Welcome, new students, to the College of Charleston! In this issue of Holistic Healer we give you tips on making new friends, ways to deal with stress, a break down of Welcome Week activities and offer other tidbits of information that you can use to ensure that you have a successful first semester here at the College. Enjoy!

Welcome Week 2011
Saturday, Aug. 20th—Sunday, Aug. 28th

08/21
7:00-10:00pm: Georgestock (Carolina First Center)
08/22
6:00-7:30pm: Welcome Cookout (Stern Center Garden)
8:00-9:30pm: Graffiti Mixer (Buist Rivers Residence Hall)
08/23
10:30am-12:00pm: Free Ice Cream Giveaway (Cougar Mall)
7:00-9:00pm: Cougar Carnival (Stern Center)
08/24
5:30-7:00pm: Speed Friending (Robert Scott Small 3rd floor)
6:00-7:00pm: “Mock”tail Mixer (George Street)
08/25
10:30-12:00pm: Free Candy Giveaway (Cougar Mall)
5:00-9:00pm: Tye Dye Tees and Snacks (Stern Center Garden)
08/26
3:00-5:30pm: Pick-up outdoor volleyball games (Marion Square)
9:00pm: Casino Night (Stern Center)
08/27
2:00-5:00pm: Back To School Jam (Stern Center Garden)
9:00pm: Casino Night (Stern Center)


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Come by the Health Education office on the 3rd floor of the Robert Scott Small Building and pick up ...

Free Condoms!
In college, there will be many times where you will become overwhelmed or stressed. Knowing how to relax in a state of panic or anxiety will be very beneficial to your mental and physical well-being. Using these 7 relaxation skills for an energizing relaxation session that will give you the power to overcome any stress that you may encounter!

1. **Surrounding**— your surroundings should be conducive to relaxation.

Find one room where you can consistently practice relaxing and one particular chair or couch.

2. **Body**— adjust your body posture as if you were to hold yourself perfectly still for 10 minutes and right now was your last chance to move. Next, mentally scan your body from head to toe for any muscle tension or uneasiness. If you become aware of any tension move that muscle group and let gravity do the rest, now feeling more relaxed and at ease.

3. **Breathing**— breathe slow, full, yet effortless. Try to breathe in through your nose and out through your mouth. As you breathe in, start from the lower portion of your lungs (your "stomach") then up into your chest, all the way up into your shoulders, and raise your shoulders slightly. Exhale through your mouth letting your shoulders down, chest relaxing and "stomach" emptying (tightening).

4. **Thoughts**— thoughts need to be in line with your increasing sense of relaxation. Therefore give yourself permission to relax. Repeat to yourself "there is no place I have to go now, nothing I need to do except fully experience the sense of peace and relaxation I am fully entitled to." Sometimes unwanted or tension inducing thoughts may come into your awareness "I can't, I should, I shouldn't, or this is stupid, or not working." If they do close your eyes if you haven't already and imagine these worries are written on a chalkboard across the back of our eyelids. As they appear just wipe them away as you would clean a blackboard of old, outdated or no longer needed information.

**Be sure to join the...**
5. **Muscles** - Begin by tensing and releasing the muscles in your forehead (frowning). Now clench and unclench your teeth. Next, slowly ensure your neck, then add your shoulders, raise your arms and tense your biceps finally clenching your fists. Now unclench and relax your fists, relax and lower your arms, now relaxing your shoulders and finally you’re unclenching your teeth and let the frown (or squint) fade away replaced by a nice smile. Now tighten your stomach, and your rear end, your thighs, now calves and curl up your toes to tighten the muscles in your feet. Very good, now release the tension in your feet, calves, thighs, rear end, and stomach. Take a full deep breath in and out relaxing your whole body. Now you can put it all together and start with either your feet or your forehead and tighten in-sequence all your muscles as if you were pulling a string tight that connected your feet through your spine to the top of your head. Start tensing after you exhale so you can slowly inhale as you gradually tense one muscle after another. Now as you release the tension also slowly exhale. You will feel more relaxed, muscles (your whole body) resting comfortably continuing to take slow, full breaths.

6. **Imagery** - use any imaginary scene or actual experience so you can fully participate and use all of your senses to gain the most satisfying relaxation experience. This is an extremely powerful and effective skill for many people; however, some of you may not be strong visualizers. Even so, you may find one of your senses can help you more fully experience the scene you are focusing on, like the smell of pine trees during your favorite childhood family vacation.

7. **Affirmation** – affirmation and positive suggestions are critical next steps but are often neglected. Before you stop your relaxation session and race off to the rat race give yourself feedback like the following: "When I open my eyes I will feel refreshed, alert, with increased confidence and energy." "I can and will continue to take time for myself and increase my control over my own body and my life." Affirmations, supportive self-statements like these are a crucial skill in and of themselves, but are a wonderful icing-on-the-cake to a fully satisfying and beneficial relaxation experience. Even if you have just been "going along with this nonsense" it is good practice to daily focus on your strengths, skills, and assets. This step is so extremely helpful and powerful because it often enables you to take charge of your internal software and delete old negative messages programmed in by others' words and treatment of you.
Breaking the Ice!

College is a time of learning new things or learning to do the things you know even better. So why not learn new tricks for meeting people? Everyone usually knows the first step of introducing yourself, but what do you do during the uncomfortable silence? Instead of telling yourself that your boring, intruding, wasting their time or worrying what the other person is thinking about you, you can have some conversation starters at the ready. Below are some good and some not so good conversation starters that you can use next time you meet someone new!

Try These...

Avoid these!!

What’s the worst advice you’ve ever taken?

If you won $10 million dollars what would you do with it?

If you had to eat one thing for the rest of your life, what would it be?

What’s the most spontaneous thing you’ve ever done?

Do you like yourself?

Do you consider your childhood a happy one?

Is there a secret you’ve never told anyone?

What is your saddest memory?

Do you see dead people?

If you would like to show off your conversation starters or try out some new ones come to our Speed Friending Event Wednesday, August 24th at 5:30pm on the 3rd floor of the Robert Scott Small building. We will have food and door prizes to make it even more fun!
The suicide of Tyler Clementi, a Rutgers University freshman who jumped from the George Washington Bridge last year after discovering that his roommate had secretly streamed his romantic interlude with another man on the Internet, captured worldwide attention. In the wake of his death, stories of gay youths being bullied and taking their own lives proliferated.

Multimedia
The subsequent outpouring of concern from parents, educators and those who had survived bullying themselves inspired “It Gets Better,” a campaign led by the columnist and author Dan Savage in which thousands of lesbian and gay adults shared their stories to assure all teenagers that society has a place for them.

Popular culture has reinforced this message of acceptance. For example, the hit TV show “Glee” has had three storylines involving gay teenagers this season, including the matter-of-fact courtship, with rare on-screen same-sex kissing, of characters played by Chris Colfer and Darren Criss. Lady Gaga has countered the antigay rhetoric that many young people hear in their churches and communities with the song “Born This Way,” increasing her already large fan base among gay and lesbian teenagers.

“The amount of attention that has been given to debates over L.G.B.T. issues in the last year is another sign of how deeply American society remains divided over L.G.B.T. issues,” said George Chauncey, a Yale University professor of 20th-century United States history and lesbian and gay history, referring to lesbians, gay men and bisexual and transgender people. “And it has made it clear to young people just how much opposition remains.”

The New York Times embarked on the project “Coming Out” as an effort to better understand this generation’s realities and expectations, and to give teenagers their own voice in the conversation.

The Times spoke with or e-mailed nearly 100 gay, lesbian, bisexual or transgender teenagers from all parts of the country — from rural areas to urban centers, from supportive environments to hostile ones. The newspaper contacted them through various advocacy groups, as well as through social networking sites like YouTube, Twitter and Facebook.

The Trevor Project, which provides counseling to lesbian, gay, bisexual and transgender youths in crisis, among other services, posted a call for teenagers to tell their stories to The Times, resulting in nearly 250 responses. At times, young people led The Times to others.

The youths who participated were in different phases of coming out: some had come out only to themselves, some to people in certain realms of their lives, some to only one trusted friend or family member. Some had come out to their family or community, and then, realizing they lacked the support they needed, rescinded the declaration — and came out again a couple of years later. Others spoke of hating themselves in the process of accepting who they are.

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“Coming out”: Gay Teenagers, in Their Own Words *(continued from page 5)*

Some flaunted their sexuality, while others adhered to traditional gender norms. In English, Ind., one boy said that when he first came out, he wore eyeliner and skinny jeans. “But then when I stopped it and decided to be myself, it was like I no longer fit the stereotypes,” he said.

In the face of competing messages, lesbian, gay, bisexual and transgender youths just want to be teenagers. While they envision a world where they can get married and have doors open to them, they do not want to be defined by their sexuality, regardless of how they are received by their community. It is just one part of their identity.

As Kailey Jeanne Cox, 15, said in her story: “I don’t want to have myself being seen by people as ‘Oh, she’s — she’s gay.’ I want them to see me as ‘Wow, she loves God, who cares what kind of people she likes? She is a Christian, she leads by example and she’s a wonderful person.’ That’s what I want people to think when they see me.”

Or Joel Brimmerman, 17, who cannot wait for the day he can begin the physical transition to male from female, summed it up this way: “I’d rather just get done with it and get on with my life. I mean, I have stuff to do besides transition.”

* Source: NY Times