

SPIRITUAL

SOCIAL

PHYSICAL

EMOTIONAL

INTELLECTUAL



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Don't drink that

How often are you tempted to run to Horkley's for the cheapest 32 oz. soda pop in town? Next time you're out to get the most for your dollar, ponder the consequences. Carbonated beverages have more negative effects on your body than positive ones. These habitual drinks affect your weight, your body's ability to fight disease, and even the health of your teeth.

The average soda pop contains about 100 calories in every 8 ounces. If you're drinking 32 ounces of soda pop in a day, you're taking in an extra 400 calories you could probably do without. Cut that out of your daily diet and you're cutting out an unnecessary 2800 calories every week!

Not only do calories count, and they do, but what happens to your body when you consume all those chemicals found in soda pop?

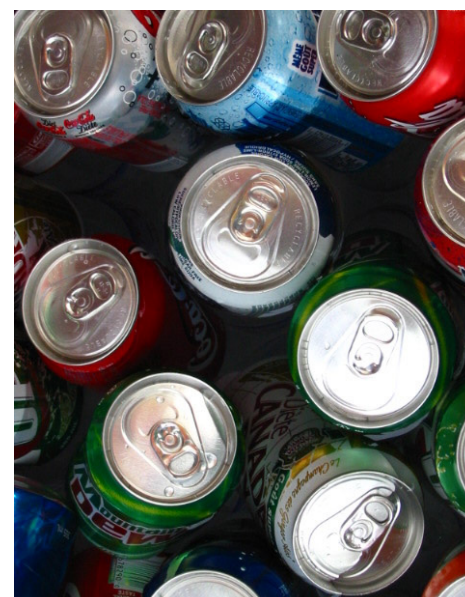
Disease loves acid. The acids found in almost every single soda pop throw off the balance of our bodies' natural pH. Not only can this

have extreme side effects on your organs, but even your teeth suffer from this chemical mistreatment.

Dental caries, a fancier name for tooth decay or cavities, is a direct result of bacteria fermenting from dietary sugars on your teeth. The tooth's enamel slowly wears down until it can no longer fight off the quick wear and tear caused by sugary and acidic drinks nearly every American is guilty of indulging in. The acid in a single glass of cola is so high it would take 32 glasses of pH alkaline water to neutralize it.

Studies have shown direct connections between an increase in soda pop consumption and tooth decay, obesity and overall health.

You've only got one life. Is it worth it?



Stay happy by taking Vitamin B12

When the weather is gloomy and you're sitting in your room to work on the pile of homework, it's hard to keep yourself cheered up. Before concluding that you're feeling blue because you're studying for a test, consider this: do you have enough Vitamin B12 in your diet? Some signs of Vitamin B12 deficiency are mood swings, irritability, and depression. Therefore, eating foods with Vitamin B12 can prevent you from feeling unhappy. Here are three ingredients rich in Vitamin B12:

Fish

Getting fresh seafood in Idaho can be expensive. Broulim's sells individually packaged and frozen fish that are fairly cheap and easy to cook. All you need to do is defrost, flavor, and grill, and you have a healthy meal packed with Vitamin B12.

Eggs

Most of us already have eggs in their refrigerator right now. Eggs are easy to cook for any college student—even your roommate who is not the best cook knows how to scramble some eggs.

Dairy Products

Think about all the possibilities of getting dairy in your diet: cheese, yogurt, and ice cream. You will need to take multiple servings and mix up the ingredients to make sure you are getting enough, but remember to watch out for the calories.

If you have special dietary needs that won't allow you to eat these foods, make sure to take a supplemental vitamin. Also, check the nutritional labels on cereal boxes, because many fortified cereals are loaded with Vitamin

B12. Adjusting your diet to get enough Vitamin B12 will help you live happily during the long Rexburg winters.



Improve your studying with music

It's late on a Wednesday night with three weeks left of the semester. You are feeling the stress of finals coming on. You are studying devotedly at the library. The time gets lost as you are caught up studying for the anatomy and physiology exam you have to take tomorrow. You happen to glance up just as the clock on



your computer turns to 11:15 p.m. You knew it was coming... The inevitable "Footloose" song ruptures the peaceful quiet you were just experiencing and you know that you will no longer be able to focus.

Instead, you feel your head start to nod to the beat, and your feet start to tap under the brown oak desk in the East Wing of the David O. McKay Library.

We have all experienced this; however, why does music have such a strong affect on us? How can we be focusing so intently one minute, and then the next we're bopping our heads to the beat without a single idea of what a midsagittal plane is.

Teresa Lesiuk, assistant professor of music therapy at the University of Miami, states, "When music evokes a pleasant mood and an increased arousal state, participants perform better on non-musical tasks.

Thus, there is support for an increase in creative problem solving and task performance by workers..."

Therefore, it has been found that positive feelings create positive energy, and literally assist us in creating better and more improved work. This work can vary from a class project, an exam we are studying for, or even housework. If we are experiencing positive feelings through the music that we are listening, this can literally enhance our creativity.

So the next time that you are getting ready to study for that big exam, try popping in some Mozart. The results could be greater than you think. And also, if you're planning on studying at the library, please give yourself enough time to make it home before the clock strikes 11:15 P.M. Unless, of course, you're in the mood for a little '80s flashback.

BYU-Idaho Wellness Center

The BYU-Idaho Wellness Center promotes health and wellness among the entire BYU-Idaho community through preventive, therapeutic, and health care services as well as incentive programs.

Contact Information

Location: Hart 152
Phone: 208.496.7491
Email: wellness@byui.edu
Visit us online at
www.byui.edu/campuswellness

Note:

If you're planning on participating in the DMBA program to earn up to \$200 back on your premium, visit <http://www.dmba.com/wellness/wellness.asp>.



Meditation for salvation

We've all heard about the merits of meditation: gaining a new perspective on stressful situations, building skills to manage your stress, increasing self-awareness, focusing on the present, and reducing negative emotions, according to the Mayo Clinic.

What's not as known is that it's not just medical authorities that advocate for meditation. Church leaders have also taught this principle repeatedly as a way to increase spirituality.

"I think we pay too little attention to the value of meditation, a principle of devotion," said President David O. McKay. "In our worship there are two elements: one is spiritual communion rising from our own meditation; the other instruction from others, particularly from those who have authority to guide and instruct us. Of the two, the more profitable introspectively is meditation. Meditation is the language of the soul. Meditation is a form of prayer. We can say prayers without having any spiritual response. Meditation is one of the most secret, most sacred doors through which we pass into the presence of the Lord."

Presidents Gordon B. Hinckley, Harold B. Lee and Howard W. Hunter, along with apostles Richard G. Scott and Boyd K. Packer, among others, have all also preached the importance of this oft forgotten practice.

Not sure how to start? BYU-Idaho offers meditation sessions every Monday and Wednesday from 4:30 to 5 in Taylor 276. Gary Purse, a religion professor who leads many of the sessions, explains it this way: "The purpose of meditation is to slow down and focus our minds and bodies so that we can merge more effectively with the Spirit of Christ, it is to bring our hearts and minds together to work as one."



How to meditate in 6 easy steps

Want to give meditation a try, but not sure how to begin? Here are a few pointers to help you on your way to becoming spiritually supreme:

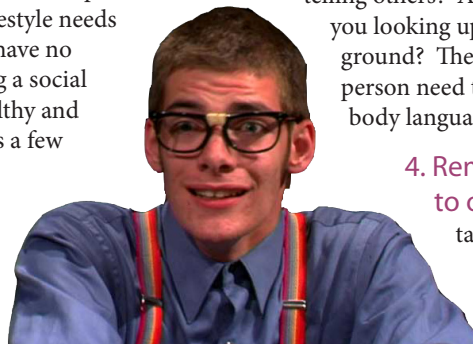
1. **Make time to meditate**—even 5 minutes is beneficial.
2. **Find or create a quiet, relaxing environment.**
3. **Sit up straight**, with your pelvis tilted forward.
4. **Relax everything**, and keep finding and relaxing tense muscles throughout.
5. **Focus your attention.** It may be easiest to focus on breathing at first.
6. **Silence your mind**—clear away all distractions.

How to not be socially awkward

How is it that some people can start up a conversation with anyone at anytime? Why is it easier for some people to be social? These questions are often pondered by BYU-Idaho students. All sorts of students attend classes each day at the Rexburg campus. Many are walking and talking with friends on their way to class, and others are sitting around tables laughing and talking with each other. Having an active social lifestyle promotes a healthy lifestyle.

Some students, however, are not the socialites that are seen around campus. If you feel like your social lifestyle needs some enhancements, you have no need to worry. Developing a social lifestyle that leads to a healthy and happy wellbeing only takes a few easy steps:

1. **Be aware of your interactions with people.** Each day you will have



an opportunity to take advantage of a social situation. Learn which situations you are most comfortable with, and which ones you aren't. Find ways to modify these situations to make them a more positive experience.

2. **Know that it is ok to apologize and take responsibility for it** if you make a mistake. Ask those around you for a little feedback on how to improve.

3. **Be aware of your non-verbal actions.** What is your body language telling others? Are you smiling? Are you looking up or down at the ground? The words you say to a person need to be reflected in your body language.

4. **Remember to listen to others.** It is ok to quit talking and hear what others have to say.

The suggestions above, if followed

will help you develop your social skills when interacting with others. Having better social skills will enable you to better communicate and express yourself to others. These skills will have an everlasting impact on your future.

You know you're awkward if...

- You try to DTR on the first date.
- Your classmates become silent whenever you walk in the room.
- You wear pocket protectors.
- Your favorite building on campus is the testing center.
- You shower less than once a week and don't know what deodorant is.
- You ask personal questions that make others notably squirm.

Talking to a person with depression

Sometimes it's hard to know what to do when you see your roommate struggling with her self worth, or when your best friend is falling into the depths of depression. In 2005, the American College Health Association reported that 1 in 4 college students suffered from depression so bad it keeps them from functioning three to eight times during that year.

When your Book of Mormon study buddy has lost the motivation to even come to class and your roommate no longer wants to join in outings to Guitars Unplugged or the Paramount Twin dollar theater, what do you say to him? How do you cheer her up? Is there anything you can do? Just knowing what to say and how to react to what they tell you can be difficult. Here are some tips to navigate these troubled waters:

1. Offer a shoulder to cry on. Often, she just needs someone to listen to her, someone to whom she can explain all she's going through.

Postpone the homework for an hour and just spend time with her. Give her the chance to talk, but don't force it.

2. Be a pity-party policeman. Don't allow him to dwell only on the negative. It's good to listen, but sometimes it's time to change the subject. There's a fine line between expressing emotion and wallowing in self pity. The first is good, the latter is not.

3. Try to understand. Put yourself in her shoes, but watch your language. When you're struggling to buy your next meal, it's annoying to hear your loaded roommate tell you "I know exactly how you feel." Don't use this phrase or its variants unless you've been there yourself.

Instead, paraphrase what he's saying back to him: "So what you're telling me is you feel like..." This shows you are listening and trying to understand. Most importantly, love them unconditionally.

It may be hard when he refuses to do his part of the clean check or can't even seem to get out of bed. When she refuses to acknowledge the help you give her and returns friendship with rudeness, it's hard to be patient. Don't give up.

The Counseling Center on campus provides free help as well, so don't try to shoulder all the responsibility yourself. Call 496-9370 to schedule an appointment, or 496-HELP (496-4357) for after-hours emergencies.

How to recognize depression

- Feelings of sadness or unhappiness
- Irritability or frustration
- Loss of interest or pleasure in normal activities
- Insomnia or excessive sleeping
- Changes in appetite
- Agitation or restlessness

Reaching for new heights



Do you ever yearn for a way to improve your physical fitness beyond slaving away on the treadmill and pumping out repetition after repetition of dumbbells at the Hart?

If you're looking for a new addition to spice

up your regular workout routine, give rock climbing a try.

Dan Batchelor, a doctor of chiropractic asserts that "the legs and arms get a good workout since they are working in synchrony most of the time. Both sides of the body are working evenly. This 3 helps maintain spinal alignment."

While you are challenging your will to keep climbing higher, you are giving your body's core a workout. Showing additional benefits of rock climbing, Tanya Tiessen, who has been in the fitness industry for over twelve years as a teacher in physical education and aerobics as well as serving as a personal trainer, explains: "Climbers will quickly begin to develop arm, back, finger, and core strength as a result of the many reaches and holds that are repeated over

and over through the completion of one climb."

Living in Rexburg means you are in luck if this sport sounds like something worth while.

Sticks and Stones is an indoor climbing facility located on Main Street. This is a great place for beginners—the staff is friendly and more than happy to give you pointers.

Now you know, so what are you waiting for?

Start climbing today!

Sticks and Stones Hours

- Monday - Friday, 10 a.m. – 6 p.m.
- Saturday, 11 a.m. – 3 p.m.

Sticks and Stones Prices

- \$5 for Day Pass
- \$30 for 10-time Pass
- \$40 for 15-time Pass

BYU-Idaho on Wellness is a student project produced in cooperation with the BYU-Idaho Wellness Committee and the Departments of Health Science and English. For sources, subscriptions or other information, contact Philip Crane at 208.496.7421. You can also find us online at www.byui.edu/CampusWellness.

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