress levels get out of hand causing physical symptoms. Some signs you might look for include: upset stomach (diarrhea, constipation, nausea), headaches, muscle tension, shortness of breath, changes in appetite, and sleep problems.

The good news is you can learn to manage your stress. Try these stress-busters:

- Exercise regularly. Your body can fight stress better when it is fit.
- Eat healthy, well-balanced meals.
- Get enough rest and sleep.
- Try a yoga class or meditation.
- Avoid alcohol and drugs.
- Enjoy a massage.
- Find a social network — a safe outlet to release stress.

An easy and FREE solution is to take a deep breath! Try this deep-breathing technique: Sit in a comfortable position with your shoulders and arms relaxed at your sides. Lift the top of your head, allowing the spine to lengthen. Close your eyes and breathe in through your nose nice and slowly, noticing your belly expand and chest begin to rise. Slowly exhale through your nose pressing your belly toward your spine expelling all air. Continue this breathing technique at your own pace, remembering to take your time on your inhale and exhale, letting all air in and out. It may help to imagine all of your stress being expelled with each exhalation and fresh energy being brought in with each inhalation.

— Melissa McDonald, Health Promotion Coordinator



Have a fitness or nutrition question? Ask our experts! We'll feature selected questions and answers in the newsletter. E-mail us at healthandwellness@email.uky.edu.

Want help reducing stress? Try BeH.I.P. Achieving Balance - A Stress Solution. It's your chance to get a free personal health coach. For details, visit www.uky.edu/HR/wellness/behipoverview.

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Mark your calendar for May 16! Better Health: To Go 2008 UK Health & Wellness Conference

What's on the menu? A day full of practical information on how to:

- Keynote speaker: Dr. James W. Holsinger, Jr. (Wethington Endowed Chair in the Health Sciences, UK College of Public Health)
- Sleep better
- Decrease stress
- Build relationships
- Be more heart healthy
- Bring more laughter into your life

The event will be held **Friday, May 16, from 8 a.m. to 4:30 p.m.**, at the Student Center. Admission to the conference is **FREE** for UK employees, retirees, spouses and sponsored dependents. Registration details coming soon!

Calendar

Treat yourself to a chair massage

The cost is just \$5 for 10 minutes or \$10 for 20 minutes (no refunds). Reservations required. The next chair massage is **April 15**, from 11 a.m. to 3 p.m., at the Seaton Center. To make an appointment, call (859) 257-9355.

Wildcats on the Move

Wildcats on the Move is a 10-week program that allows you to set your activity goals, and then choose how to achieve them. The cost is just \$5, and all UK employees, retirees, spouses, and sponsored dependents are welcome to participate. **Register by April 16.** For more information, visit www.uky.edu/HR/wellness/WildcatsOntheMove.html.

Lunch & Learn

Attend our three FREE Focus on YOU: Lunch & Learn Sessions

this spring. The first session, "Focus on Fitness: Strength Training," is **April 16**, from 12:10-12:50 p.m., at 127 Wethington Bldg. Register at www.uky.edu/HR/wellness/lunchandlearn.html.

Need help meeting your weight loss goals?

Now is the perfect time to make good health a priority by joining the Weight Loss Matters program. New classes begin Tuesday, April 22, or Thursday, April 24. **The registration deadline is April 17, and class size is limited.** For more information, visit www.uky.edu/HR/wellness/weightlossmatters.html.

May 1, FREE Health Screening

WOW is a free mobile health screening. The next WOW is **May 1, from 8:00 a.m. to noon, at Good Samaritan.** Register at www.uky.edu/HR/wellness/healthscreening.html.



The UK Health & Wellness Program is part of UK's employee benefits package and is available to all UK employees, retirees, spouses and sponsored dependents.

KNOWLEDGE + ACTION = WELLNESS