



The Monthly InSTALlment

UHS Health Promotion Office, UHS Building, 2nd Floor, 585-273-5772

February 2010

Did you know? Women ages 16-24 are most likely to be abused in a dating relationship.



Healthy Relationships...

When a relationship is healthy, it brings happiness to our lives. Many studies show that when a person is happy and surrounded by healthy relationships, they are healthier and experience less stress. Although each relationship is different, there are basic elements that keep each one healthy. These characteristics can be applied to any relationship, including: partners, parents, siblings, roommates, and even professors!

- Keep your expectations realistic.** No one is perfect, accept yourself and others for who they are.
- Talk.** Communication is the foundation for any healthy relationship. Please do not forget to listen, too!
- Be flexible.** Change and growth are expected.
- Take care of yourself.** We often give to others more often than we remember to meet our own needs.
- Be dependable.** Follow through, be a person of your word, accept responsibility for your actions, be trustworthy, and trust others.
- Fight fair.** All relationships experience conflict from time to time. Be respectful, choose your words carefully, and remember that giving yourself or someone else a little space can be a good thing.
- Show emotion.** Share your thoughts, feelings, and emotions with the people you care about.
- Balance.** Balance time with friends and loved ones. Balance school work with social activities. Be careful not to overload yourself and remember to try new things. Have fun!
- Relationships take effort.** Some relationships require more effort than others. Be sure to give each relationship the attention it needs and know that relationships develop with time.
- Be yourself.** It's much easier and more fun to just be yourself. If you're fake, it catches up with you eventually!

Source: www.k-state.edu/counseling/topics/relationships/relatn.html

FEEL FABULOUS IN FEBRUARY: A MONTH ALL ABOUT YOU!

Learn about nutrition, fitness, sexual health, mental health issues, health insurance, and eating disorders. Check the Weekly Buzz for upcoming programs such as healthy meals, free HIV testing, and much more. For program specifics, please visit the UHS website: www.rochester.edu/uhs.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 	1 ZUMBA@ 6-7:30 pm	2 Pilates: 5-6 pm Cardio Fusion: 6-7 pm Program: Dream Analysis, 6-7pm Friel Lounge, SBA Program: Coverage You Can Count On? 7-8 pm, Hoyt	3 Yoga 5:30-7 pm	4 Pilates 5-6 pm 	5 Wear Red Day Mini-Health Fair: Healthy U!! 11:30-1:00 pm WC, 1 st floor	6
7 National Black HIV/AIDS Awareness Day	8 National Black HIV/AIDS Awareness Table in WC	9 Free HIV Testing UHS 4:30-6:30 pm	10 Lunch; Wilson Commons Wednesday Mangia Italia	11	12 Do It in the Dark: Energy Saving Ideas & Safer Sex! Hirst Lounge, 11-1:30 pm 	13
14 Valentine's Day 	15	16 Film/Discussion: The Truth About Suicide: Real Stories about Depression in College 7-8 pm, WC	17 Feel Fabulous Happy Meal 5:30-7 pm, Danforth	18 	19	20 Show: Vagina Monologues 8:00 pm, May Room
21 	22 Day Without Mirrors Free HIV Testing UHS 4:30-6:30 pm Table: Celebrate, Appreciate Hirst Lounge	23 Table: Celebrate, Appreciate Hirst Lounge Film: America the Beautiful 7-8 pm, Hoyt	24	25 Program: A Celebration of Women in Health Care 6-7 pm	26	27

Unhealthy Relationships...

If someone acts controlling, aggressive, coercive, or violent — that's abuse. A relationship can be abusive even if there is no physical violence. Abuse can be verbal, emotional, sexual, and/or physical. Just because there aren't any bruises doesn't mean abuse isn't taking place.

UNHEALTHY RELATIONSHIP QUIZ

- My partner...
- Calls/texts me frequently to see who I am with, where I am, and what I am doing
 - Calls me names, insults, or criticizes me
 - Acts jealous, possessive, or controlling
 - Threatens me
 - Threatens to hurt themselves
 - Follows me or tracks where I go
 - Refuses to allow me to talk to friends/family
 - Shoves, hits, punches, slaps, kicks, or hits me
 - Forces me to have sex when I don't want to
 - Gives me orders



If you checked off any or all of the above characteristics, it's a sign that you and your partner may be in an unhealthy relationship. There are resources to help.

CAMPUS RESOURCES

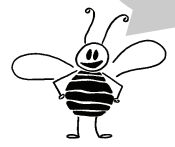
University Counseling Center
If you wonder whether or not you are in an unhealthy relationship, it is important to talk to someone who can help. Call 585-275-3113 to make an appointment.

University Intercessor
The Intercessor is available to meet with members of the University community who have concerns about discrimination, harassment, or sexual assault. If you want to speak with the Intercessor, contact Kathy Sweetland, 585-275-9125 or ksweet@admin.rochester.edu.

Security Services
If you feel that you are in immediate danger, call Security, x13, #413 from any AT&T or Verizon cell phone, or 585-275-3333.



Have an idea for a future issue?
Please contact: Melissa Kelley — mkelley@uhs.rochester.edu



Looking for a healthy snack to share with a friend this Valentine's Day?

Fruit Dip

- 1 cup of non-fat vanilla yogurt
- 1/2 cup reduced fat peanut butter
- Fresh fruit

Mix the yogurt and peanut butter together in a bowl and dip any fresh fruit for a delicious and healthy snack!

Don't forget that you can find these items at the Corner Store!



Are you looking for a delicious and slightly naughty dessert to share? Try our microwavable LOVE cake!

Microwavable Love Cake

- 1 box of chocolate cake mix
- 1 can of cherry pie filling
- 3 eggs

Grease a microwavable 3 quart pan. Mix the cake mix, pie filling, and eggs together and pour into pan. Cook in microwave on high for 13 min. Let stand for 2 min and enjoy with someone you love!

About 250 calories and 6 grams of fat per serving.