



Women's Resource Center NEWSLETTER

A Quarterly Newsletter

December 2012 – Volume 15:2



Managing The Seemingly Inevitable Holiday Stress

by
Elizabeth Scott, M.S.

Welcome to the holiday season -- that whirlwind of gift-giving holidays, marketing blitzes, holiday parties and activities galore that begins right after Halloween, builds to Thanksgiving, and continues gaining momentum through the end of the year.

While this season is meant to bring feelings of love and cheer, it's also the harbinger of holiday stress for many. In fact, according to a poll conducted by About.com, more than eighty percent of us find the holiday season to be 'somewhat' or 'very' stressful -- that ranks navigating the holidays right up there with asking for a raise! What is it that has us all to be so hot and bothered? **What Causes Holiday Stress?**



- **Doing Too Much**
All things in moderation, as the saying goes. The problem with the holiday season is that we often experience too much of a good thing. While stress itself is necessary for our

survival and zest for life (researchers call this positive type of stress "eustress"), too much stress has a negative impact on our health, both mental and physical. Too many activities, even if they are fun activities, can culminate in too much holiday stress and leave us feeling frazzled, rather than fulfilled.

- **Eating, Drinking, and Spending Too Much**
An overabundance of parties and gift-giving occasions lead many people to eat, drink, and be merry -- often to excess. The temptation to overindulge in spending, rich desserts or alcohol can cause many people the lasting stress of dealing with consequences (debt, weight gain, memories of embarrassing behavior) that can linger long after the season is over. Also, in these more difficult financial times, finding affordable gifts can be stress in itself, and carrying holiday debt is a tradition that too many people unwittingly bring on themselves, and the stress that comes with it can last for months.

- **Too Much Togetherness**
The holidays are a time when extended families tend to gather. While this can be a wonderful thing, even the most close-knit families can overdose on togetherness, making it hard for family members to maintain a healthy balance

between bonding and alone time. Many families also have 'roles' that each member falls into that have more to do with who individuals used to be rather than who they are today, which can sometimes bring more dread than love to these gatherings.

- **Not Enough Togetherness**

For those who don't have these family issues, loneliness can be just as much of a problem. As the world seems to be gathering with family, those who rely more on friends for support can feel deserted and alone.

- **Seasonal Affective Disorder (SAD)**

An often unrecognized problem that comes with the holiday season is actually a by-product of the seasons changing from fall to winter. As daylight diminishes and the weather causes many of us to spend more time indoors, many people are affected to some degree by a type of depression known as seasonal affective disorder. It's a subtle, but very real condition that can cast a pall over the whole season and be a source of stress and unhappiness during a time that people expect to feel just the opposite.

Minimizing The Holiday Stress

The great thing about holiday stress is that it's predictable. Unlike many other types of negative stress we encounter in life, we know when holiday stress will begin and end, and we can make plans to reduce the amount of stress we experience and the negative impact it has on us.

Here are some tips you can try to help reduce holiday stress before it begins so that it remains at a positive level, rather than an overwhelming one:

Set Your Priorities

Before you get overwhelmed by too many activities, it's important to decide what traditions offer the most positive impact and eliminate superfluous activities. For example, if you usually become overwhelmed by a flurry of baking, caroling, shopping, sending cards, visiting relatives and other activities that leave you exhausted by January, you may want to examine your priorities, pick a few favorite activities and really enjoy them, while skipping the rest.

Take Shortcuts



If you can't fathom the idea of skipping out on sending cards, baking, seeing people, and doing *all* of the stuff that usually runs you ragged, you may do better including all of these activities in your schedule, but on a smaller scale.

Send cards, for example, but only to those with whom you maintain regular communication. Or, don't include a personal note or letter in each one. Find a way to simplify. The same goes for the baking -- will anyone be enraged if you buy baked goods from the bakery instead? If you find ways to

tone down the activities that are important to you and your family, you may enjoy them much more.

Be Smart With Holiday Eating

During the holidays, we may want to look and feel great (especially if we're around people we don't see often--we know that this is how we'll be remembered), but there is so much temptation in the form of delicious food and decadent desserts, and a break from our regular routines--plus the addition of emotional stress--can all add up to overeating, emotional eating, and other forms of unhealthy eating. This year, plan ahead by being aware of your triggers, do what you can to have some healthy food at hand for each meal, be aware of your intake, and practice mindful eating.

Change Your Expectations For Togetherness



With family and friends, it's important to be aware of your limitations. Think back to previous years and try to pinpoint how much togetherness you and your family can take before feeling negative stress. Can you limit the number of parties you attend or throw, or the time you spend at each? Can you

limit your time with family to a smaller timeframe that will still feel special and joyous, without draining you?

Also, when dealing with difficult relatives, it's okay to set limits on what you are and are not willing to do, including forgoing your visits or limiting them to every other year.

For those who experience loneliness during the holidays, consider inviting a group of friends to your home. If virtually everyone you know is with family during the holidays, you might consider volunteering to help those less fortunate than yourself. Many people report these experiences to be extremely fulfilling, and your focus will be on what you have rather than what you lack.

Set A Schedule

Putting your plans on paper can show you, in black and white, how realistic they are. If you find a time management planner and fill in the hours with your scheduled activities, being realistic and including driving time and down time, you will be able to see if you're trying to pack in too much. Start with your highest priorities, so you will be able to eliminate the less important activities. Be sure to schedule in some time to take a walk in nature each day if at all possible, as exercise and exposure to daylight can drastically reduce or even eliminate the symptoms of SAD.

Breathe!

This sounds like a no-brainer, but sometimes we forget to take deep breaths and really give our bodies the oxygen we need. It's great if you can take ten minutes by yourself to do a breathing meditation, but merely stopping to take a few deep, cleansing breaths can reduce your level of negative stress in a matter of minutes, too. If you visualize that you are breathing in serenity and breathing out stress, you will find the positive effects of this exercise to be even more pronounced.

Some article contents adapted from the *About.com* web site at http://stress.about.com/od/understandingstress/a/holiday_stress.htm. NOTE: *About.com* Health's Disease and Condition content is reviewed by the Medical Review Board.



Murray conducting "Vision Board" series

Do you wish to clarify and see what you truly desire as it is communicated from your own deep and true "creative self?" Join **Pam Murray, B.A., M.B.A.**, local artist and self-awareness guide on Tuesday, December 4 and Tuesday, December 11, 2012, for the series, "**Creating Your Own Vision Board.**" As James Allen, author and self-help pioneer, said, "*Your vision is the promise of what you shall one day be.*"

Murray will guide participants on beginning their individual vision quest – a personal search for one's truth – by creating their "vision board." A "vision board" is a type of collage, with intentions for bringing out messages from your heart. And Murray is amazed at how they have worked for her! Just recently Murray had even more confirmation of their value when listening to a neuroscientist who said that there is neuro-scientific validation that building a positive "vision board" is a helpful and neurologically beneficial process!

Another year is winding down. What do you really want for yourself in the New Year? Who do you want to be? What do you want to do? Do you think about what it would feel like to fulfill your deep desires? Imagination and Vision – that is the beginning for what is possible for you.

This series will be held in the Campus Center Building, room 235, at noon. **Reservations are required.** To reserve a space for **Murray's Women's Personal Enrichment Lunch Break Series** or should you need additional information, contact the Women's Resource Center at 423-439-5772.



Women's Health Series

A *Women's Health Series* seminar is scheduled for January 2013 that addresses nutrition and portion control.

Jennifer Raichlin, (pictured below) certified wellness coach with Waterfalls of Wellness Healing Center in Bristol, Tenn., is guest speaker for "**Understanding Nutrition and Portion Distortion.**" Scheduled for Tuesday, January 29, 2013, at noon, location is the East Tennessee Room, D.P. Culp University Center.



Eating a well-balanced, nutritious diet is the simplest way to help keep our body healthy. Yet so many people find that getting correct information on this topic is anything but

simple. All the theories that result in fad diets, the proposed “low-fat, low-carb, good-for-you packaged foods”, diet pills, drinks, medicines, and weight loss plans really just seem to lead to confusion by the average consumer. Raichlin’s seminar will cover: What exactly SHOULD you eat and HOW MUCH do you REALLY NEED? Eating can be simple, if you understand how much you need, what to look for, and what to avoid.

Raichlin’s presentation provides simple, practical information that will help guide you to the answers you need. Be ready to receive timeless information, presented in a new understandable way.

For more information on the **Raichlin Women’s Health Seminar**, contact the Women’s Resource Center at 423-439-5772.



Perry to present “Retirement Planning for Women”

On Tuesday, February 5, 2013, **Deborah Perry** (pictured left), financial advisor with ING Financial Partners, Inc., will present **“Retirement Planning for Women.”** Location is the Meeting Room 6, D.P. Culp University Center, at noon.

This *Personal Finance Lunch Break Seminar* is designed to answer many of the questions that concern women and their financial futures. Perry will discuss the unique retirement planning challenges that women face and how one should be investing in order to work toward their goals. She will address such questions as: How much should I be saving? Where will my funds come from? What paperwork should I have?

For more information on the **Perry Personal Finance Seminar**, contact the Women’s Resource Center at 423-439-5772.

Bushore-Maki and Murray to present “From the Heart: Yoga Soul Dance and Creative Expression”



Join us on Tuesday, February 12, 2013, at noon, for a delightful collaborative workshop experience of movement and creativity, **“From the Heart: Yoga Soul Dance and Creative Expression.”** Co-presenters are **Kim Bushore-Maki, M.Ed.**, counselor, entrepreneur, and yoga instructor, and **Pam Murray, B.A., M.B.A.**, local artist and self-awareness guide. Location for this *Women’s Personal*

Enrichment Lunch Break Seminar is the East Tennessee Room, D.P. Culp University Center.

This lunch break seminar will be a taste of engaging your body and soul in movement to connect to your flow of creativity; a time to tap into your uncensored essence and move with joy and freedom. When you connect with your body’s wisdom, you find the energy, the passion and the confidence to create the life that you want. Through intentional movement, hook in to the source of your creativity and reconnect with your authentic self, the undiluted you. Then express from your intuitive space, from your heart, releasing from that *creative self* within you! As always, no skills required! Join us for the joy and the adventure of the process, for making your heart smile.

For more information on the **Bushore-Maki and Murray** seminar, contact the Women’s Resource Center at 423-439-5772.

Saluting the Women of ETSU

Women’s Studies Program recognizes 2012 Notable Women award winners

The ETSU Women’s Studies Program recently recognized **Drs. Edith Seier** and **Leslie MacAvoy** as the 2012 recipients of the *Notable Women of ETSU* awards.

The two award recipients were honored at the annual Notable Women of ETSU Colloquium on Wednesday, November 14, 2012, in the D.P. Culp University Center’s East Tennessee Room. The awards and colloquium highlight the expertise and accomplishments of women academicians at ETSU; provide a forum for the exchange of ideas, research and projects generated by women faculty; and identify women faculty whose work advances understanding of women and their lives.



Seier (pictured left) is a professor in the Department of Mathematics and Statistics. Her nomination points out her extensive collaboration with faculty in other disciplines and from other institutions. Seier played a crucial role in a Symbiosis project that involved faculty from three ETSU departments in designing and implementing innovative methods and materials for integrating the instruction of biology with mathematics and statistics for undergraduates. She is also instrumental in a new National Science Foundation-funded project – CRAWL (Collaborative Research on the Arthropod Way of Life) – that will involve ETSU undergraduate students in long-term research in mathematical/quantitative biology.

“The positive impact of Edith’s personal and professional life on the community and the world is enormous, ongoing and wondrously diverse,” her

nominator wrote. She “is an outstanding statistician, and she is also a genius at identifying ways that she can apply her skills to help other people. It is through this practice that she has improved the lives of so very many people.”



MacAvoy (pictured left) is an associate professor, chair and director of the honors-in-discipline program in the Department of Philosophy and Humanities. Her nomination states that she teaches more upper-division courses than anyone in her department and is “exceptionally well-respected in the field of contemporary continental philosophy.” She has had more than a dozen publications in journals and is currently writing a book on continental perspectives on meaning.

“Leslie is meticulous in everything she does,” her nominator wrote. “Whether it is preparing for class, writing a report (or) conducting a department meeting, she shows an amazing command of her subject and will simply not accept anything less than excellence in her own work.”

Congratulations, **Dr. Seier** and **Dr. MacAvoy!**

Article contents adapted from the *ETSU Accent* at the East Tennessee State University web site at http://www.etsu.edu/calendar/EventList.aspx?fromdate=11/7/2012&todate=11/20/2012&display=&type=public&eventidn=11373&view=EventDetails&information_id=42309.

Gann, Limeberry receive 2012 Patricia E. Robertson Diversity Leadership Awards

Dr. Rosalind Gann and **Veronica Limeberry**, the 2012 winners of the Patricia E. Robertson Diversity Leadership Award at East Tennessee State University, were honored during a reception and award presentation on Thursday, November 15, 2012.

Individuals chosen for the Robertson Award have demonstrated sustained commitment to diversity, education and/or social justice efforts; are outspoken advocates in the effort to combat bigotry, discrimination and oppression; and are either currently employed faculty or staff or currently enrolled students.



Gann (pictured left), a specialist in literacy issues, is an associate professor in the Department of Curriculum and Instruction in the Claudius G. Clemmer College of Education. She began her career as a social worker with the Brooklyn Bureau of Child Welfare, where most of her clients were of African American or Hispanic heritage. Later, during her time in Cincinnati, she served as a classroom teacher and reading specialist who designed materials for at-risk populations.

By the time she came to ETSU in 2002, Gann had taught at Sabanci University in Istanbul, stirring her interest in international literacy issues. She then taught a

course in Morristown that introduced her to the growing Hispanic population there, and she developed three consecutively funded Tennessee Higher Education Commission grants to support the teachers and students who had captured her attention.

Gann’s focus on internationalism and literacy led her to accept an invitation to work in Nanjing, China, in 2006 as part of an English language training grant. In 2007, she served as project director for an English language immersion summer experience for faculty from North China University of Technology. Next came a faculty exchange in China as a summer lecturer over the last few years. Her China blog allows her to help ETSU’s students better understand Chinese language, culture and education through service.

In recognition of her work, Gann received ETSU’s 2012 Distinguished Faculty Award in Service.



Limeberry (pictured left) has held a graduate assistantship as program coordinator in Women’s Studies at ETSU for the past two years, organizing diversity and social justice events on campus and mentoring the undergraduate student workers in her office. She is also planning and will facilitate a staff retreat for the Women’s Studies student workers; advises the Women’s Studies honor society, Tri-Iota; and serves as a teaching assistant and substitute teacher in various courses within the program.

Last year, Limeberry won the first ETSU Feminist Activist Award for her campus, community and global activism. She is the founder of “Build It Up Tennessee,” which creates and implements programs, including fundraising projects and events, in support of “food justice” in the region. In 2009, she completed an environmental sustainability internship with noted ecological activist Dr. Vandana Shiva at Bija Vidyapeeth (Earth University), Dehra Dun, India. And, in the summer of 2011, she participated in a research travel trip called “Market Lives, Street Lives: Women’s Creative Resistance for Alternative Economic Production in Andean Peru.”

In the spring of 2012, Limeberry was one of 20 women students chosen from across the nation to participate in the Practicum on the Commission on the Status of Women, where she had an opportunity to observe how the United Nations works to address issues requiring multilateral engagement and coordinated action. During this trip, she advocated for rural women, networked with international organizations and planned a related civic engagement program that she could implement at ETSU.

Currently, Limeberry is writing her thesis, “Eating in Opposition: Strategies of Resistance through Food in the Lives of Andean and Appalachian Mountain Women,” which is the culmination of her academic and community engagement experiences while at ETSU.

Congratulations, **Dr. Gann** and **Ms. Limeberry!**

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ETSU Women's Resource Center
Program Schedule

For more information on the events listed contact the *WRC* at 423-439-5772.

DECEMBER 2012 – FEBRUARY 2013

Main Campus Programs

Tuesday, December 4

Tuesday, December 11

“Creating Your Own Vision Board” – A Women’s Personal Enrichment Lunch Break Series. Pam Murray, B.A., M.B.A., local artist and self-awareness guide, is conducting this two-session series. Join Murray as she guides participants on beginning their individual vision quest – a personal search for one’s truth – by creating their “vision board.” **Reservations are required.** See article page 2.

LOCATION & TIME: Campus Center Building, room 235, noon.

Wednesday, December 19

Book Review Group. Participants will meet to discuss *Death Comes to Pemberly* by P.D. James. New readers welcome.

LOCATION & TIME: Women’s Resource Center, Campus Center Building, room 220, noon.

Wednesday, January 16

Book Review Group. Participants will meet to discuss *Close Your Eyes: A Novel* by Amanda Eyre Ward. New readers welcome.

LOCATION & TIME: Women’s Resource Center, Campus Center Building, room 220, noon.

Tuesday, January 29

“Understanding Nutrition and Portion Distortion” – A Women’s Health Series Lunch Break Seminar. Jennifer Raichlin, certified wellness coach with Waterfalls of Wellness Healing Center in Bristol, Tenn., is guest speaker. In her hour-long seminar, Raichlin will cover: What exactly SHOULD you eat and HOW MUCH do you REALLY NEED? Her presentation provides simple, practical information that will help guide you to the answers you need. See article pages 2-3.

LOCATION & TIME: D.P. Culp University Center, Meeting Room 6, noon.

Tuesday, February 5

“Retirement Planning for Women” – A Personal Finance Lunch Break Seminar. Deborah Perry, financial advisor with ING Financial Partners, Inc., is guest speaker. Perry will discuss the unique retirement planning challenges that women face and how one should be investing in order to work toward their goals. See article page 3.

LOCATION & TIME: D.P. Culp University Center, Meeting Room 6, noon.

Tuesday, February 12

“From the Heart: Yoga Soul Dance and Creative Expression” – A Women’s Personal Enrichment Lunch Break Seminar. Kim Bushore-Maki, M.Ed., counselor, entrepreneur, and yoga instructor, and Pam Murray, B.A., M.B.A., local artist and self-awareness guide, are co-presenters for this seminar. This lunch break seminar will be a taste of engaging your body and soul in movement to connect to your flow of creativity; a time to tap into your uncensored essence and move with joy and freedom. As always, no skills required! See article page 3.

LOCATION & TIME: D.P. Culp University Center, East Tennessee Room, noon.

Wednesday, February 20

Book Review Group. Participants will meet to discuss *Silver Sparrow: A Novel* by Tayari Jones. New readers welcome.

LOCATION & TIME: Women’s Resource Center, Campus Center Building, room 220, noon.

ALL PROGRAMS ARE FREE and OPEN TO THE PUBLIC.

MORE CAMPUS & COMMUNITY NEWS



Seeking prom- and formal-wear donations

This year the Women's Resource Center is partnering with the YWCA in Bristol, Tenn., to bring low-cost prom- and formal-wear to young women in the upper-east Tennessee and southwest Virginia region. An annual project that offers alternatives to high-ticket attire for prom-goers, the YWCA is now in its fourth year of providing this service to the young women in our region.

The Women's Resource Center is accepting donations through February 22, 2013. Items requested include prom or formal dresses, shoes, and/or accessories. So go through your closets at home and locate that "like-new" or "gently used" prom- and formal-wear clothing taking up your valuable closet space and donate those items to a great community-based project.

For more information about this project, contact the Women's Resource Center at 423-439-5772.

Women's History Month March 2013

Theme:

*Women Inspiring Innovation Through Imagination:
Celebrating Women in Science, Technology, Engineering and Mathematics*



HOLIDAY CLOSINGS

ETSU will be closed December 24, 2012, through January 1, 2013.

The university will be closed on January 21, 2013, in observance of *Martin Luther King, Jr. Day*.

Spring Semester 2013

Classes begin January 17, 2013.



Women's Resource Center NEWSLETTER

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