

# WASB news

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# WELLNESS!



Central University of  
Technology, Free State

## WHERE CAN I FIND HELP?

You can contact us at the Wellness Centre,  
Lapeng Building, 2nd floor, room 201  
T: 051 5073154

# HEALTHY EATING ON A LIMITED BUDGET!



Being a student is not very easy, even under the best of circumstances. The moment you embark on tertiary education, it could mean that you have to leave home and that you are far away from family, friends and loved ones. In addition, you have to learn how to manage your time appropriately in order to juggle your studies with a social life, sport and maybe even a part time job. Last but not least, you might, for the first time in your life, have to learn to start budgeting to pay for student fees, textbooks, accommodation, transport, clothing, other expenses and last but not least, food. When managing your finances, the golden rule is to remember to prioritize.

Although you might be the envy of your friends by for example, having the latest cell phone, fashionable clothing and other accessories, published research conducted at UKZN by Dietetics and Human Nutrition, has shown that students who do not eat properly, battle academically. The reason for this relationship is that your body is like a car. If you do not take proper care of it, fill it up with the right kind of petrol or diesel and have it serviced regularly, it will break down or even worse, you could be involved in an accident. By not completing your studies in the appropriate number of years, your study expenses and/or debt also increases. If you therefore act smartly, you will take care of your body by eating properly so that academically, you can perform optimally in accordance with your ability.

Have milk, maas or yoghurt every day. Milk in sachets is cheaper than milk sold in bottles. Buying milk powder is also a good option, as long as one of the ingredients is not palm kernel, or coconut oil, as they are unhealthy plant fats.

• Fish, chicken, lean meat and eggs can be eaten daily. However, if your food budget is tight, resort to eating beans, split peas or lentils instead.

• Use food and drinks containing sugar sparingly, and not between meals. Carbonated beverages such as the ones sold in cans or plastic bottles might be easy to find e.g. from vending machines and can help you to quench your thirst on a hot summer's day. However, if you compare the cost of a can of cold drink to the nutrients you get from them, it would be far better to buy a fruit and drink some water. Even if you drink straight from the tap at the bathroom close to your lecture venue. You can also invest in buying a bottle/container or use an empty cold drink bottle that you can fill with tap water in the morning before going to lectures.

• Use fats sparingly and try to use margarine in a tub rather than the ones sold as bricks as they contain healthier fats and if kept in a refrigerator, remain softer than brick margarine. This helps you to spread your bread thinly with margarine which is not only healthier, but saves you money in the long run, as the margarine will last longer. When cooking, use small amounts of cooking oil as it is again not only cheaper, but healthier. Try to limit or avoid buying fried take away foods such as French fries. Foods high in fat is not only unhealthy, but can cause you to gain unnecessary weight because fats are high in energy (kilojoules). If you buy food from a cafeteria or kiosk and there is a choice between a sandwich or a pie, rather buy the sandwich as pastry is also high in fat.

• Use salt and foods high in salt sparingly. If you are in the habit of adding salt to your food before even tasting it: STOP! Many South Africans, irrespective of age, have high blood pressure levels that could eventually cause health problems such as damage to your eyes, kidneys, heart disease and stroke. Snack foods such as chips, salted peanuts and instant soup, soup powders and stock cubes are also sources of salt.

In other words, sources of salt are not only related to that which comes out of a salt shaker or products such as Aromat®, but are consumed in many hidden forms. If you read the labels of pre-packaged foods, watch out for words such as salt, sodium, sodium chloride, monosodium glutamate or symbols such as NaCl (the chemical symbol for table salt).

To stay healthy and fit, it is important to eat a variety of foods on a daily basis. The reason why you need to eat different types of food regularly, is that one type of food does not contain all the nutrients such as starchy foods (carbohydrates), protein and healthy fats as well as vitamins and minerals the body needs to perform at its best. Therefore, to ensure that your body gets all the nutrients it requires, is to eat a variety of foods as often as possible, preferably at all meals. In addition, it is important not to skip meals e.g. breakfast, even if you went to bed late and have an early lecture.

Now, if you find that you do not have the necessary cooking and/or refrigeration facilities, or do not have enough time to cook because you are writing a test/exam the next day, try forming a "cooking club" with fellow students so that everybody gets a chance to cook supper. If you have a good relationship with your fellow students in the same residence or student digs, you can even contribute towards buying certain food items on special and/ or in bulk as this often works out much cheaper. In addition to the above menu examples and the fact that eating a variety of foods is good for you, consider the following tips:

- Make starchy foods such as bread, maize meal, samp, rice or pasta part of most meals.
- Eat dry beans, split peas, lentils and soya regularly. They can be canned, eaten as soya mince or cooked from scratch. In addition, they are often part of very affordable soup mixes in supermarkets and are healthy, affordable substitutes for animal protein like meat, fish or chicken.
- Eat plenty of vegetables and fruit on a daily basis. Compare prices between supermarkets and pavement vendors. Buying for example, apples in bulk such as a 2kg pack is often cheaper when compared to buying a single fruit at a time.

REMEMBER – look after your body, and it will look after you!!

Suna Kasier – UKZN  
College of Agriculture, Engineering and Science





# DIMENSIONS OF WELLNESS

## PHYSICAL WELLNESS

Involves aspects of life that are necessary to keep yourself in top condition. Optimal physical wellness is developed through the combination of beneficial physical activity/exercise and healthy eating habits. Elemental components of physical wellness include building muscular strength and endurance, cardiovascular strength and endurance and flexibility.

Physical wellness is also concerned with developing personal responsibility for your own health care, such as caring for minor illnesses and knowing when professional medical attention is needed. Developing physical wellness empowers you to be able to monitor your own vital signs and understand your body's warning signs. You'll understand and appreciate the relationship between sound nutrition and how your body performs. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control, determination and a sense of direction.

- Do I know important health numbers, like my cholesterol, weight, blood pressure, and blood sugar levels?
- Do I get annual physical exams?
- Do I avoid using tobacco products?
- Do I get sufficient amount of sleep?
- Do I have an established exercise routine?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your physical wellness.

## EMOTIONAL WELLNESS

Being emotionally well is more than just handling stress. It also involves being attentive to your thoughts, feelings, and behaviours, whether positive or negative. Emotional Wellness implies the ability to be aware of and accept our feelings, rather than deny them, have an optimistic approach to life, and enjoy life despite its occasional disappointments and frustrations.

If you are a person engaged in the process of emotional wellness, you are willing and able to:

- Arrive at personal choices and decisions based upon the synthesis of feelings, thoughts, philosophies, and behaviour.
- Live and work independently while realizing the importance of seeking and appreciating the support and assistance of others.
- Form interdependent relationships with others based upon a foundation of mutual commitment, trust and respect.
- Take on challenges, take risks, and recognize conflict as being potentially healthy.
- Manage your life in personally rewarding ways, and taking responsibility for your actions.

## THE PATH TO EMOTIONAL WELLNESS

The path to emotional wellness may involve:

- Awareness of thoughts and feelings
- Using a positive attitude
- Seeking support and expressing emotions in a suitable manner
- Setting priorities
- Accepting mistakes and learning from them

Are you engaged in the process of emotional wellness?

The path may also involve seeking out support from a mental health professional when needed and gathering information in order to make informed value decisions.

Evaluate your own emotional wellness with this brief quiz.

- Am I able to maintain a balance of work, family, friends, and other obligations?
- Do I have ways to reduce stress in my life?
- Am I able to make decisions with a minimum of stress and worry?
- Am I able to set priorities?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your emotional wellness.

## SOCIAL WELLNESS

refers to one's ability to interact with people around them. It involves using good communications skills, having meaningful relationships, respecting yourself and others, and creating a support system that includes family members and friends.

Social wellness follows these tenets:

- It is better to contribute to the common welfare of our community than to think only of ourselves.
- It is better to live in harmony with others and our environment than to live in conflict with them.

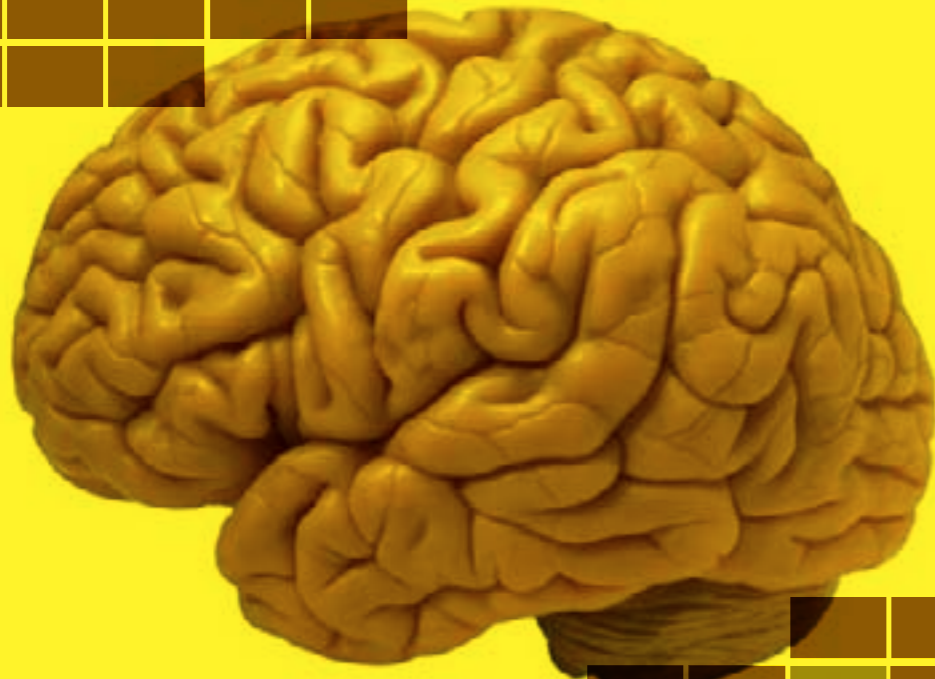
## THE PATH TO SOCIAL WELLNESS

If you are a person engaged in the process of social wellness, you see the value in living in harmony with your fellow human beings, seeking positive, interdependent relationships with others, and developing healthy behaviours. You are also willing to actively seek out ways to preserve the beauty and balance of nature and the community.

Are you engaged in the process of social wellness?

- Do I plan time to be with my family and friends?
- Do I enjoy the time I spend with others?
- Are my relationships with others positive and rewarding?
- Do I explore diversity by interacting with people of other cultures, backgrounds, and beliefs?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your social wellness.



## MENTAL WELLNESS

Intellectual wellness is engaging the individual in creative and stimulating mental activities to expand their knowledge and skills and help them discover the potential for sharing their gifts with others.

An intellectually well person:

- Cherishes mental growth and stimulation
  - Is involved in intellectual and cultural activities
  - Is engaged in the exploration of new ideas and understandings
- Reaching Intellectual Wellness

Traveling a wellness path allows you to explore issues related to problem solving, creativity, and learning as well as spending more time pursuing personal interests, including reading books, magazines, and newspapers, while keeping abreast of current issues and ideas. As you develop your intellectual curiosity, you'll actively strive to expand and challenge your mind with creative endeavours.

Intellectually well people are also curious and interested in the communities as well as the world around them.

Evaluate your own spiritual wellness with this brief quiz

- Am I open to new ideas?
- Do I seek personal growth by learning new skills?
- Do I search for lifelong learning opportunities and stimulating mental activities?
- Do I look for ways to use creativity?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your intellectual wellness.

**Are you engaged in the process of intellectual wellness**



## SPIRITUAL WELLNESS

Reaching Spiritual Wellness

It is important for everyone to explore what they believe is their own sense of meaning and purpose. The path to spiritual wellness may involve meditation, prayer, affirmations, or specific spiritual practices that support your connection to a higher power or belief system. Yoga and meditation can also help you develop spiritual wellness.

Having compassion, the capacity for love and forgiveness, altruism, joy, and fulfilment help you enjoy your spiritual health. Your religious faith, values, beliefs, principles, and morals define your spirituality.

If you are a person engaged in the process of spiritual wellness, you are willing and able to transcend yourself in order to question the meaning and purpose in your life and the lives of others. In addition, you seek to find harmony between that which lies within and the social and physical forces that come from outside.

Evaluate your own spiritual wellness with this brief quiz

- Do I make time for relaxation in my day?
- Do I make time for meditation and/or prayer?
- Do my values guide my decisions and actions?
- Am I accepting of the views of others?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your spiritual wellness.

**Are you engaged in the process of spiritual wellness?**

University of California



## Wellness Activities so far

- Movie Nights
- Unity Service
- CANSA Shavathon Campaign
- Condom Education and safe sex awareness
- Blood Donations Clinic on Campus
- Drugs and Alcohol awareness
- Health Week
- ZAZZI & Brother's For Life Training
- LGBTI
- STI/Condom Week

