

Feeling Well at Xavier

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COUNSELING & WELLNESS

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From the Desk of the
Director of The Counseling
& Wellness Center



I want to thank all the sponsors of Wellness Awareness Week; without your hard work and generosity, we could not have succeeded. I would also like to thank all of you who participated in the wellness activities; your evaluations indicated that you not only learned much about health and wellness, but you plan to change your behavior to incorporate wellness activities in your lifestyle.

Some great prizes were distributed throughout the week. The winners of the prizes sponsored by organizations and business are as follows:

- **Gladys Hampton** - \$100 Wal-mart Gift Card (Class of 2010)
- **Jackie Joe** - \$100 Shell Gift Card (Class of 2011)
- **Xavier Readus** - \$100.00 Barnes & Noble Bookstore Gift Card (Pharmacy Student Association)
- **Aishah Yansanel** - \$100 Target Gift Card (Class of 2012)
- **Angelina Callis** - \$100 Best Buy Gift Card (Class of 2013)
- **Amber Robinzine** - \$75 Wal-mart Gift Card (Wal-mart Store)

- **Ruston Henry** - \$25.00 American Express Gift Card (Document Center)
- **Kirsten Bullard** - \$25.00 American Express Gift Card (Document Center)
- **Danielle Casey** - \$25.00 Five Happiness
- **Mia Holmes** - XU sweatshirt (XU Book Store)

Wellness Week celebration culminated in an energizing and inspirational walk with President Norman C. Francis. The focus on exercising leads us to another important health awareness month. November is **Diabetes Awareness Month**, and as usual, Xavier's Wellness Network is well ahead of the process of helping our community to become knowledgeable about this disease. During Wellness Awareness Week, there were several glucose screenings done by Student Health and Touro Hospital and an educational exhibit by Pharmacy Students.

The *MayoClinic.com* listed the latest diabetes prevention tips from the American Diabetes Association. It emphasizes that Diabetes prevention is in our hands and it's never too late to start. We can start by simply tweaking our lifestyle to include the **5 tips** of taking control listed in below:

Tip 1: Get more physical activity

There are many benefits to regular physical activity. It can help you lose weight but even if it doesn't, it's still important to get off the couch. Whether you lose weight or not, physical activity lowers blood sugar and boosts your sensitivity to insulin — which helps keep your blood sugar within a normal range.

Tip 2: Get plenty of fiber

It's rough, it's tough — and it may reduce the risk of diabetes by improving your blood sugar control.

Tip 3: Go for whole grains

Although it's not clear why, whole grains may reduce your risk of diabetes and help maintain blood sugar levels.

Tip 4: Lose extra weight

If you're overweight, diabetes prevention may hinge on weight loss. Every pound you lose can improve your health

Tip 5: Skip fad diets and make healthier choices

Low-carb, low-glycemic load or other fad diets may help you lose weight at first, but their effectiveness at preventing diabetes isn't known; nor are their long-term effects. And by excluding or strictly limiting a particular food group, you may be giving up essential nutrients. Instead, think variety and portion control as part of an overall healthy-eating plan.

For assistance in any of the above tips, please feel free to contact the Wellness and Counseling Center at 7315.

Be well,
Eloise Doxie Dixon,
LCSW / ACSW

Editor: Shirley F. Labbe

Reflection Of Wellness

While flying back to New Orleans from a meeting in San Antonio, I was in the midst of a pleasant conversation when the question came. It's a common question. If I had money to bet, I would be rolling in dough. I would bet that every person who finds out that I'm from New Orleans has or will ask this question (or some derivation thereof): "How are things in New Orleans since Katrina?" My answer to the question starts off the same way, "Well . . ." The answer continues based on what type of mood has a hold of me at the moment. Sometimes it's a cranky, funky, almost bitter response. Other times it's a hopeful, joyful ode to the great Crescent City.

Since Hurricane Katrina, sister storm Hurricane Rita, and other assorted calamities visited our shores and campus, I have experienced an odyssey of sorts. Like all journeys of substance, I'm learning and growing. Like many people, although they may be averse to admit it, I like my toys to be in working order and where I can find them when I want to play. Change can be difficult. Because New Orleanians and Xavierites love their traditions and cultures, they don't easily adapt to changes, especially those thrust upon them – out of their control.

Yet, there is a more profound truth which must be contended: We change or we perish. I'm sure those of the scientific community would affirm that when an organism (human or otherwise) stops growing, changing, morphing, and developing, it would be declared dead. For humans, when we stop growing or resisting change, we die. No, we don't literally stop breathing, but we lose that life-force within us that we call the soul or the spirit. We can become like the walking dead, spiritually bankrupt lost souls. Paradoxically, it's at this point that we arrive at a most propitious moment: liminal space. This space is an in-between kind of place (metaphorically), where the possibilities are endless for growth and change or there could be a continuing loss of life into further depths of death.

Did anyone expect me to go there? I believe that is what we face now in 2009, still a post-Katrina time. It's a time filled with unimaginable possibilities and hope. The future is indeed bright for eyes to see and hearts to open, warm, and compassionate.

The challenge is to practice hope-filled living.

The teachings of Jesus Christ lead us and offer us a way forward. Jesus lived in a time of great change and upheaval, some of which He brought about by His preaching and healing ministry. Have you ever heard: "...the first will be last and the last will be first..." (Mt 19:30); or "...the kingdom of God is at hand..." (Lk 10:11)? This was Jesus' way of saying that fulfilling life is about change and growth.

Our practice is to live as people of hope. We are called to live as those who understand that the journey is most important. The heartaches, the victories, the little kindnesses, the unexpected blessings, and the disappointments are all ingredients for the gumbo of hope. It's a soul-stirring mixture that'll set you free if you eat it with gusto. The next time somebody asks me about how things are in NOLA, I can say things are quite hopeful and mean it.

Rev. Jeffery Ott
University Chaplain / Asso.
Director of Campus Ministry

The Library Your Partner to Success

The end of the semester is coming and your "must do" list is getting longer and longer. There are research papers to complete, project deadlines are approaching and then there are the final examinations. Can you forget your social responsibilities, what about homecoming and other activities that you are trying to fit into the schedule? **Stress! Anxiety!**

How to avoid the stress and high anxiety? Key components include time management, prioritize, scheduled breaks, exercise, sleep and proper nourishment. An additional component for a less stressful semester, your Library. How do you start that research paper? We can help. Need assistance in finding the key resources, check with your librarians. You prefer to do your research from home. There is help. Need a place to study? Your library is waiting to assist you. The address of the library's home page is <http://www.xula.edu/library/index.php>.

Extended hours pre-finals and finals will begin on November 30. The schedule can be located on the library's webpage at <http://www.xula.edu/library/hours.php>

Research papers and end of the semester projects

First, do not wait until the last minute. **Second**, librarians are available to assist you in research development. Visit the reference desk call 520-7305, or schedule an appointment with a subject specialist. **Third**, through the library you have access to over 88 electronic databases, 35,000 plus full-text journal articles and over 30,000 eBooks. The fastest way to access the online resources is to go to <http://www.xula.edu/library/onlineresources.php>. In-house resources includes more than 233,000 books, and other paper resources and 1600 plus serials subscriptions.

If that "must have" book or journal that will put your paper in the "A" category, is not located in the library, don't forget interlibrary loan. The only stipulation is you can't wait until the last minute. <http://www.xula.edu/library/interlibraryloan.php>

Need a computer? The 3M Mentoring and Resource Lab under the direction of Xavier's ITC is located on the first floor of the Library.

Off Campus Assistance and Access

The Library's catalog, XACweb, and databases are available electronically 24-hours-a-day. You may login to databases from off campus by using your Xavier email user name (everything left of the @xula.edu) and your email password.

"Ask a Reference Librarian," allows you to ask questions of librarians, without having to come to the library. The form is located on the library's home page. Finally, there are also research guides to support student research. Have a study group; don't forget there are group study rooms, in the library. The staff is available to assist you and look forward to being a part of your success without undue stress.

Ms. Gennice W. King
Associate Library Director