

# the new WAVE

## Thinking Positive *By Kathryn Fleming and Lee Medina, Certified Peer Educators*

### In this Issue

#### Page 1

» Thinking Positive

#### Page 2

» Healthy Relationships

» Mental Illness

#### Page 3

» Dating Violence

#### Page 4

» WAVE October Calendar

» Organizations Needed!

» WAVE Resources

We all know that school, homework, tests and just everyday life can lead to stress. Fortunately, there are some great resources available to students here at New Mexico State University.

First, there is the Relaxation Room, which is a free service. The Relaxation Room has a Shiatsu massage chair, which is just waiting for your tired muscles. Resperate equipment can guide you through breathing exercises and help lower blood pressure. You could even just sit back in one of the comfy chairs and read some of the books on relaxation and stress management. The Relaxation Room is located in the La Vista Learning Center in Garcia Hall room 214F and the hours are from 3:00 to 7:00pm. You could also visit the Relaxation Room website at: <http://nmsu.edu/~wave/relax/>

The NMSU Counseling Center is another great resource that is available to all students. The Counseling Center has licensed counselors and psychologists that can give you personal feedback as well as career counseling. The Center is located in the Garcia Annex room 100. Their number is (575) 646-2731.

Last but not least, the Crisis Assistance Listening Line (CALL) is a free and anonymous "warmline" that is provided by the Wellness, Alcohol and Violence Education (WAVE) program to everyone in the southern New Mexico region. The trained listeners are great for helping you get things off of your chest. No problem is too big or small so be sure and give us a call if you're feeling stressed or just need someone to talk to. Please call us at (575) 646-2255 or toll free at (866) 314-6847. In addition to all these free and valuable resources, here are some helpful tips from [authspot.com](http://authspot.com) that can help you have a more positive outlook:

- If it's out of your hands, don't worry yourself. According to [associatedcontext.com](http://associatedcontext.com), worrying yourself has physical and psychological effects on your body. Some physical effects of

worrying are: loss of appetite, headache and insomnia. These effects can be hazardous to any college student. Psychological effects include: difficulty in making decisions, panic attacks and lack of confidence. So if the issue is out of your control, don't stress it.

- Focus on the good things in your life.

We all know life is difficult at times, so try to make time during your day to actually stop and smell the roses. Learn to enjoy the smaller things in life. Set weekly goals that you know you can accomplish. Reward yourself when you do finish all your homework or make an A on that test. Make some time in your busy schedule for the much needed "you" time!

- Make a list of the good things in your life. Actually taking time to realize what is good in your life can help you become more appreciative of what you have.

- Smile. It really does increase your face value. Remember when you have a bad day, someone else is probably having a bad day as well. Take time out of your day to smile at a stranger, you would never know the impact just a simple smile will have!

- Gossip is an anchor that will weigh you down faster than anything else, try to generate positive comments when you speak. Happiness is contagious, help spread it along. Try to think positive this semester and remember that you are not alone. There are resources available to you right here on campus.



# Healthy Relationships

By Sarah H. Laurence

In our lives, we all have relationships with different people: our boss, co-workers, friends, family, and intimate partners. But how do we know what a healthy relationship is in each case? If a boss sexually harasses you, is that part of a healthy working relationship? Is constantly ignoring family phone calls part of a healthy family relationship? Is any kind of abuse a factor in intimate relationships?

These instances are indicators of unhealthy relationships. One should be aware and take precautions against other people who:

- ignore your wishes
- try to make you feel guilty
- act excessively jealous or possessive
- don't listen
- become hostile or aggressive when told "No."

So what are the key foundations for healthy relationships?

## Communication

An example of good communication would be being able to talk to a friend or family member any time you need to, and them being able to come to you. Also, being able to

go to your boss about complaints or even constructive criticism is a good example of good communication between an employee and their superior. In many cases, an employee feels unable to speak to their boss or even coworkers because they feel intimidated. They believe that going to another with points of concern might be seen as arrogant or bossy; but spoken with care, caution, and empathy, what is said can greatly open up their communication.

## Respect

Respecting each other's boundaries and decisions without belittlement and/or opposition can help immensely in creating a healthy relationship. It is important to be able to receive constructive criticism, rather than just being able to give criticism. When confronted by another with points of improvement, remember to not become defensive, rather, try to openly hear what has to be said without bias.

## Trust

Another key ingredient in a healthy relationship is trust. Without trust, other issues can arise like suspicion and jealousy. These kinds of feelings can be experienced in all



relationships, and a lack of trust can lead to serious issues. For instance, in the workplace: mistrust of another co-worker can lead to a strained work environment, leading to lower work performance and higher stress. The lack of trust leads to the inability of workers to properly divide work amongst themselves, and can lead to misconceptions of other's level of competence.

Finally, in a healthy relationship, a person should feel comfortable and be able to be themselves. They should understand each other and be able to speak their mind without fear. These are aspects of any healthy relationship.

# Mental Illness

By John Rivers, Certified Peer Educator



Many severe mental illnesses begin showing noticeable symptoms between the ages

of 18 to 24, according to the National Institute of Health. Unfortunately, mental illness often carries a negative stigma for college students. This stigma, however, is a misconception that can be harmful to those living with mental illness.

Mental illness is a sickness like any other. A student need not be ashamed of having the flu or living with diabetes, just as he or she shouldn't feel embarrassed about being depressed or coping with an anxiety disorder. Those who live with mental illness often lead courageous lives and learn to make adjustments that others do not.

Depression and anxiety are the two most common mental illnesses reported by students. According to the National College Health Assessment, rates of depression among students are on the rise. Therefore, students should be aware of the signs of mental illnesses.

The symptoms for depression and generalized anxiety disorder are shown on the side figure. Information concerning other

mental illnesses can be found at <http://www.mayoclinic.com>.

Many students suffer silently from mental illness. This isn't necessary. If a student breaks a bone or gets an infection, that student can receive services specializing in physical health. Likewise, there are many resources on campus designed to assist students concerning mental health.

A good place to start is NMSU's Counseling Center. Their office is located on the first floor of Garcia Annex, and they can be reached by phone at (575)646-2731.

Also, the Crisis Assistance Listening Line (CALL) is available for students and others in the community. Trained CALL operators can be reached at (575)646-CALL.

Both resources are free of charge to students. The trained professionals at NMSU's Counseling Center can help identify and treat mental illness. Even if a student suffers from a temporary mental health condition, like depression stemming from grief, counselors can help that student deal with the issue.

Scheduling to meet with a counselor or speaking to a compassionate CALL operator takes just a few minutes. However, these simple actions can make a world of difference. (cont. next page)

# Dating Violence

By Blythe Mariano,  
Certified Peer  
Educator

The National Center for Violent Crimes Fact Sheet on Dating Violence states that 32% of students report dating violence by a previous partner, and 21% report violence by a current partner.

Dating violence is a controlling, abusive, and aggressive behavior that can be experienced in romantic relationships and often occurs when one partner is trying to maintain power and control over the other. The abuse can be emotional, physical, sexual, verbal, or a combination. Dating violence does not discriminate racially, ethnically, or economically. Violence affects males as well as females, although women represent the majority of dating violence victims and are at a higher risk of serious injury.

Dating violence often occurs in a cycle of abuse. The cycle starts with the honeymoon phase during which partners can be loving and compassionate. The next phase is the tension-building phase, where an event can trigger anger in the perpetrator and yelling may occur. To the victim, this phase can feel like "walking on egg shells." The last phase is the explosive phase where the perpetrator's anger has reached an all-time high and the most severe abuse to the victim occurs. This cycle then may repeat back to the honeymoon stage where apologies and flowers may be given. The victim may stay in the relationship because of the love and loyalty they have for their partner, self-blame (guilt), fear of the loved one, or even a lack of understanding of the situation.

## Early warning signs that your date may eventually become abusive:

- Extreme jealousy
- Controlling behavior

- Quick involvement
- Unpredictable mood swings
- Alcohol and drug use
- Explosive anger
- Isolates you from friends and family
- Uses force during an argument
- Shows hypersensitivity
- Believes in rigid sex roles
- Blames other for his feelings or problems
- Cruel to animals or children
- Verbally abusive
- Abused former partners
- Threatens violence

*If you or someone you know is involved in an abusive relationship, there are resources available on campus and in Las Cruces:*

- NMSU's Counseling Center is located on the first floor of Garcia Annex, and they can be reached by phone at (575) 646-2731.
- The Crisis Assistance Listening Line (CALL) is available for students and others in the community. Trained CALL operators can be reached at (575) 646-CALL or toll-free at (866) 314-6847.
- The Wellness, Alcohol and Violence Education (WAVE) website has more information on what behaviors constitute a violent relationship, and also features the Relationship Violence Quiz, available at: [http://www.nmsu.edu/~wave/violence/relationship\\_violence.php](http://www.nmsu.edu/~wave/violence/relationship_violence.php).
- La Casa is the Domestic Violence shelter, located in Las Cruces. At La Casa, one can receive counseling and support, shelter, legal assistance, and assistance in receiving community resources. La Casa can

## DATING BILL OF RIGHTS

### *I have the right:*

- To ask for a date
- To refuse a date
- To suggest activities
- To be heard
- To tell someone not to interrupt me
- To refuse affection
- To have my limits and my values respected
- To refuse any activities, even if my date is excited about them
- To have my own feelings and be able to express them
- To refuse sex with anyone just because they took me out on an expensive date
- To refuse sex anytime for any reason
- To tell my partner when I need affection

### *I have the responsibility:*

- To determine my limits and values
- To respect/not violate the limits of others
- To communicate clearly and honestly
- To ask for help when I need it
- To be considerate
- To check my actions/decisions to determine if they are good for me or bad for me
- To set high goals for myself in my dating relationships

be reached at (505) 526-2819 or online at [www.lacasainc.org](http://www.lacasainc.org). La Casa also provides a free, anonymous 24-hour domestic violence hotline at (800) 376-2272.

(cont. from previous page)

## Symptoms of Depression Include:

- \* Loss of interest in normal daily activities
- \* Feeling sad or down
- \* Feeling hopeless
- \* Crying spells for no apparent reason
- \* Problems sleeping
- \* Trouble focusing or concentrating
- \* Difficulty making decisions
- \* Unintentional weight gain or loss
- \* Irritability
- \* Restlessness

- \* Being easily annoyed
- \* Feeling fatigued or weak
- \* Feeling worthless
- \* Loss of interest in sex
- \* Thoughts of suicide or suicidal behavior
- \* Unexplained physical problems, such as back pain or headaches

## Symptoms of Generalized Anxiety Disorder Include:

- \* Restlessness
- \* Feeling of being keyed up or on edge
- \* Feeling a lump in your throat



- \* Difficulty concentrating
  - \* Fatigue
  - \* Irritability
  - \* Impatience
  - \* Being easily distracted
  - \* Muscle tension
  - \* Trouble falling or staying asleep
  - \* Excessive sweating
  - \* Shortness of breath
  - \* Stomachache
  - \* Diarrhea
  - \* Headache
- From the Mayo Clinic*



# W.A.V.E. Calendar

## October 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
			Domestic Violence Tabling		Walking in Her Shoes, 9am-12pm	
12	13	14	15	16	17	18
	Domestic Violence Tabling	La Casa Candlelight Vigil				WAVE Tailgate Party Aggies v. San Jose State
19	20	21	22	23	24	25
		E-CHUG Tabling				
				La Casa Domestic Violence Conference		
26	27	28	29	30	31	
			Halloween Mocktails Outside Corbett		Halloween 	

## Organizations Needed!

[www.nmsu.edu/~wave](http://www.nmsu.edu/~wave)

Need a way to engage and educate the members of your organization? WAVE is currently offering presentations for all organizations. These presentations can be specifically tailored to meet the needs of your organization. Presentation topics include Alcohol Laws, Binge Drinking, Dating Safety, Consent, Sexual Assault, Media Literacy and much more! WAVE has an abundance of videos and games to enhance the experience. Contact the WAVE office to schedule a presentation for your organization today! For more information call 646-2813.

## WAVE Resources



ASNMSU Night Ride  
ASNMSU Safe Walk  
Student Health Center  
NMSU Police Dept  
WAVE Website @

505-526-TAXI  
505-646-1111  
505-646-1512  
505-646-3311  
[www.nmsu.edu/~wave](http://www.nmsu.edu/~wave)

WAVE Program  
NMSU Counseling Center  
La Piñon (Rape Crisis Center)  
La Casa (Domestic Violence)  
Police (Non-Emergency)

505-646-2813  
505-646-2731  
505-526-3437  
505-526-9513  
505-526-0795

