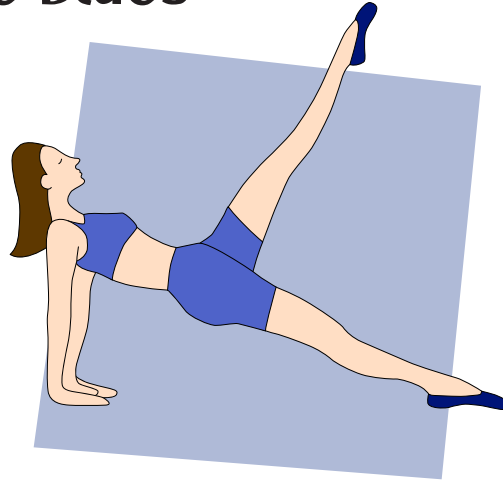


## Move to Beat the Blues

The college experience brings with it significant amounts of stress related to the academic and social demands placed on you as a college student. This stress can result in increased anxiety, and quite often, depression. More often than not, these conditions can seriously impact your progress and growth in a negative way. They can also become significant health risks.

An increasing amount of research points to the fact that exercise can be as effective a treatment in lifting depression and anxiety as medication or therapy. The research also shows us that regular exercise can help keep depression from returning. Exercise helps to increase the levels of neurotransmitters in the brain that create positive moods. It increases the level of endorphins (chemicals that create a sense of wellbeing) in the brain, while reducing levels of cortisone (a stress hormone). Exercise also relaxes muscle tension, improves sleep and increases body temperature, both which may help reduce anxiety. Anger and fatigue also seem to be reduced with regular exercise.

Beginning or increasing exercise can also improve the way you feel about yourself!



Two things that often happen when you get depressed are loss of your self-esteem and loss of belief that you can do anything. When you are depressed, you lose energy and motivation. This can become a really serious downward spiral very quickly. Beginning an exercise program, no matter how small, can benefit you by helping you to reverse the habit of inactivity. This can help you to feel better about yourself by letting you prove to yourself that you can do something about the way you feel physically and mentally. Getting some exercise can also be a great distraction from

*William Hale, Ph.D. UCS*

the negative thinking we experience when feeling depressed.

Exercise can also be a social event. It can be anything from participating in an intramural sport to something as simple as taking a walk with a friend. Feeling better by sharing time with others is a great added benefit if getting yourself moving.

In addition to helping to lift depression, exercise can have a powerful effect on stress. It gives you a healthy way to release the tensions brought on by the demands of college and the anxiety that can result from a demanding schedule. So the next time you are feeling stressed or depressed, instead of grabbing a beer, try grabbing a tennis racket or grabbing a friend to go for a run or a walk. If you have not exercised in a while, start small and don't overdo it. You can build up slowly. The key is just getting started and sticking with it, regardless of what you do. Just get up and move. See how much better you feel for it.



## Walking for Wellness on Wednesday

Mara Burkholder, RN, Krista Klocke, RN & Mary Premanandan, RN, FPB School of Nursing

Walking benefits an individual's health and mental status. Some additional health benefits include decreasing blood pressure and cholesterol, reducing body fat and controlling body weight as well as preventing osteoporosis and increasing bone density. Thirty minutes of brisk walking can provide these benefits. In order to encourage the use of various areas of the CASE campus to promote walking, a group of Frances Payne Bolton School of Nursing MSN students have planned "Walking for Wellness on Wednesday." This event will take place on Wednesday, April 5th at 12 noon and will begin at Severance Hall. This one mile walk will be a fun and energizing experience! This event is open to all CASE faculty, staff and students. We look forward to seeing you there for this campus-wide event.

## Walking Works

Beth Sersig, MD,  
University Health Service

A recent study from Duke University supports the theory that walking thirty minutes a day promotes body weight control, meaning it helps prevent weight gain. A dose response pattern was noted, in that more exercise gave more benefit in the end points of weight loss and body fat loss. Exercise intensity correlated with gain in lean body mass. Keep walking!

For more exercise tips, go to  
[http://dukehealth.org/news/healthtip\\_may.asp](http://dukehealth.org/news/healthtip_may.asp)

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# Running: Its Circle of Benefits

Kathy Lanese, B.S.

Running provides benefits at a higher intensity than most types of exercise. The beauty of running is that it is a well-rounded form of exercise that benefits a wide range of muscles inside and out. Most muscles of the body are incorporated in a daily run which includes the greatest muscle of all: the heart. Here are just a few benefits of running.

## Physical

Runners, who run on a consistent basis, benefit from a lowered mortality rate and a decrease in the incidence of heart disease. ([www.runnersworld.com/home/0,1300,1-51-55-236,FF.html?site=RunnersWorld](http://www.runnersworld.com/home/0,1300,1-51-55-236,FF.html?site=RunnersWorld)) Did you know that running only one mile is equivalent to biking about four to five miles? Now, get off that stationary bicycle and lace up those running shoes and enjoy the intense benefits of running!

## Psychological

Fact: Running is good for your mental health. Running can decrease stress, increase happiness and increase your spiritual well being. Running creates a great platform to help forget what troubles you have in the office or home. Plus,



with spring here it's a great time to get out and enjoy the aesthetic qualities of the great outdoors! (<http://running.about.com/gi/dynamic/offsite.htm?site=http%3A%2F%2Fwww.georgesheehan.com%2Fessays%2F>)

## Running Resources

The great incentive about running is that you can participate with limited resources. A pair of shoes, some weather appropriate clothing, some pre-and post-run hydration (good ole'

water), grass, pavement or trails and you're in the running loop. The greatest expense for most runners is their shoes, which I suggest should be replaced about every 400 miles. There are many ways to log those miles for your shoe replacement but my favorite is on [www.running-log.com](http://www.running-log.com). It is a logging system that automatically logs your miles for each pair of shoes you may run in. It's free too!

## How to Get Started

There are many starter programs to follow but the key is to start slow or your running may come to a halt. You may incorporate an alternating walk/jog in the beginning. Here are two different plans that instruct on many of the same helpful concepts:

[www.halhighdon.com/beginrunner/plan.htm](http://www.halhighdon.com/beginrunner/plan.htm)  
[www.teamoregon.com/publications/begwk1.html](http://www.teamoregon.com/publications/begwk1.html)

A great way to be consistent in your commitment to running is to find a training partner. Knowing you have to commit to someone, a meeting place and a specific time is a sure way to keep you on the roads.

Happy Trails!



## Recovery House

Do you want to start a new, substance-free chapter in your life? You are not alone. THE RECOVERY HOUSE AT CASE is a residence for students in recovery from alcohol and other drug addiction to help them change their lives for the better.

We are now accepting applications for Summer and Fall. For more information call 216-368-5872 or email [RecoveryHouse@case.edu](mailto:RecoveryHouse@case.edu) or visit us at [www.case.edu/stuaff/mind-body](http://www.case.edu/stuaff/mind-body).

## Talk To Us

For more information or if you would like to see a specific topic presented in this newsletter, please email [william.hale@case.edu](mailto:william.hale@case.edu)

For any other questions or comments, please e-mail Collegiate Behavioral Health at [mind-body@case.edu](mailto:mind-body@case.edu)

Collegiate Behavioral Health  
Health Services, 2nd Floor,  
2145 Adelbert Road  
216-368-2510  
Monday - Friday, 8:30 - 4:30

University Counseling Services  
Sears 201  
216-368-5872  
Monday - Friday, 8:30 - 5:00

## Health Education Fund Application

The Health Education Fund of the Center for Collegiate Behavioral Health is a dedicated fund for the promotion of health education at Case Western Reserve University. Financial support for programs, media, speakers and/or classroom presentations which are designed to educate and inform our students of health and mental health information will be considered for partial or full funding. Proposals which illustrate collaborative efforts between and among university organizations and departments will receive priority. Applications are available upon request by emailing The Center for Collegiate Behavioral Health at [mind-body@case.edu](mailto:mind-body@case.edu)



## Balanced-Living at Case

A new, special interest housing option for 2006-07 at Case Western Reserve University is being proposed.

Want to help create Case's first wellness-focused living option centered on health, fitness, meditation, nutrition, sleep and other elements balanced living? Share your thoughts with us on this housing option and learn more about community health promotion on our campus. Contact us for comments and questions at [mind-body@case.edu](mailto:mind-body@case.edu).



## Center for Collegiate Behavioral Health Mission Statement

*The Center for Collegiate Behavioral Health promotes a university environment dedicated to the development of healthy life practices.*