

Counseling for Wellness Summer 09

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WALK-INS WELCOME

In The Good Old Summertime

Summers here, days are longer and the temps are rising. How good it feels to get outside and soak up some of those rays. O.k., so we've been a little lacking in the sunshine category, but the temps have been pretty good, right?

Ah-h, warm weather reminds me of the beach, baseball, camp fires, bike rides, stuff childhood memories are often made of. Remember playing outside until dusk? Who didn't love that?

You know, a little sunshine and warm weather can go a long way to decreasing stress and improving your entire outlook on life. The stuff that seems overwhelming will soon appear trivial leaving you to wonder what all the fuss was about.

But like anything else, too much of a good thing isn't a good thing. So when the sun is shining, keep hydrated and slather on that sun screen before heading out to take pleasure in all the activities that summer has to offer. ENJOY!

In the summertime
when the weather is hot
You can stretch right up
and touch the sky

When the weather's fine
We go fishin' or go swimmin' in the sea
We're always happy
Life's for livin' yeah,
that's our philosophy

Adapted from Mungo Jerry's one hit wonder "In the Summertime" 1970.

Suitcases filled the trunk of his dirty beat-up ford. He couldn't wait to get to school to check out his room and dorm. She opened up his car door, closed it when he got in, then smiled proudly at her son. As a tear dropped from her chin, she reached through the open window, wished him luck in school, and then she pulled him close to her and broke the "no hug" rule. He felt the freedom greet him as he pulled out on the interstate. At last his life was his alone. He anticipated his fate.

Adapted from a poem titled "The No-Hug Rule" by Cheryl Costello-Forshey



Are You an Adrenaline Junkie?

By: Melanie Faithwalker, P.C.

It's all about the adrenalin. The thrill, lure of the edge, adrenalin rush, anticipation, excitement, euphoric, relief, and exhilaration. The longing to experience that *first high* again and again. Do you find yourself in this cycle? Exactly what drives this thrill seeking, risk taking behavior?

One researcher, Marvin Zuckerman (2006) called risk taking *sensation seeking* behavior. Zuckerman defined and categorized four different types of risk taking behavior; **1. Thrill and Adventure seeking, 2. Experience Seeking, 3. Boredom Susceptibility and 4. Disinhibition.** Thrill and Adventure Seeker seek out activities such things as bungee jumping mountain climbing, sky diving. They yearn for the rush of danger. Experience Seekers find pleasure in travel, art, and enjoyment with friends. Disinhibitionists desire drugs, promiscuous sex, parties, and drinking as a way to escape from the every day realities. Boredom Susceptibility is just that. People who experience boredom with everyday life and seeks to gain novel experiences to compensate for the boredom.

What chemical in the brain promotes sensation seeking behavior? Well, a new study has linked thrill seeking behavior to the brain neurotransmitter, dopamine.

Dopamine activates the pleasure center of our brain. When we experience a high or a rush and we want to experience that awesome feeling again and again...and AGAIN.

So what does this all mean? There is a reason we love the excitement of a rollercoaster's, the rush of sky diving, the thrill of driving fast, or the high of cocaine or amphetamines, it allows us to artificially produce dopamine.

Our brain craves dopamine and is not able distinguish the difference between the high of rock climbing from cocaine use. The brain just wants to experience the euphoric high. People with a propensity for the thrill and adventure of risk taking behavior BEWARE. If you *choose* to experiment with drugs, alcohol, sex, you may be at a higher risk of developing an addiction. Therefore, *choose how you get your thrills wisely.*

Sources: Treatment Solutions Network 2008, Correlation between Sensation Seeking Behavior, EI, QOL and Depression 2008, Thrill Seekers Lack Breaks in the Brain 2009, Sensation Seeking and Risky Behavior 2006

Looking for money for college? Check out these quirky scholarship opportunities

Chick and Sophie Major Memorial Duck Calling Contest awards \$1,500 to the high school student who can call ducks with flare. Those who aren't top-notch callers but still have some talent may qualify for the other prizes.

Klingon Language Institute Award .You don't need to be a Klingon-loving Trekkie to apply, (although it might help). The Klingon Language Institute (KLI) awards a \$500 scholarship award to one graduate or undergraduate student each year. The scholarship was created to encourage the study of and achievement in the area of language.

Mycological Society of America Scholarships The Mycological Society of America is offering numerous scholarships for students, interested in the study of fungus, yes, fungus. Awards vary in sum from \$2,000 to a plaque.

The Dolphin Scholarship Foundation awards \$3,400 to high school and college students who are children of current or past submariners in the U.S. Navy Marine Force.

National Make it Yourself with Wool Scholarship. In the effort to promote the beauty and versatility of wool fabrics and yarns, knitters can win up to \$2000 for their designs.

For additional information about weird and wacky scholarships check out:

www.scholarships.com/wacky-scholarships

HOW ARE YOU DOING?

REACH OUT

If you or a friend are having a difficult time, it's important to reach out for support.

Talk to a family member, friend, someone you trust.

If you are having thoughts of suicide or self harm, call **1-800-273-TALK**



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Kate Ricchuito, CT, Counseling Intern

Do you know someone thinking about suicide?

For help call:

216-623-6888



www.ndc.edu/CampusNDC/counselingservices.aspx