

# The Student Health and Wellness Word

The Student Health & Wellness Word is a monthly newsletter published by Clinical Services to increase student awareness about self care and wellness topics specifically relevant to graduate students in psychology. Each issue includes articles and resources contributed by students, faculty, and other sources, as well as a listing of upcoming wellness events of interest to students. If you are interested in contributing to the newsletter, contact Student Health & Wellness at (312) 467-8606 or mvannucci@thechicagoschool.edu.



## Healthy Living: Stress, Anxiety, Depression, and Eating Disturbances in a Cross-Cultural College Population

Daniela Schreier, Psy.D., Assistant Professor, M.A. Clinical Counseling Program

With the New Year and new semester starting, new demands, expectations, and pressures are on the rise. With readings due for week one, practicum applications, potential loss of academic funding and increased competition in scholastic performance and work placement, the quality of life among students may have decreased. Increased stress levels signify a psychological cost: the development of anxiety, depression, and eating disturbances in a multi-cultural student body.

predisposition and the importance of psychological and social implications on our well-being. Each student has a different bio-psychosocial make-up and hence differences in psychological vulnerability and expression of psychological pain when stressors such as monetary concerns, assignment deadlines, and relational difficulties with peers, professors, family of origin, or a romantic partner surface.

like professionals, yet multiple stressors, including dual workload, family life, and dependency on financial aid, makes you an in-between, partially self-reliant, and dependent adult. Feeling out of sync and out of control is an understandable result.

As a graduate student in psychology, you may recognize, but not mindfully be aware of, past challenges you experienced in times of distress and crisis. Self-monitoring is the first step in tackling unhealthy patterns; realizing when stress gets out of control is key. See *Healthy Living* p.2

The bio-psycho-social approach outlines our genetic

Being in graduate school often constitutes a double-edged sword. You are expected to be advanced learners and act

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## Yoga for Wellness

Erica Rumpel, M.A., LPC

Seven years ago, my best friend disappeared with a heroine addiction and my credit card. The previous morning, I had thrown his few belongings out onto my front lawn; his "temporary stay" turned into two months of drug abuse and lies. I don't now know if I was trying to prove a point or actually eject him from my life. In fact, neither intention would be the result.

Scott's subsequent disappearance permanently planted his image into my mind and I became the character in the movie that cruised the streets, alleys, and shelters, looking

for any sign that he was still in the city or still alive. Nothing. After 6 months of searching, questioning, worrying, panic attacks, crying, and experiencing intense levels of stress, I started to actually believe my worst fear—Scott was dead.

In the evenings, I ran until exhausted. I wanted a way to release all of the tension, anger, guilt, and sadness that had overtaken my being. I was experiencing so many powerful physical sensations and emotions in my body while my mind was constantly invaded by overwhelming thoughts. Running was not enough. I started to investi-

gate other possibilities to manage my stress. Since I had never been to counseling, it didn't seem a natural option for me to consider at that time. Rather, I *did* know that my "heart" and body were aching with despair, so I searched for a *body* centered modality that would also affect my mind. I found Kundalini Yoga and it changed my life.

I started attending one class per week on my student budget. My body was physically challenged like never before. I started to observe my thoughts, began to See *Yoga for Wellness* p.3

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## Healthy Living (cont.)

Think back and visualize how you experienced and reacted to increased distress in the past: Do you see a pattern in how you manage and react to increased feelings of anxiety and depression, difficulty in sleeping and concentration?

Eating disturbances are common cross-cultural and cross-gender expressions of psychological distress including anxiety, depression, and feelings of inability to control one's surroundings. Between restrictive eating ("An apple is enough") and compulsive exercising or budget eating, which may lead to unhealthy diets consisting mainly of high calorie food (pizza, burger, sandwiches), or high-sodium diet (who has not had these Ramen Noodles?), graduate students are one of the most effected groups when it comes to disturbed eating with the far end of it resulting in chronic anorexia, bulimia, binge eating or chronic emotional overeating.

For the longest time viewed as a disease of white upper class college women, finally multi-culturally informed psychologists and counselors advocate for the cross-cultural (age, gender, ethnicity, religion, socioeconomic status, and sexual orientation) recognition and treatment of disturbed eating behaviors in a diverse clientele. Recently a young bicultural female client shared the following: "Initially I hated to vomit but now sometimes it's just so much – the school stress, the relationship. So many expectations – and then when I am alone I go on a binge – [I am] eating everything I can and then throw up – what a relief. But I am so scared...it feels as it gets out of control...becomes more frequent."

Food, just as alcohol, can become an addictive substance when we use it as medication for our emotional sadness. Hence, watch out for yourself and talk to your peers.

### A Quick Reference to Healthy College Eating

1. Have at least two meals a day – plan them out before hand.
2. Have a snack during the day.
3. When you eat, focus on eating. Don't watch TV, do homework, or study.
4. Remember, everywhere you go, there you are. Be mindful – in the moment.
5. In times of distress, use your cost free built-in mechanism: Breathing.
6. When you are overwhelmed: Stop. Nothing is as precious as your health.
7. Don't eat when you feel sad, upset, or lonely. Realize a feeling has a beginning and an end—it too shall pass.
8. Associate food with refreshing and nourishing your body in a mindful way, rather than pushing yourself to the limits or stuffing your emotional pain with unhealthy foods.
9. Realize that you are not defective. You don't fight the battle alone. Many join in your struggle. Connect, reach out, and search for professional support, because you are worth it.

## Personal and Professional Resources: Eating Disturbances

**Eating disturbances are common among graduate students, particularly during times of stress. Here are a list of community resources for disordered eating behaviors, so that you can help a client, a friend, or even yourself.**

### Insight Psychological Centers

"From awareness to recovery" is the mission of Insight Psychological Centers. Specializes in the treatment of eating disorders and emotional overeating. Insight offers Partial Hospitalization and Intensive Outpatient programs. Clients participate in individual and family therapy, medical treatment, psychiatric treatment, and dietary training with a nutritionist. Also offered is a weekly support and psychoeducational group: *Tuesday Lunch*. Members provide nutritional meals and engage in supportive discussion to maintain their treatment gains. Insight has three Chicago locations:

- 205 N. Michigan Ave., Suite 301, Chicago, IL 60601 (312) 540-9955
- 4711 W. Golf Rd., Suite 403, Skokie, IL, 60076 (847) 604-1918
- 1007 Church St., Suite 515, Evanston, IL 60201, (847) 604-1918

[www.insightforeating.com](http://www.insightforeating.com)

### Timberline Knolls

Timberline Knolls is an innovative Residential Treatment Center for women ages 12+ who struggle with eating disorders, as well as self-injury, mood disorders, and substance abuse. The facility is located on *43 acres of beautiful forest* in Lemont, 40 miles south of Chicago. The residential program is focused on empowering women in five aspects of wellness: physical, mental, social, emotional, and spiritual. Timberline Knolls utilizes many evidence-based treatment programs. Each client participates in individual therapy (CBT, DBT, Integrative, Motivational Interviewing, or Psychodynamic), Family Systems Therapy, and Expressive therapies including Art, Dance/Movement, Recreational, and Equine therapies. Adolescent clients also participate in Timberline Academy, an ISEB approved residential school.

40 Timberline Drive  
Lemont, IL 60439  
[www.timberlineknolls.com](http://www.timberlineknolls.com)

### Linden Oaks Hospital

Linden Oaks Hospital, part of Naperville's Edward Hospital, provides comprehensive Inpatient, Partial Hospitalization, and Intensive Outpatient programs for adolescents and adults suffering from eating disorders. Programs utilize individual and group therapy, nutrition education, art therapy, exercise counseling, equine therapy, medical and psychiatric treatment, occupational therapy, and spiritual services. Linden Oaks also offers *Arabella House*, which is a residential care group home for females ages 16+. Arabella House is one of only a few residential care centers for eating disorders in the country! Support groups for clients, families, and community members are also offered.

801 S. Washington St., Naperville, IL, 60540 (630) 527-3000

[www.edward.org](http://www.edward.org)

## Yoga for Wellness (cont.)

breathe fully for the first time in my life, and developed insight into many previous life experiences. I felt safe and relaxed in my body, practiced breathing techniques that decreased my stress and anxiety, released physical tension, and experienced a dramatic shift in my daily mood. My panic attacks also subsided and I felt stronger physically and emotionally. Kundalini Yoga's focus on the mind, body, and connection to energy or spirit was the holistic "treatment" modality that helped me cope and work through that challenging period.

Today, I teach yoga and meditation because of its profound affects that I and many others continue to experience. It is important to find the appropriate style that addresses each individual's needs and is based on the basic tenets of yoga: physical, mental, devotional. Of course, not all students start practicing because of a specific life challenge or problem, but many begin because of yoga's proven mental and physical health benefits. I cannot count the number of times that a new student has approached me explaining that high stress levels brought them into class. I have heard and read countless stories of people who benefited from yoga's ability to address drug use, depression, anxiety, grief, anger, and trauma; reaching far beyond my individual story. In the city of Chicago, there are yoga teachers working in Substance Abuse programs, Behavioral Health Clinics, Social Service agencies, and programs for at-risk youth. Why? Agencies and institutions of all sorts are witnessing that yoga can and does have a profound affect on concentration, emotional regulation, and overall physical health.

As yoga further enters into "treatment" protocols, researchers continue to conduct studies on its effects with particular diagnoses. Amy Weintraub, a leader in the yoga and mental health field and author of *Yoga for Depression* is currently running separate studies on depression and pain management. The first NIH funded study of yoga is being conducted by Bessel Van der Kolk, founder of the Trauma Center at the Justice Resource Institute. John Kabat-Zinn, who established the Mindfulness Based Stress Reduction (MBSR) Program out of the University of Massachusetts Medical Center has also conducted successful empirical trials on the positive effects of

mindfulness on mental health; one component of yoga. Richard Miller, a co-founder of the International Association for Yoga Therapy is currently doing research on yoga and PTSD.

I shared with you my personal experience, a basic understanding of a few aspects of a yoga practice, examples of applications for mental health, and a short list of some current research being conducted in our field; but where is the "how to" list? The three exercises for stress relief? The definitive explanation as to the process in which yoga relieves stress? I included none of these because, as you may infer, the process is quite different for every person, not unlike the selection of a theoretical orientation or appropriate treatment plan. As you develop a yoga practice, it develops you; in ways that are relevant to your lifestyle, body posture, and previously formed behaviors and thought patterns. The pranayama (breath exercise), asana (physical posture), and dhyana (meditation) practices affect stress levels, anxiety, and tension in the body, but specific to each individual's body and cognitions. To learn the benefits of yoga, DO yoga. To learn the foundational philosophy and theory, READ yoga. To decide which style is best for you, READ and then DO or just try one. Below are a couple of simple lists to get you started. As a student I understand the need for bulleted and brief information AND the rarity of spare time. Just go once and then you will want to make the time!

**I did know that my "heart" and body were aching with despair, so I searched for a body centered modality that would also affect my mind. I found Kundalini Yoga and it changed my life.**



### DO Yoga: Local Yoga Classes and Styles in Chicago

Styles: Hatha, Vinyasa, Kundalini, Anusara, Ashtanga, Universal, Tantric Hatha Yoga

Below is a short list of my favorite studios (Google them!) in Chicago that provide a welcoming environment, well trained teachers, and a variety of styles for most practitioners. You can find additional studios, fitness clubs, and occasional spas that offer classes as well listed in the local magazine, *YogaChicago* (free publication and online).

- Nature Yoga Sanctuary, Wicker Park
- Spirit Rising Yoga (Kundalini only), Ravenswood
- Moksha Yoga, River West, East Lakeview
- YogaView, Lincoln Park

### READ Yoga: Yoga Resource Review

There are so many wonderful Yoga resources out there and my shelves are certainly packed with several "foundation texts", others from favorite teachers, and ancient philosophy texts. Here are a few recommendations:

- *Light on Yoga*, by B.K.S. Iyengar
- *8 Human Talents*, by Gurmukh Kaur Khalsa
- *Yoga and Ayurveda*, by Dr. David Frawley
- *Emotional Yoga*, by Gita Bennett
- *The Yoga Sutras of Patanjali*
- *Yoga for Wellness*, by Gary Kraftsow

## Wellness Out and About: Yoga & Pilates Edition

**Struggling to find that perfect stress reliever? Look no further for some great yoga and pilates spots. You know you need it after the practicum/internship search. So get ready to bend, stretch, and relieve some stress!**

### **Bikram Yoga Wicker Park**

A tranquil and spacious yoga studio featuring Bikram ("Hot Room") yoga. Certified instructors teach the 26 poses of the beginning Bikram yoga series to both first-time practitioners and advanced yogis. Stretch, sweat and meditate in a room with hardwood floors and lots of light. Mats can be rented for \$2. Single class is \$15. One week unlimited pass is \$20. Other packages offered. Located at 1344 N. Milwaukee. For more information, call (773) 395-9150.

### **Candlelight Pilates**

Weekly Pilates class includes mat, exercises, and music. Held Fridays at 6 pm at Frog Temple (1749 N. Damen). Cost is \$18 per session. For more info. Call (773) 489-0890.

### **Energy Fitness Active Arts Center**

This fitness center offers many classes and activities, all with a mind-body focus. Hatha yoga classes are offered, in addition to pilates, dance, kung fu, and tai chi. Located at 4222 N. Milwaukee. \$45-\$100 per month for 5 to 12 classes. For class schedules, call (773) 879-0063 or visit [www.energyfitnessinc.com](http://www.energyfitnessinc.com).

### **Enso Yoga and Martial Arts**

In Japanese, "enso" means "open circle," symbolizing a moment when the mind is free for physical or spiritual creation. Programs include a

diverse selection of yoga, adult karate, capoeira, Thai massage, Filipino martial arts, meditation classes, Pilates, reflexology, and other holistic practices. Located on the second floor at 719 S. State St. Call (312) 427-3676 or visit [www.ensostudio.com](http://www.ensostudio.com) for more information.

### **Global Yoga and Wellness Center**

Offers beginning, intermediate, and advanced classes in all types of yoga, including Ashtanga, Hatha, Hot, Kripalu, Kundalini, pre-natal Hatha and postpartum Hatha. They also offer massages. Private lessons and small semiprivate classes can be arranged. Classes are held from 4 pm-9 pm Monday through Friday, and 9 am-6pm Saturday and Sunday. Costs: 1 hr. class is \$12; \$85 for a pack of 8 1 hr. classes. 1.5 hr. class is \$15; \$105 for a pack of 8 classes. Located at 1823 W. North Ave. Call (773) 489-1510 or visit [www.globalyogacenter.com](http://www.globalyogacenter.com) for more information.

### **Moksha Yoga Centers**

With studios in both Riverwest and Lakeview, Moksha Yoga provides convenience as well as mind/body wellness. Moksha Yoga Centers offer classes in a large variety of yoga styles, including Astanga, Mysore, Hatha, Vinyasa, Universal, and Anusara. Classes are offered throughout the day, even on the weekends. Moksha Yoga also offers a 4 week Intro to Yoga class for beginners. The

Riverwest location is at 700 N. Carpenter, (312) 942-9642. The Lakeview location is at 3334 N. Clark, (773) 975-9642. For schedules and fees, call or go to [www.mokshayoga.com](http://www.mokshayoga.com).

### **Nature Yoga**

This yoga studio uses various exercises for strengthening, balancing, breath work, meditation and more. Workshops include yoga trance dance with live music, tantric partner yoga, and a 3-hour intensive class. New to yoga? Check out the free (first come-first serve) community class on Sundays at 2 p.m. Nature Yoga is located at 2021 W. Division St. Nature Yoga also has a second location, Second Nature, at 1750 N. Kingsbury, 2nd Floor. Call (773) 227-5720 or visit [www.natureyoga.com](http://www.natureyoga.com) for more information.

### **Old Town Triangle Association Art Center**

In addition to regular exhibits and art classes at this gallery, yoga and pilates classes are also offered. \$15 per class or \$70 for 7 weeks. Located at 1763 N. Park Ave. For more class information, call (312) 337-1938 or visit [www.oldtowntriangle.com](http://www.oldtowntriangle.com).

### **Sana Vita Studio**

Fans of this intimate and welcoming yoga, pilates and bodywork (massage) outpost flock to sessions aimed at harmonizing body and soul. Perks: when purchasing a package, the studio offers a complimentary mat class; receive half-off on first private pilates lesson. Located

at 1357 W. Grand. For further information, call (312) 829-8482 or visit [www.sanavitastudio.com](http://www.sanavitastudio.com).

### **Spirit Rising Yoga**

Spirit Rising takes a spiritual approach to yoga, emphasizing Kundalini Yoga and meditation. The goal is to develop self-discipline and self-realization. This studio offers several classes throughout the week for people of various skill levels. One instructor also offers yoga-based psychotherapy! Located at 3717 N. Ravenswood Ave., #220W. Fees are \$15 for a drop-in session, \$75 for a package of 6 classes, and \$120 for a package of 10 classes. For more information, call (773) 975-9754 or visit their website, [www.spiritrisingyoga.com](http://www.spiritrisingyoga.com).

### **Sunday Salutations**

Stretch and strengthen at this weekly class in the park. Weather permitting. Hosted by lululemon's Halsted store and a different local yoga studio each month. Held Sundays from 10-11 am in Oz Park (2021 N. Burling). Cost is free!

**March is**

**Self Development Month**

**at The Chicago School.**

**Watch your email for a complete listing of events and programs during the month of March!**