

BE WELL TO DO WELL #BW2DW



HEALTH TIP #3
SEPTEMBER 7, 2014

Hi Again!

This is Lexa (unlike Gio, I remember to capitalize my name)! While last week's tip was about doing you, this one is about staying healthy and knowing yourself in order to be the best you possible! We health workers are here to support you in that process, and to give you any resources to help you stay well.

Types of Health

Many people don't know that there are several different types of health, and tend to neglect at least one of these. Here are some questions you can ask to check yourself before you wreck yourself:

- **Physical Health**
Does my body function as I want it to and recuperate quickly?
- **Social Health**
Am I satisfied with the way I interact with those around me?
- **Spiritual Health**
Do I know what is important to me (who I am, what I value, etc.)?
- **Emotional Health**
Do I understand my emotions and express them in constructive ways?
- **Environmental Health**
Do I consider the impact of my actions on the environment and act accordingly (e.g. running the faucet less, recycling, reusing)?
- **Intellectual Health**
Do I consider the consequences of my actions and learn from my mistakes? Do my friends and family trust my judgment?
- **Lifestyle Health**
Do I protect myself from undue risk (e.g. using barrier protection to prevent STIs, enjoying social settings without binge drinking, etc.)?

Ways to Improve Your Health

If you answered "no" to any of the previous questions, here are some pro tips for how to improve (namely to avoid wrecking yourself). P.S. sorry this tip is so text-heavy—your floormates may suspect you're ill.

- **Have (safer and consensual) sex**
When you are with someone you trust and respect (and with consent, of course) sex can help improve *physical, social, and emotional health*
- **Stifle negative thoughts**
When you catch yourself thinking negatively of yourself or others, balance it with something positive—this helps habituate positive thinking
- **Meditate**
Meditation can take many forms, so try *quieting your thoughts* for a few minutes a day—this can help you naturally decrease stress
- **Take the stairs**
This simple change improves environmental and physical health

Be Well To Do Well Week

(the shamelessly self-promotional portion of this week's health tip) You all should have gotten slips on your door about this as well, but this week, we will be holding events to promote health and wellness!

- **Sunday: Health Workers Say Hi**
from 6-8 PM in the Dining Hall
- **Monday: You Are Beautiful**
- **Tuesday: Go Tang!**
Meet on front steps at 3 PM
- **Wednesday: Fitness with Friends**
- **Thursday: Tasty Treats**
From 6-8 PM in the Dining Hall
- **Friday: Sober Weekend**
Starting at 8 PM in the Great Hall
- **Saturday: Safe & Sexy Carnival**
From 4-6 PM in the patio area

Awful Joke Week

Did I just make this up? Absolutely. But we will be starting a "Where's Shakin'" competition soon, with details to be announced (you can win supplies!)



Health Tips are written by I-House Health Workers for I-House residents.

But many of these tips may be applicable to all international students at UC Berkeley.

Some resources we have:

- Many of you may not know what resources we do and do not have, so here's a short, non-exhaustive list:
- Bandages (gauze, Band Aids)
- Ice Packs
- Ace bandages
- Condoms
- Lube
- Training in one-on-one peer counseling (and confidentiality)
- **We cannot give you medication**