

A Guide to Staying Safe on Campus

In the wake of the tragedy at Virginia Tech last year, universities across the country have been updating their emergency response tactics and putting stricter security measures into place.

Campuses, in general, tend to take greater safety precautions than the world at large, with a high per-capita concentration of security and overall surveillance. No security system is perfect, and no campus will ever be 100-percent safe. You don't want to be overly paranoid, and you should feel comfortable on campus, but at the same time, it's only smart to stay aware of the potential risks and be proactive about avoiding dangerous or needlessly risky situations.

Take Precautions and Protect Yourself

Basic Safety Tips

Be smart about your behavior on campus, and take some basic common-sense precautions to minimize your risk:

- Whether driving or walking, use well-trafficked routes and avoid dark shortcuts at night.
- Never walk alone at night — this goes for both girls and guys. Walk with a friend or roommate to and from your destination, or if everyone you know is in bed, call your campus security for an escort.
- Program emergency numbers into your cell phone for one-touch dialing.
- Make mental notes of the emergency phones or stations around campus.
- Blasting your iPod may give you that adrenaline rush while you're running, but it also makes you oblivious to the sound of anyone coming up behind you. Avoid listening to loud music through sound-blocking earbuds when you're walking or running alone at night or early in the morning.

- Make sure at least one other person — a roommate, friend, or family member — knows your daily schedule.

Student Housing

- Never share your personal access information, even with close friends or roommates.
- Report stolen or lost keys as soon as possible.
- Never let anyone you don't know piggyback on your access or sneak in to your building behind you. If you see it happen, alert the student housing manager or campus security.

Living Off-Campus

- Get security screen doors when possible.
- Secure any backyard or side gates with proper locks.
- Lock your doors behind you every time you leave or enter your apartment.
- Make sure all your windows and sliding doors stay locked. If you have a sliding door and you live on the first floor, invest in a sliding door security bar.
- Never open the door without checking through the peephole. If you don't have a peephole, ask your landlord to install one.
- Avoid giving extra keys to friends or significant others; you never know what may happen with those relationships over the course of a school year.

Your Vehicle

- Park in well-lit and high-traffic areas as often as possible.
- From a distance, as you're walking to your car, look underneath it and make sure there's no one hiding.
- Check your backseat and the floors before you get in.
- If you don't already have a remote, get one. If someone's following you, and you need to get away fast, you don't want to have to fumble with getting a key into a lock.
- Avoid keeping valuables in your car. Even backpacks, CDs, cell phones, and fancy calculators can be a magnet for thieves.
- Install a simple blinking light in your car that makes it look like you have a security system; it's less expensive than an actual security system, and it may mean the difference between a burglar smashing your window or the window of the car next to you.
- While you're driving, if you think someone's following you, don't drive home. Drive to the nearest police station instead; if you don't know where a police station is, go someplace busy and well-lit — a 24-hour gas station, an IHOP, a Walgreens — where you can be around people until the cops can get there.

Know What You're Dealing With

None of us are invincible. Risks and crime may show up on campus. We can keep ourselves and others safer, though, by using our heads and caring what happens in this community setting. Safety is everyone's responsibility and working together on campus is the key.



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STAYING HEALTHY

Seasons of Personality

by Dr. David Wayne, Associate Dean for ASHS/ASDOH

WHO ARE YOU? - Knowing ourselves well is one sign of good health and wellness. Our personality impacts our relations with others, speaks to the amount of stress we experience, shines a light on how we function as individuals and in groups, and generally dictates how we get along in the world.

Personalities are complex. They emerge from all sorts of factors including our genetics, our environment growing up, where we fit in the family birth order, and even our gender relative to brain behavior. We all have preferred ways of being in the world that may or may not be reflected in how we work or even how others see us. We do know, however, that the most effective groups need a variety of personalities to function well so it is important to recognize what special traits we contribute based on our personality. We also know that the various personalities have significantly different stressors. Despite all this, we rarely step back to analyze ourselves or others.

There are numerous assessments around that help identify our personalities. They include, probably the best researched, the Myers-Briggs Type Indicator, (MBTI), but there are now dozens ranging from the very complex to the overly simplistic. One on the simplistic side is one I developed by generalizing the 16 personalities described by the MBTI into four very global categories corresponding to mythology and its understanding of the seasons of the year. Knowing that you have parts in all four seasons, if you had to choose, what is most like you?

FALL: Dependable; Prepared; Loyal; Sensible; Punctual; Organized; Caring; Concrete; Clear Values; Value Home/Family/Tradition; Appreciates Clear Rules and Respects Authority; Needs to Feel Useful



WINTER: Logical; Innovative; Analytical; Global; Conceptual; Abstract; Cool; Calm; Non-Conformist; Perfectionist; Problem Solving; Visionary; Values Intelligence/Insight/Fairness

SPRING: Personal; Warm; Sensitive; Compassionate; Communicative; Authentic; Nurturer; Romantic; Flexible; Imaginative; Empathic; Authentic; Sincere; Harmonious

SUMMER: Impulsive; Witty; Bold; Spontaneous; Generous; Hate Routine; Optimistic; Competitor; Trouble-Shooter; Crave Excitement and Adventure; Immediate.

Look at the gifts that part of your personality brings to the world and where you may be stressed. Then look at others you work with, see where they fit and the gifts they bring and how you can help them avoid their stressors.

Fall Gifts: Help us all get and stay organized; great at setting policies & procedures; emphasis on pushing for perfection; well-prepared; can design step-by-step approaches; can be the organization's memory/historian; will work well on tasks, even if they have to be repeated

Fall Stressors: People who do not follow the rules; lateness; disorganization; unwillingness of others to "pull their weight;" not enough time to become excellent; rapid change

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Understanding Bereavement

Bereavement is a normal response to the powerful stress of loss. The loss of others through death is a universal experience and it can be one of the most distressing events of our lives. Over 80 percent of college students report the death of at least one loved person in their lives—grandparents, parents, siblings, teachers, and friends. And, each year thousands of college students themselves die because of accidents, illnesses, trauma, and suicide. In fact, at any one time, over 20 percent of college undergraduates have lost a loved one within the previous year, and over 35 percent within the previous two years.

Everyone responds to these losses in their own way ... no one response is “correct” or “necessary”; however, emotional and physical symptoms can seem overwhelming and perhaps even feel frightening.

Feelings can include

- shock, which protects from the impact of the loss for a while
- disbelief, because it must be a mistake
- anger toward oneself for doing/not doing something ... toward the deceased for dying ... toward God for allowing this to happen
- blaming oneself, the deceased, anyone
- denial, not allowing feelings to surface
- fear, wondering if it always will hurt so bad
- sadness, overwhelming feelings of loss, lack of interest in usual things
- tearfulness
- anxiety, running and intrusive thoughts, worrying
- relief that suffering is over for the deceased
- longing to make everything as it used to be
- depression, isolation, loneliness
- numbness, no feelings at all
- helplessness, in specific or general ways
- avoidance of pleasurable activities
- neediness, not wanting to be alone or to have to make decisions
- irritability, everything is annoying
- preoccupation with the loss
- difficulty with even routine decisions
- startling easily
- feelings of unreality
- disinterest in usual activities
- guilt about feelings
- relief about continuing to live

Physical reactions can include

- fatigue
- digestion problems
- headaches
- dizziness
- shakiness
- weakness
- changes in sleep
- nightmares
- changes in eating
- skin problems

There is no timetable for bereavement or for its intensity. Some people do not seem to show obvious signs of grief; their post-loss adjustment can be as healthy as those who show more “traditional” grief. Never assume to know how a bereaved person feels or what they are experiencing in their loss.

How bereavement is experienced is not a measure of how much the loss is felt nor is it a measure how much the person was loved and is missed. There is no “right way” to grieve.

There are, however, “wrong ways” to grieve ... ways that are not helpful to the bereaved person. These include

- reliance on alcohol or drugs
- taking care of everyone else without self-care
- engaging in risky behavior
- staying away from friends
- avoiding pleasurable activities
- contemplating self-harm

Some ways that likely will help during bereavement include:

- eat regularly
- sleep enough
- get some exercise
- keep routines as much as possible
- avoid big decisions
- ask for help
- allow emotions, and allow a break from emotions
- use spiritual strengths
- spend time with people
- continue to plan things for personal growth and enjoyment

Following a death, surviving bereaved family members receive support from friends. Friends, then, sometimes do not feel entitled to their own grief, and, so, ignore their own sadness and loss. In reality, friends

too experience bereavement and will benefit from paying attention to their own feelings and needs.

A small number of people develop a more complicated grief. They seem to lose meaning in their lives and the general business of living. They withdraw from relationships, continue to be preoccupied with the deceased person, and often experience a break in their personal belief systems. They are stuck in their grief. It is important to help these people connect with their pastor, their physician, or a mental health professional.

Most people, however, have an adaptable resilience after even great loss. They again engage in their own lives, continuing with the love and memories of the deceased person as an important part of their own history. So, although grief generally is not “resolved,” it is reconciled and it allows making new memories and having new love. In fact, many people find new meaning in their own lives during bereavement; they reconnect with their own strengths and dreams, often deepening their spiritual foundation and their relationships.

Woodford, PhD, Joyce (2008). Understanding Bereavement. Retrieved September 5, 2008, from Kansas State University Web site: <http://www.k-state.edu/counseling/topics/life/bereavement.pdf> Reprinted with permission.

Do you have a question about nutrition, relaxation, exercise, time management, self care, etc.?

Email us at Stillwell@atsu.edu and we will publish the question anonymously with an answer from our editorial staff in our next newsletter.



NEMO Triathlon 2008
Participants during the .75 mile swim

2008 Northeast Missouri Triathlon

The 24th Annual Northeast Missouri Triathlon was held on September 7 by A.T. Still University at the 1000 Hills State Park in Kirksville, Missouri. Approximately 300 competitors were expected from seven states for this year's race. Participants ranged from states including Illinois, Nebraska, Kansas, Massachusetts, Iowa, New York, and Missouri. The distance included a .75 mile swim, an 18 mile bike ride and a five mile run. Individual age divisions for both men and women included: 14-17; 18-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85+. Three-person relay team competition was held for men, women and mixed, as well as masters (age 40+). A USA Triathlon sanctioned race qualifies the top three or 33 percent males and females in each age division for Nationals in 2009. This USA Triathlon sanctioned event is regarded as one of the top, small races in the Midwest. "The late-in-the-year date makes for a great final race for the triathlon season," says Dan Martin, NEMO Triathlon Race Director. The three major sponsors were Kelly's Furniture, Galloway Lumber, and Northeast Regional Medical Center.

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Winter Gifts: Sees the big picture; very innovative; can get people away from the rules to ask why do we have these rules; analytical so can troubleshoot where problems can arrive; excellent at strategic thinking

Winter Stressors: People not hearing or understanding what the winter is saying; ideas not backed up by solid evidence; too many rules; trying to relax quickly

Spring Gifts: Ensuring all in a group are included and heard; developing a team spirit; mediating; creating a comforting environment; genuine; caring; future oriented

Spring Stressors: Conflict; competitiveness

Summer Gifts: Wonderful in emergencies; help move things along in groups; action oriented; creative; bounce back from disappointments quickly; generous; spontaneous; bold

Summer Stressors: Having to wait; learning without doing

For more details see the seminar Four Seasons, part of the Still Learning series, through the ATSU portal on iTunes University or contact Dr. David Wayne at 480.219.6107.

National Health Observances

October

National Breast Cancer Awareness Month
www.nbcam.org

National Dental Hygiene Month
www.adha.org

National Medical Librarians Month
<http://nmlm.gov/>

National Physical Therapy Month
www.apta.org

National Drug Free Work Week, Oct. 20-26
www.dol.gov/drugfreeworkweek

November

American Diabetes Month
www.diabetes.org

National Alzheimer's Disease Awareness Month
www.alz.org

Pancreatic Cancer Awareness Month
www.pancan.org

Lung Cancer Awareness Month
www.lungcanceralliance.org

"People who laugh actually live longer than those who don't laugh. Few persons realize that health actually varies according to the amount of laughter."

James J. Walsh