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## You, Exercise, and Baby

Jessica DeLand

**P**renatal exercise has been proven to increase your energy during pregnancy and improve the health of both you and your developing baby without increasing the risk of a miscarriage.

### Benefits

Prenatal exercise prevents back pain and improves circulation, which helps you avoid swollen ankles. It also increases your energy levels by strengthening your cardiovascular system and muscles, which decreases the effort it takes to perform daily tasks. It encourages easier, deeper sleep and further improves your mood by giving you a sense of control over your changing body, improving your self-image, and lessening mood swings by releasing endorphins.

### Getting Started

When beginning an exercise program, start out slow. Choose an easy exercise that you can do without overexerting yourself. Recommended exercises include:

- Swimming: Tones your body without adding stress to joints
- Walking: Gentler than running on knees
- Bicycling: Supports your weight; does not strain your body
- Yoga: Relieves stress and pressure buildup in your body

In your program, aim for a combination of cardio, strength, and flexibility exercises that do not involve any type of bouncing.

### Problems to Look For

Always talk to your doctor before starting a prenatal exercise program. However, some general guidelines to follow include, first, never exercise to the point where you are breathless. If you can't get enough oxygen, your baby can't either. Second, avoid overheating. It can affect your baby's development, so keep your temperature below 101°F. And third, avoid exercising on your back. It decreases the blood flow to your baby. Above all, listen to your body because it will tell you when to slow down or stop.

Prenatal exercise is a simple way to give you energy and help you feel better about yourself, and it is as easy as just setting goals and getting started.

### 4 Recommended Exercises

Swimming  
Walking  
Bicycling  
Yoga

# Coping with Depression

David Keeler

Depression is real. According to the National Institute of Mental Health, the highest statistical category for an individual to suffer from depression including gender, age, ethnicity is the 18-25 range for adults. NIMH states that about 8% of adults aged 18-25 suffer from depression. Females are twice as likely to suffer from depression as are males. With this in mind, depression can affect anyone for any number of reasons.



## Student Counseling Center

Students at BYU-Idaho struggling with clinical depression, anxiety, or who are having persistent thoughts of sadness or thoughts of self-harm might consider scheduling an appointment at the Student Counseling Center. Students can schedule weekly appointments at the SCC free of charge. The SCC is located directly above the Student Health Center in the parking lot adjacent to the Hinckley building.

## A Few Helpful Hints

For those who are not able to meet with a counselor right away, here are a few tips for temporarily coping with depression before scheduling an appointment:

- Identify go-to friends/family who will listen to you and make a point to spend time with them. Individuals suffering from depression may feel alone in their struggle.
- Make a list of events that trigger depressed thoughts and brainstorm ways to avoid these emotional triggers.
- Be patient with yourself. Depression can be a crippling condition. You are a child of God and possess divine and unchangeable qualities that cannot be affected by anything that happens on this earth.

# Meaningful Interactions

Emily Fassett

Family newsletters. Christmas cards. Massive family feasts. Office parties. Aside from celebrating the Thanksgiving and Christmas for their religious reasons, it seems that the main purpose of the holiday season is to socialize. It's a great time to call up and reconnect with Aunt Clara, whom you haven't seen since you were fifteen. Or maybe you'll finally get the opportunity to ask out Jill from biology class, thanks to the annual Christmas class party. No matter your preferred method of socialization, you'll probably be doing a lot of it this season, and luckily, it just so happens it's healthy for you.

## Expert Opinion

While you may find that so much social interaction can lean more on the side of stressful than enjoyable, Drs. Kim Ward and Hilary Stokes, founders of the Authenticity Associates Coaching and Counseling, say that meaningful socialization actually increases overall health. Interacting with others causes the release of oxytocin and opioid peptides, powerful hormones in the brain that calm the mind and relieve stress.

## A Few Suggestions

Recent research offers some suggestions on how to get the most out of your holiday interactions. See the table to the right:

## Stay Social

Inevitably, there are going to be times during this holiday season when you will need to have some quiet time to yourself to avoid losing your health (or sanity). But when you do get a callback from Jill in biology class, jump off the couch and back into the social fray, for your health's sake!

### 4 Interaction Tips

Avoid focus on negative  
Be a good listener  
Have compassion  
Accept Differences

Avoid focusing on the negative	Ask yourself what you appreciate in the people you're interacting with
Be a good listener	Really listen to what the person is saying and ask thoughtful questions. Listen to the other person the way you want to be listened to
Have compassion	Set aside your differences and don't use the holidays to deal with family issues
Accept differences	Take an interest in what makes other people different from you

## Five Fun Fall Foods

Lacie Stevenson

Fall is a great opportunity to renew old friendships and visit family. Fall is also a great way to eat lots of food while renewing those friendships. One way to make sure that you still get your fill of good memories and nutrition is eating more fruits and vegetables. By focusing more on making healthy meals, you'll be able to save money by using leftover dinner for lunch the next day. Homemade meals are therapeutic and a great way to improve your cooking skills. Here are some great foods that will boost your health, save you money, and keep your morale up:

### Winter Squash

Winter squash can be roasted with butter and sage or tossed with ricotta as part of a delicious ravioli filling. Winter squash is simple to cook and is at its peak from October to December.

### Sweet Potato

The sweet potato is best in November and December. They are usually orange, but are found in white, red, and yellow too. The number one reason to eat sweet potatoes: they're a superfood; bursting with Vitamin A and Beta Carotene.

### Pears

Although pears are available all year round, their shining moment is late fall and winter. Don't just eat them raw—pears can be stirred into risotto and topped with cheese or sugar-syrup.

### Brussels Sprouts

Ignore the bad rap you've heard about brussels sprouts because they're amazing for you. They peak from September to February and can be roasted, braised, or blanched. Toss them in reduced balsamic vinegar and pecans or cut up slices of bacon and cook them with this beloved veggie.

### Eggplant

They're perfect at the end of summer and fall and are a healthy way to enjoy a nippy fall evening.

For great recipes involving these foods and more, visit: <http://www.thedailygreen.com/healthy-eating/latest/fall-healthy-recipes-50102208>



## Financial Freedom

David Keeler

I want to be rich one day. Many people do. We live in a society that celebrates wealthiness. Two of our biggest fictional movie heroes (Tony Stark/Iron Man, Bruce Wayne/Batman) are astonishingly wealthy. Our biggest celebrities fill their days with lavish spending. But is that really going to make us happy? All this push for wealth and well-off living is socially encouraged, but may not be the key to happiness.

Expenditures	Budgeted	Actual
Fixed Costs	\$748	\$748
Savings	\$800	\$1,000
Car	\$200	\$200
Food/Toiletries	\$350	\$350
Misc.	\$300	\$438.51
Donations	\$410	\$491.10
<b>Total</b>	<b>\$2,758</b>	<b>\$3,200.78</b>
Incoming	\$2,800	\$3,925.92
Cash Flow	\$42	\$725.14

### Financial Comparison

According to the U.S. census, the average U.S. household earned \$49,445 per year as of 2010. Yet, with all of our spending power, the U.S. ranked 11th overall in happiness. The country of Denmark ranked 1st, even though the average person in Denmark earns \$23,213 a year according to OECD.org. Even with two working spouses or partners, the average U.S. citizen earns more. So where does all their happiness come from? In financial freedom.

### Financial Autonomy

Denmark's government pays for their healthcare and higher education, so parents can spend their money on more of the things they want instead of the things they need. The roads of Denmark are not dotted with luxury cars or yachts, they are filled with people spending time together.

I will not suggest we have a mass exodus to Denmark, or that we socialize our higher education. I will suggest placing emphasis on time spent with people instead of owning nice things. Perhaps instead of trying to keep up with the Joneses, we ought to invite the Joneses over for lunch.



# Cranberry, the Super Berry!

Lacie Stevenson

When health is in mortal peril, Super Cranberry is on the way! Okay, not so much mortal peril, but cranberries are amazing when it comes to boosting your nutrition. Cranberries are loaded with Vitamin C, dietary fibers, and minerals. They are good for the heart and immune system and even help to prevent painful urinary infections. Still not convinced of the cranberry's super-power awesomeness? Research is exploring cranberries as possible anti-cancer agents.

Granny wasn't lying: cranberry juice is good for you. So, to get all the superfruit goodness of cranberries, put them in desserts to boost nutritional value. Smear cranberry sauce all over your turkey, and the next time you're enjoying a cozy dinner at home, try this great fall recipe.

## Autumn Chicken:

- 1 tbsp peanut oil
- 1 tbsp vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 c cranberries
- 1 c blueberries
- 1 tbsp lemon juice
- ¼ c water
- 1 tsp white sugar
- ½ tsp cornstarch

1. Heat oil in a large skillet to brown your chicken on both sides. Remove chicken.
2. Add cranberries, blueberries, lemon juice, water, sugar, and cornstarch to the oil. Mix together and bring to a boil. Reduce heat, stirring constantly.
3. Return chicken to skillet and simmer, covered, for 20 min. Remove cover, stir again, and continue simmering until thick.



## Wellness through Journaling

Rachyl Soloai

Journaling is a wellness technique employed by many college students to solve and identify problematic thought processes and behaviors. At times college students may become aware that there is a problem they struggle with, but are unable to identify exactly where that problem is coming from. They will know that they are unhappy, but not why. Journaling as a wellness technique has been proven through clinical research, but more importantly journaling has been suggested by prophets and revelators since the Restoration.

President Spencer W. Kimball has said: "You should continue on in the important work of recording the things you do, the things you say, the things you think, to be in accordance with the instructions of the Lord." Heeding President Kimball's call to be diligent in our efforts for journaling will benefit us both spiritually and mentally.



When attempting to journal, there are several points to keep in mind to boost your spiritual and mental wellness. Journaling helps us work through the trials life assigns to us. It can be a tool for personal wellness as well as spiritual growth. Below are some tips to maximize your journaling experience:

**Set Goals:** Setting goals can help us as college students be more successful in achieving the kind of success we seek. Setting goals can be useful for all areas of life as well, so remember to set goals tailored to your specific needs.

**Accurate Assessment of Thoughts and Actions:** Be honest with yourself while journaling. No one needs to see your entries but you, so go ahead and take time to flesh out your thoughts and behaviors toward yourself and others.

**Spiritual Awareness:** Make sure to include the spiritual aspects of your day in your journal. Pay specific attention to blessings that may have been bestowed upon you, and moments when you felt the spirit.

### 3 Journaling Tips

- Set Goals
- Accurate Assessment
- Spiritual Awareness

### BYU - Idaho Wellness Center

The BYU - Idaho Wellness Center Promotes health and wellness among the entire BYU - Idaho community through free preventative, therapeutic, and health care services. The *onWellness* newsletter is produced as a student project. For sources, subscriptions or other information, contact Philip Crane at 208.496.7421.

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