

# Tips for Self-Care Students

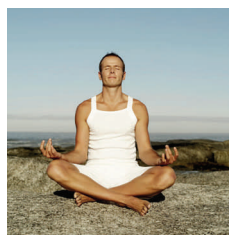
UCF VICTIM SERVICES

## LIVE YOUR LIFE!

- Enjoy nature
- Volunteer time to help others
- Spend time with animals
- Laugh hysterically
- Visit a museum
- Enjoy a festival with friends
- Travel the world
- Write in a journal
- Learn a foreign language
- Enjoy a thrilling theme park
- Take a dance class
- Do... what brings you joy!

## Take Care of Yourself

- **Pay attention to your what your body is telling you.** You can best take action if you are aware of how you are feeling. Start writing in a daily journal—it is your opportunity to document what you are doing, how you are feeling, and what you can do next..
- **Let it all out!** Talk and share your concerns with others. It can help you gain perspective and prevent serious effects of stress later.
- **Exercise.** Physical activity allows us to release tension, while also releasing endorphins that can enhance our mood.
- **Set Limits.** It's okay to say "No." Identify what your responsibilities and actions are, and then accept and assert your limitations.
- **Avoid substance abuse.** Alcohol and drugs only provide temporary relief, but it will most likely increase your stress levels and cause you problems in the long run.
- **Manage your time.** Mastering time management is key to making you feel less stressed.
- **Utilize spiritual resources.** This could include attending religious services, praying meditating, or engaging in any other spiritual activity.
- **Do what makes you happy!** Take the time out to explore new interests and rediscover old ones.



**BREATHE.** Stop and take a moment to take a few deep breaths.

## UCF Programs and Services

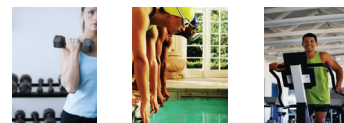
### Recreation Center

The Recreation Center is the best place on campus to get fit and have fun. Students can access the center for free. Services offered include:

**Personal Training** - The initial consultation is free. You must take the CHAMPS assessment first. All sessions are 60 minutes long. For students, it costs \$20 per session or \$80 for 5 sessions.

**Group Exercise** - Classes are 55 minutes long. Check out the class schedule online to find out when such classes as kickboxing, yoga, spinning, and more are offered.

**Climbing tower** - This 41 ft. high tower located inside of the RWC features 9 ropes and has about 20 different routes, ranging from beginner to advanced levels.



The Recreation Center has a lot more to offer, including two pools, an indoor track, and state of the art equipment. For the most up-to-date information on operating hours, class schedules, and membership inquiries, contact the Rec Center at (407) 823-2408 or visit them online at [www.rec.ucf.edu](http://www.rec.ucf.edu).

# Wellness Center

The Wellness Center is located on the first floor of the Recreation Center. This department offers students a variety of programs and services to help them make healthy lifestyle choices. Services offered include:

**Massage Therapy** - Experience pure stress relief and relaxation by licensed massage therapists. For students, it is \$40 / hr.

**Biofeedback** - This stress management program helps to control your physical response to stress and elicit your body's relation response. The process utilizes sensors/electrodes that are attached to the body to measure such things as skin temperature, muscle tension, heart rate, and sweat rate. New responses and behaviors can help to bring relief and improvement to a variety of conditions. The cost for this services is \$10 per session with a maximum of 6 sessions. Located in the Health Services Annex in the Counseling Center.

**Dietician Consultation** - Offers support to students with a variety of dietary and health concerns. Information is also available on sports nutrition, food supplements, and herbal products.

**Shape U** - This is a 6-week weight management program that combines lifestyle, nutrition and self-awareness, with the goal of



healthy weight maintenance. The cost for new members is \$22 and \$10 for returning. This includes individual consultation, weekly correspondence, and aerobic classes.

**Hot Topics!** - No cost. No reservations. Just drop by the Wellness Center classroom for various classes such as "Stop Stressin Already!" and "Better Nutrition on the Run."

**CHAMPS Test** - Evaluates lifestyle choices, examines fitness testing, blood pressure, and body fat measurements. You also have the opportunity to plan goals with a certified Peer Health Advocate.

**Stress Relief Stop** - Allows you the opportunity to use interactive biofeedback equipment on an individual non-therapist facilitated basis.

**HIV Testing & Counseling** - Offers needle-free, non-invasive Orasure HIV antibody testing. Test and results are completely confidential or anonymous and results are returned within 2 weeks. Pre and post-test counseling is also available. The cost is \$15 per test. Call 407-823-2437 for more information.

For more information on the Wellness Center, visit them online at [www.hs.sdes.ucf.edu/wellness/index.html](http://www.hs.sdes.ucf.edu/wellness/index.html) or call (407) 823-5841.

## Counseling Center

Seek out the services of a professional. The UCF Counseling Center offers free counseling services to students. Individual, couples, and group counseling sessions are available. Counselors are also provide crisis intervention services and career counseling.

**Self-Discovery Knights** is an outreach series is a series presented by the Counseling Center which explores a variety of student development concerns and issues.

Do you prefer self-help tools? The Counseling Center's website is full of helpful resources and recommendations. Check out all they have to offer by visiting [www.counseling.sdes.ucf.edu](http://www.counseling.sdes.ucf.edu) or call (407) 823-2811.

## Health Center

- Allergy Clinic
- Women's Clinic
- Clinical Dietician
- Psychiatry
- Travel Clinic
- Patient Advocates available
- Flu Clinic
- 24/7 WebMed - access through MyUCF portal
- Contact: (407) 823-3850



*"Your first responsibility to all the beings on our planet is to take the very best care of your very own self."*

# Student Resources: Get Involved, Make New Friends!

### Office of Student Involvement

[www.osi.sdes.ucf.edu](http://www.osi.sdes.ucf.edu)

Check out the calendar of events that will let you know what fun activities are taking place on campus. Also, you can access the complete listing of student organizations, where there is a club for almost every possible interest.

### Student Academic Resource Center

Student Academic Success Workshops are held throughout the year, that help students address time management, stress, memory improvement, and much more. Check out the online schedule at [www.sarc.sdes.ucf.edu](http://www.sarc.sdes.ucf.edu) or call (407) 823-2821.

