Healthy Spartans 2020

Developing Resilience as a Life Skill

Did you know that UT students say that anxiety, stress, and sleep problems are the top barriers to academic success? These findings are from a recent sample of 364 students who completed the online version of the 2014 National College Health Assessment Survey. Emerging research supports the idea that people who adapt well to significant sources of stress in their lives often demonstrate resilience—the process of good coping and adjustment in the face of life’s demands that we all can learn and develop.

The American Psychological Association (APA) says that resilience is a valuable response in helping people “bounce back” from emotionally distressing events, such as family, relationship, and school problems, health issues, financial stressors, and traumatic events. The APA suggests several tips to build resilience in our everyday lives:

1. **Make Social Connections.** Seek out and accept help from family members, friends, and others on campus and in the community. Avoid isolating yourself from others. And once you’ve established these important connections, work hard to maintain them.

2. **Reframe Crises as Solvable Problems.** While you can’t change the fact that stressful events happen, you can work to change how you interpret and respond to these events. Keep stressful events in perspective and avoid over-inflating them.

3. **Choose Achievable Goals and Take Action.** Develop realistic goals—even if they may seem small—and ask yourself, “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?”

4. **View Yourself Positively and Keep a Hopeful Outlook.** Work to develop confidence in your ability to solve problems, and remind yourself to be hopeful in your everyday life—optimism about the future is an important aspect of resilience.

5. **See Adversity as Self-Challenge.** People may experience personal growth as a result of rising to the demands and challenges of stressful situations. Many report a greater sense of strength and self-worth, and increased spirituality and meaning in life.

6. **Take Care of Yourself.** Engage in health-enhancing activities that you enjoy and that keep your mind and body ready to deal with situations that require resilience. Eat well, sleep well, and exercise regularly.

Upcoming Events

**March 3** Professors Susan Taylor Lennon and Andrew Carroll present: *What Does Dance Have to Do With Bullying, Dating Violence, and Suicide Prevention?* 4 pm Reeves Theater, Vaughn Center

**March 22** Professor Patty O’Grady presents: *Building Resilience: Cutting Edge Practices in Stress Management.* 4 pm Reeves Theater, Vaughn Center

**April 1** Energii Wellness Expo. 11:30 am to 3 pm in front of Sykes COB. Health and wellness giveaways, food, music and fun!

Student Fellows

Healthy Spartans 2020 received a Board of Fellows grant to fund 5 student fellows to work with the group’s committees. Fellows:

- Andre Duarte
- Cara Hazel
- Audrey Hoffman
- Daniel Indorato
- Victoria Sunseri
Better Health = More Fun!  By Susan Taylor Lennon

We all know the importance of living healthfully so as to maximize our enjoyment and fullest participation in all aspects of our lives. Sometimes we forget that it is the decisions that we make moment to moment, day to day, that result in the overall picture that we call our health. And sometimes just thinking about this when we have papers to write, deadlines to meet and tests to study for makes thinking about our health take a backseat. “I’ll start exercising after midterms...after Thanksgiving...after the holidays.” Or “I’ll get more sleep after....” You don’t have to put your health on hold! Here are 13 tips to help you get started. Overall better health opens the door for healthier and happier relationships, less time spent waiting to get into the Health Center, and more time to do the things that bring you happiness and success.

Diet

This is probably not the best time to totally revamp your diet while you’re under a lot of stress preparing for the end of the semester. But you can take some small steps that might make a difference in your overall health

- Add more salad and green vegetables to your meals every day.
- Substitute water for a caffeinated drink at least once a day. Keep a gallon of water in your room so you can keep refilling the same smaller container and save money!
- Buy some fresh fruit to have on hand in your room for those late night hunger pangs.

Exercise/physical activity

A little effort can go a long way. You probably don’t have a lot of extra time in your schedule right now to start a gym membership. What you can do is...

- Pick up a yoga or Relax and Restore class at The McNiff Fitness Center.
- Park farther away than usual and enjoy the walk to class.
- Cross the river and enjoy the new Riverwalk.

Rest/sleep

- Get an eye patch if you don’t have one to enhance your sleeping patterns the day, whether you’re sleeping in or taking a nap.
- Give yourself at least a half hour away from a television or computer screen before you go to bed.

Psychology / Relationships

Remember that being alone does not equal loneliness. Make some quiet time for yourself to just relax and unwind.

- Find a couple places on campus to relax outdoors. Consider the meditation garden outside the Sykes Chapel or some shady spot in Plant Park.
- Take your homework on a date. Go to your favorite cafe or coffee shop to catch up on some of your studying.
- Limit your calls to people who understand what you’re going through and will offer encouragement and support.
- Have some fun! Play cards or games with friends, go early holiday shopping with a friend, or read a book that’s not on the required list for a class.

Remember, UT has an extensive support system to help you navigate your way through the classroom as well as the campus and life outside the University. If you feeling overwhelmed, ask for help! We’re here for YOU!
Do You Need Help Quitting Smoking?

**UT Presents: You Can Quit!**

**FREE** 1 Session Program  
**FREE** Gum, Patch, Lozenges

The **Tools to Quit Program** is a two hour class to provide you with practical and effective tools needed to successfully quit smoking. We can help if you are ready to quit smoking (and other types of tobacco use) within the first 7 days of class. In this seminar you will learn about: nicotine addiction, how to prepare an individual plan that works for you, how to cope with withdrawal, how to prevent relapse and stay tobacco free for the rest of your life.

You must call in/email to register to receive your **FREE** gum, patches or lozenges to help you quit!! The first two weeks of supplies will be handed out during the class, and the other two weeks will be mailed to you.

**Contact:**  
wellness@ut.edu or call 257-1877 to sign up.

Anyone can participate: UT students, staff, faculty and their friends & family.

**UT is going smoke-free on August 1, 2016.**

**Energii Wellness Expo**  
**4/1/16 11:30am-3:00pm**

Live Well UT will be hosting their biannual Energii Wellness Expo on Friday, 4/1/16 from 11:30am-3:00pm on the lawn in front of the Sykes College of Business. Join Live Well UT to learn about wellness resources found on campus and local vendors from the Tampa Bay Community. Don’t miss the health and wellness giveaways, food, music and fun!

**Live Well UT**

Join the movement! Wellness is becoming a focus on college campuses across the country. Luckily, we have Live Well UT to lead the way for our students. A student led initiative based in Wellness Services on the second floor of the Dickey Health and Wellness Center, Live Well UT educates on all areas of wellness. It is the overarching umbrella of twenty other student lead initiatives that focus on alcohol and other drugs, sustainability, physical health and nutrition, mental health, diversity and spirituality, sex and relationships, and financial literacy. Catch them on campus educating students through interactive events, presentations and workshops! For more information on attending events, utilizing their presentations, or for questions on how to get involved with Live Well UT, please contact wellness@ut.edu or visit livewellut.org.

**HEALTHY SPARTAN 2020 COMMITTEE**

Creativity and Health—Professor Susan Taylor Lennon  
Exercise and Physical Health—Addie Carothers  
Mental Health—Dr. Cindy Parsons  
Sexual Violence Prevention—Monnie Wertz  
Tobacco, Alcohol, and Other Drugs—Dr. Mary Martinasek  
Healthy Spartans Chair—Dr. Mike Stasio  
Healthy Spartans Vice Chair—Gina Firth