Student of The Month

Student: John Prijatel, Master of Arts in English Literature

About: I am currently finishing up my Master of Arts in English Literature at Xavier University. Currently, I work at Unlimited Systems, a medical IT company located here in Cincinnati. We provide billing solutions for specialty healthcare practices, and I work as an Associate Analyst on our Revenue Cycle Management team. I work directly with our clients, and I enjoy the person-to-person interaction of my job.

Favourite Wellness Activity: One of my big wellness activities is fencing. I started fencing as a first year in college, and it has grown into one of my biggest passions. Fencing is as much a mental sport as it is a physical one, so it gives me a chance to exercise my mind and body. It gets me out of the house and keeps me active, and competing in tournaments gives me goals to focus on. In addition to competing, I also coach at Xavier, so I really enjoy getting to work with my students and see their progress throughout the year. It’s a unique community and has been a lot of fun to be a part of.

Wellness Tip: I think it can be really beneficial to join a group or team that meets regularly. It can be a rec sports team, a board game night, or special interest group, but try to find something that motivates and interests you. It doesn’t need to be a major time commitment either, maybe a group that meets once a week or a couple times a month. But when you’re a part of that group, it puts something social on your calendar and can be a welcome break to a stressful week. Also, for me at least, doing an activity as part of a group helps to keep me motivated. It can serve as just a fun pastime, or it might evolve into something you really love to do.

December Community Events

- Rockwern Hannukah Party: Dec 6 12:00 p.m. Rockwern Academy
- Cincinnati Pops: Holiday Pops: Dec 7 8:00 p.m. Music Hall
- Yoga with Cats: Dec 9 2:00 p.m. Elemental Om Learning Center
- Collecting Calligraphy: Arts of the Islamic World: Dec 9 11:00 a.m. Cincinnati Art Museum
- Topics in Astronomy: Dec 12 9:00 a.m. Cincinnati Observatory
- Trans-Siberian Orchestra: Dec 14 8:00 p.m. US Bank Arena
- Songs of The Season: Dec 14 7:00 p.m. Oxford Community Arts Center
- Santa’s Workshop: Dec 15 1:00 p.m. Washington Park
- A Christmas Story Dec 15 8:00 p.m. The Covetedale Center for the Performing Arts
- Glass Ornament Workshop: Dec 15 1:00 p.m. Miami University Middletown
- One Team Scavenger Hunt Dec 16 8:00 a.m. The Banks
- Art on Vine Holiday Gifts Sale: Dec 16 12:00 p.m. Rhinegeist Brewery
- Latkapalooza: Dec 24-25 8:00 p.m.-1:00 a.m. 3 Points Urban Brewery

For more information and a full listing of events visit http://events.cincinnati.com/
Wellness Topic: Coping with Winter and Seasonal Mood Changes

Seasonal Affective Disorder

What is it?

Seasonal Affective Disorder or SAD is a type of depression that displays a recurring seasonal pattern, usually in the winter¹.

How is it different from normal seasonal mood changes?

To be diagnosed with SAD, an individual must meet the diagnostic criteria for major depression coinciding with specific seasons. People can experience sadness in the winter months without having major depressive symptoms. For a listing of symptoms visit The National Institute of Mental Health information page.

What are the risk factors of SAD?

Risk factors include: being female (SAD is diagnosed four times more in women than in men)¹, living far from the equator, family history, already having depression or bipolar disorder, and having a vitamin D deficiency.

¹National Institute of Mental Health

Winter Blues

It is estimated that 14 to 20% of American adults suffer from seasonal mood changes (with or without a diagnosis of Seasonal Affective Disorder) ¹ Here are some ways to combat the winter blues!

1) Take some vitamin D:
We get vitamin D naturally from sunlight, which is lacking in the winter. Vitamin D helps to boost our mood and help with overall brain functioning. Talk to your doctor about supplementing vitamin D during the winter months.

2) Get outdoors as much as possible:
During winter we tend to spend a lot of time indoors. Planning times to do outdoor activities helps us to maintain movement. Just getting fresh air is proven to boost our mood.¹ Bundle up and take a walk or play in the snow (you are never too old for a snowball fight!).

3) Invest in a light therapy box:
Even people without Seasonal Affective Disorder can use the benefits of a light therapy box. A quick google search will yield a variety of results for purchasing. The Verilux Happy Light is easy to use and can be placed on a work desk or in the living room. Check it out at Bed Bath & Beyond.

4) Create indoor spaces that promote happiness:
The Danish concept of Hygge is mindframe the promotes acknowledging the little things in life. It is the “art of creating intimacy” ; either in your home or with your friends and family. Implementing things into your space that provide happiness is a large part of adding Hygge into your life. You can bring comforting things to your workplace or create a small nook in your house to relax in. For more information about Hygge and tips check out http://hyggehouse.com/

¹Everyday Health

HYGGE (PROUNOUNCED HUE-GUH) IS A DANISH WORD USED TO ACKNOWLEDGE A SPECIAL FEELING OR MOMENT. IT CAN BE ALONE OR WITH FRIENDS, AT HOME OR OUT, ORDINARY OR EXTRAORDINARY BUT IS ALWAYS COSY, CHARMING OR SPECIAL.

FROM HYGGEHOUSE.COM
This month we talked to Becky Morrissey, a manager and teacher at Sangha Yoga Studio in Loveland, Ohio.

**What is the mission of Sangha Yoga Studio?**
With beginnings in 2013, Sangha Yoga has endeavored to be a community space dedicated to sharing life-learning wellness modalities. Sangha Yoga uses a cooperative business model, giving teachers the opportunity to grow their teaching practice and manage business accountability as professionals. Sangha’s mission is to support students and teachers in evolving yet preserving yoga, as an individualistic, whole-person experience and as a supportive community space of life-long learners who seek to understand and nurture each other and our world.

**What is offered at the studio?**
Sangha Yoga offers 200 and 300 hour Hatha Yoga Teacher Trainings, Trauma Sensitive Yoga Trainings, Addiction Recovery, various workshops, series work, and weekly yoga classes. Sangha is also home to a private practice clinical mental health service offering individual sessions, wellness groups, recovery work, somatic experiencing, Body Psychology approaches, and more. Sangha Yoga is also the home of EmbodiYoga® in Cincinnati, a somatic yoga practice and teaching pedagogy infusing Body Mind Centering® and Hatha Yoga, offering 200 and 300 hour immersions within this modality of approaching yoga through the prism of somatic body awareness.

**Are there any special events in the coming year?**
In 2019, Sangha will be hosting a daytime 200 and 300 hour Hatha Yoga Teacher Training as well as an EmbodiYoga 200 hr Basics in Somatic Yoga Teacher Training. A Pranayama/Embodyed Breath Teacher Training as well as a Trauma Sensitive Yoga Teacher Training are offered in February. Ongoing weekly classes and workshops are posted on Sangha’s website, [http://www.sanghayoga.org/](http://www.sanghayoga.org/) and on Facebook: @sanghayogaloveland

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**Counseling Services**

**END OF THE SEMESTER**

"Let's Talk"

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**Now through December 14th!**

**DROP-IN**

- NO APPOINTMENT NECESSARY!
- WALK-INS WELCOME
- BRIEF, 15-20 MINUTE SESSIONS
- FOR STUDENTS NOT ALREADY SEEING A THERAPIST AT MCGRATH

**4 DAYS/WEEK**

Drop-In Days/Hours:
- Mondays: 2:00-4:00 PM
- Thursdays: 2:00-5:00 PM
- Tuesdays: 2:00-5:00 PM
- Fridays: 9:00-11:00 AM

Join us at McGrath Health & Wellness to talk about what is on your mind.

Call 915-745-3022 ext. 2 for more information.

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*For questions or comments regarding this newsletter please contact Kate Reichman (Hamilton) at hamiltonk@xavier.edu or Dr. Michelle Hall at hallm4@xavier.edu*