

YOUR PERSONAL GUIDE TO SELF-CARE AND WELLNESS



Preface

University living puts new strains on one's mind, body and spirit as one is forced to adapt to an environment that, for the most part, is uniquely foreign. In this new environment, it is especially difficult to closely monitor and satisfy all of one's needs in order to maintain a level of wellness which will allow one to reach peak performance.

This booklet provides you with information on the things you can do to achieve and maintain optimum wellness, and, if you do become unwell, how you can look after yourself (Self-Care) and when you should seek professional advice. Take advantage of your years at the Nelson Mandela University (Mandela Uni.) to develop wellness habits which will enhance the quality of your life, now, and in the years to come.



Table of Contents

Preface	2
Table of Contents	3
Eight Dimensions of Wellness	5
Wellness Dimensions Explained	6
Emthonjeni - Fountain of Student Wellness	8
Peer Helpers	8
Physical Wellness	9
Self Care	9
Staying Well	16
Sexuality Issues	20
Birth Control Methods	24
Date / Acquaintance Rape	29
Sexual Harassment	31
Sexual Orientation	32
Sport and Recreational Services	33
Health Services	34
Physical Wellness Resources	34
Emotional Wellness	35
Emotional Intelligence (EQ)	35
Coping with Depression	38
Homesickness and Adjustment	40
Self-Esteem	41
Coping with Eating Disorders	42
Suicide Prevention	43
Stress Management	45
Substance Abuse Prevention	46
Coping with a Traumatic Incident	48
Emotional Wellness Resources	48
Social Wellness	49
Loneliness	49

Peer Pressure	50
Appreciating Diversity	51
Cultural Diversity	51
Arts and Culture	52
Societies	52
Student Union	52
Students with Disabilities	53
Social Wellness Resources	53
Environmental Wellness	54
Environmental Wellness Resources	57
Career Wellness	57
Graduate and Student Placement	58
Career Wellness Resources	58
Intellectual Wellness	58
Study Skills	59
Time Management	60
Motivation & Concentration	60
Test Anxiety	62
Learning Disabilities	64
Supplemental Instruction	64
Faculty Officers	65
Intellectual Wellness Resources	65
Spiritual Wellness	65
6 Values of Mandela Uni.	66
Financial Wellness	68
Budgeting	68
Financial Aid: Bursaries VS Loan VS Scholarships	70
Financial Wellness Resources	70
Other Services for Students	70
Wellness Directory	72
Where To Find The Nearest . . .	74

Wellness is...

A positive approach to living which results in physical, psychological and spiritual well-being. High level wellness is a necessary condition for optimum levels of individual performance. It involves a balanced, controlled approach to the different dimensions of wellness.

The success you achieve in the different dimensions is determined by choosing behaviours that improve the quality of daily life and eliminate destructive behaviour. By making informed choices you take charge and maintain control of your life. High levels of wellness have the potential to improve academic progress, success after graduation, and happiness in personal life.

In this booklet, the wellness concept and its main components are examined. A self-care manual to aid in the development of your wellness and a summary of related University services and programs are included.

You are not alone; seek out the community of supportive individuals and services that have been designed to make your university career an enjoyable, rewarding and healthy experience.

Eight Dimensions of Wellness



(Adapted from: Puzzled about Wellness, The John and Janice Fisher Institute for Wellness, Ball State University)

Wellness Dimensions Explained

Wellness has become one of the buzz words of the 21st Century. Wellness is more than just the absence of disease. It refers to the conscious and deliberate effort to stay healthy and achieve one's highest potential for wellbeing.

Physical Wellness

Physical wellness refers to the willingness to take the time and effort to pursue activities which enhance physical health, and the avoidance of activities which could be detrimental to your physical well-being. Physical wellness habits include regular physical activity, nutritional responsibility, sufficient relaxation and sleep, self-care and safety awareness. This also implies the non-abuse of alcohol, drugs, tobacco and medication, the practice of safe traffic measures, and safe and responsible sexual practices.

Emotional Wellness

Emotional wellness includes an awareness and acceptance of one's feelings, and the ability to maintain relative control over emotional states, to express feelings appropriately, and to cope effectively with stress. It implies the capacity to feel positive and enthusiastic about oneself and about life, and the ability to motivate oneself, and to persist in the face of frustrations.

Social Wellness

Social wellness refers to the need for personal identity and a feeling of belonging. It emphasizes the interdependence with others and with nature and includes the pursuit of harmony with one's immediate human and physical environment as well as with the larger community. Social wellness habits include the establishment of meaningful relationships and demonstrating an ongoing commitment to the common good of the community and the environment.

Environmental Wellness

Environmental well-being includes trying to live in harmony with the Earth by understanding the impact of our interaction with nature and our personal environment, and taking action to protect the world around us. Protecting ourselves from environmental hazards and minimizing the negative impact of our behaviour on the environment are also central elements.

Career Wellness

Career wellness is evidenced by the satisfactions and enrichment gained from one's work and the degree to which one is able to create a rewarding lifestyle through which personal values can be expressed. This includes the assessment of one's abilities and skills, values, and interests in the search for a suitable career, as well as the preparation for work through studies and training. It follows that financial remuneration is not necessary for occupational wellness; this need can also be met through leisure activities or community involvement.

Intellectual Wellness

Intellectual wellness encourages creative, stimulating mental activities. It is about the continuous acquisition, further development, and creative application of independent and critical thinking skills, and the openness to new ideas. An intellectually well person uses the available intellectual and cultural activities and resources to expand his/her knowledge and to improve their skills.

Spiritual Wellness

Spirituality is the way we orientate ourselves towards the Divine. It is the way we make meaning out of our lives. It is the recognition of the presence of the Spirit within us and a cultivation of a style of life consistent with that presence. Spirituality provides a perspective to foster purpose, meaning, and direction to one's life.

Financial Wellness

Financial wellness is about living happily within one's means, not spending more money than one has, and having an awareness of where your money goes. This could be achieved by having a budget to stick to, having a long term financial plan and being aware of financial obligations and meeting them. One should develop a comfortable relationship with money and should learn to manage what you already have whilst you attempt to improve your financial status.



Emthonjeni - Fountain of Student Wellness

Emthonjeni - Fountain of Student Wellness consists of a team of trained Health Science professionals including clinical, counselling and educational psychologists, health educators, social workers, and graduate interns who are training in these positions.

We offer a free, confidential, professional individual and group counselling service, which is supplemented by self-help programmes and workshops, to students and staff members on various campuses. A wide variety of pamphlets and videos are available on our website and our physical resource centres in all campuses where student counselling is offered: South, North, 2nd Avenue, George and Missionvale Campuses. Numerous programmes are presented and are packaged in relation to academic issues, career choice and planning, personal, social and emotional issues, and wellness.



Students interested in personal growth to improve learning skills, relationships, health or lifestyles are invited to make an appointment by calling their nearest Emthonjeni - Fountain of Student Wellness. You can also visit their homepage at <http://www.mandela.ac.za/counselling>

Peer Helpers

Students most often seek out their friends when they are experiencing frustrations, worries or concerns. Naturally, these friends wish to help them, yet they often do not know how to do it or what to do. The Peer Help programme has been developed to train and supervise students in refining their natural helping skills. Students are trained and supervised to provide listening, understanding and support to fellow students (their peers). They have opportunities to put this training into practice by providing assistance to other students in decision-making around life-style enhancement, career development, and academic success. With the assistance of peer helpers, students are empowered to deal with loneliness, academic skills, career-related issues, HIV/AIDS, employability and other issues that may interfere with their joy, development and learning. (For Peer Helpers contact details refer to directory page).



Physical Wellness

Allergies

Anyone can be allergic and allergies can develop at any stage of life. Allergy testing or even desensitizing injections can be arranged through your nearest Student Health Services. If you know you are allergic, wear an allergy identification bracelet and carry an allergy kit (if necessary).



Self-care

1. Try to determine the cause of your allergies and remove the offending object or substance from your environment.
2. Common during the change of seasons when the temperatures change
3. Hay fever is the most common cause as a result of pollen, trees, weeds, and grass
4. Non-prescription antihistamines are available which can help control your symptoms.
5. Some people have severe allergic reactions resulting in swelling of the respiratory passages, total body rashes, and shock (anaphylaxis). This is a life threatening, emergency situation, and requires immediate medical intervention. If you know you are severely allergic, wear an allergy identification bracelet and carry an allergy kit.

Colds

A cold is a viral infection which may be caused by any one of 200 different viruses. The delicate membranes of the throat and nasal passages react to this infection by swelling and increasing the rate of mucus formation. The resulting symptoms are nasal stuffiness, congestion, scratchy throat and irritating cough. People on average have 2 to 3 colds per year. No medicine exists that will cure the common cold, but take heart there are several things you can do to make yourself comfortable help rid the body of the virus.



To prevent colds

1. Rest will give your body the energy needed to make the antibodies kill the cold virus. Take a look at your current lifestyle. What have you been doing that has provided the environment for the cold virus?
2. Wash your hands - Most cold and flu viruses are spread by direct contact. So wash your hands often. If no sink is available, rub your hands together very hard for a minute or so. That also helps break up most of the cold germs. Or rub an alcohol-based hand sanitizer onto your hands.
3. Don't cover your sneezes and coughs with your hands (Because germs and viruses cling to your bare hands, muffling coughs and sneezes with your hands results in passing along your germs to others. When you feel a sneeze or cough coming, use a tissue and throw it away immediately. If you don't have a tissue, cough or sneeze into the inside of your elbow).
4. Don't touch your face - Cold and flu viruses enter your body through the eyes, nose, or mouth. Touching their faces is the major way children catch colds, and a key way they pass colds on to their parents.



Cold Remedies

5. Drink plenty of fluids to help break up your congestion. Drinking water or juice will prevent dehydration and keep your throat moist. You should drink at least 6 to 8 glasses of water daily. Include fluids such as water, sports drinks, herbal teas, fruit drinks, or ginger ale. Avoid cola, coffee, and other drinks with caffeine because it acts like a diuretic and may dehydrate you.
6. Staying warm and resting when you first come down with a cold or the flu helps your body direct its energy toward the immune battle. This battle taxes the body. So give it a little help by lying down under a blanket to stay warm if necessary.
7. Use saline nasal sprays or make your own salt water rinse to irrigate your nose. Salt-water rinsing helps break nasal congestion while also removing virus particles and bacteria from your nose.
8. Gargle with ½ teaspoon of salt in a glass of warm water. This is the cheapest, safest and best way to relieve the irritation and swelling that makes your throat sore.
9. A steamy shower, or draping a towel over your head and holding it over a wash basin with the hot water running, will help you break up the congestion and soothe your throat.

You should seek medical advice if:

01

Your symptoms are not clearing up in 7 days

02

You have a high fever (over 38.5°C.) for over 24 hours

03

You cough up thick green, yellow, or bloody sputum

04

You are short of breath or have persistent wheezing

05

You have a rash

06

You have ear, sinus or chest pain

For flu vaccination, consult the Student Health Service (refer to Directory Page).

COVID-19

What is COVID-19?

1. Respiratory illness caused by a novel (new) coronavirus, the SARS-CoV-2 virus
2. World Health Organisation (WHO) declared the virus outbreak a global pandemic in March 2020
3. You're more at risk of you have:
 - existing heart or lung diseases
 - underlying health conditions
 - a weakened immune system (such as people living with HIV, TB, diabetes or cancer)
 - are over 60 years old.

Know your symptoms!

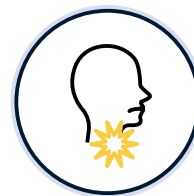
These may develop up to 14 days after exposure to infection



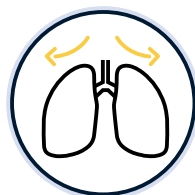
Fever



Dry cough



Sore throat



Shortness of breath



Loss of taste



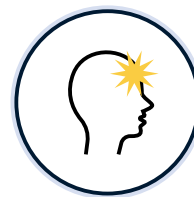
Myalgia/general weakness



Loss of smell



Diarrhoea or nausea



Red eyes



How is the virus spread?

1. Mostly through droplets when an infected person coughs or sneezes
2. Sometimes through droplets of saliva or discharge from the nose
3. Virus spreads more easily if you're in close contact with an infected person (two metres or closer) without a mask and have contact for more than 15 minutes
4. Infection happens like this: through inhaling droplets into lungs, or touching a surface, object or infected person, and then touching your mouth, nose or face.

Health Basics

Health and safety of students and staff is our number one priority.

To flatten the curve of COVID-19 and prevent mass exposure, a staggered approach for returning to campus is key.

If you have any COVID-19 symptoms, you must tell the University. Stay at home/in your residence room and contact your healthcare provider/tell your residence manager or contact the student health clinic during office hours at 041 504 3755/4323/3762 or email: linda.dalton@mandela.ac.za or maria.luthaga@mandela.ac.za or simone.leroux@mandela.ac.za or chandrika.heera@mandela.ac.za for guidance on the way forward.

Prevention Strategies

1. **Wash hands** often with soapy water for 20 seconds
2. **Physical distancing.** Keep a space of 1.5 metres (three steps) between yourself and other people
3. **Cough or sneeze** into your elbow and NOT towards or near other people
4. **Use a tissue** and immediately dispose of it in a bin with a lid
5. **Use hand sanitiser** (at least 70% alcohol) regularly – before, during and after you visit campus
6. **Wear a mask.** You will not be allowed on campus without a mask, which must cover your nose and mouth. Please keep your mask CLEAN and DRY. You may wear any suitable cloth mask.
7. **Screening.** You must be screened for virus symptoms before and during your visit to campus (temperature check and questionnaire)
8. **Stay at home** if you feel sick or suspect that you may have COVID-19 symptoms
9. **Clean your phone** with alcohol wipes or a microfibre cloth - phones are germ carriers
10. **Avoid** mass gatherings

Prevention Tactics

Spread the love – not the virus!

Physical Distancing

- Limit gatherings as far as possible
- Maintain minimum distance of 1.5 metres between people
- Only a certain number of people will be allowed in a space at one time
- The workplace and activities are arranged to ensure minimal contact between people as far as practically possible
- Avoid close contact with anyone who has a fever or cough
- Avoid confined spaces
- Use stairways and do not touch handrails.

Hand Sanitisers

- At least 70% alcohol-based
- May be used when no handwashing facilities are available or in conjunction with handwashing
- Use before entering campus/buildings/departments; before and after touching objects; before and after applying masks
- Will be provided at entrance to buildings and other designated places
- Will be provided to all staff and students required to work/study away from campus
- Will be provided to all staff and students required to interact with the public and to the member/s of public concerned.

Cough Etiquette

- Cover your mouth when coughing or sneezing
- Use a tissue
- Cough into your flexed elbow and away from people
- Dispose of tissue in closed bin
- Wash hands with soap and water or hand sanitiser.

Hygiene

- Adequate facilities are provided for washing hands with soap and water and must be used by staff and students regularly
- All employees and students who interact with members of the public must sanitise their hands after each interaction
- Surfaces touched by staff, students and members of the public must be routinely cleaned and disinfected
- Don't touch your face
- Don't share items (cups, spoons, stationery, etc)
- Keep it clean – sanitise and tidy your space/bedroom/study area regularly.

Screening and Testing

An online **COVID-19 self-screening tool** will facilitate easier access to campus and residences. **This app need to be completed daily before entering the campus. Should you be longer than 4 hours at the campus on a given day, you need to repeat screening. Should you screen Med or high risk, please stay in your room, contact the clinic or await follow-up call from clinic.** The student health clinic contact details during office hours are 041 504 3755/4323/3762 or email: linda.dalton@mandela.ac.za or maria.luthaga@mandela.ac.za or simone.leroux@mandela.ac.za or chandrika.heera@mandela.ac.za for guidance on the way forward.

- All people will be temperature screened before being allowed to enter campus
- There will be continuous daily screening on campus
- Testing stations will be set up at appropriate points

Masks

- A fabric or cloth mask is compulsory – no mask, no entry to campus
- Look after your mask – wash it regularly
- Replace or wash your mask if it's damp or dirty.

Headaches

Headaches are one of the most common afflictions known. For most of us they are an occasional nuisance but for about 1 in 10 people, headaches (because of their frequency and severity) can impair their enjoyment of life.



Self-care

1. Apply cold or warm compresses to the head.
2. Loosen neck tension with stretching exercises such as gently rotating the head in alternating directions.
3. Take a warm bath.
4. Close your eyes and rest in a cool, darkened room.
5. Use Panado (paracetamol), aspirin or ibuprofen for pain relief.
6. Avoid situations in your life which cause stress.
7. Avoid foods, beverages and environmental triggers which may be associated with your headaches.
8. Incorporate periods of relaxation and exercise into your day.
9. Avoid muscle tension resulting from poor posture, uncomfortable seating or restrictive clothing.

NOTE: you should see your doctor if your headache:

- Is accompanied by nausea, vomiting, dizziness or fever.
- Causes discomfort for more than five days.
- Occurs frequently.
- Limits your ability to function normally.
- Is not helped by normal doses of pain relievers.



Insomnia

Every year, about 20 to 40% of adults have episodes of insomnia, a condition characterized by difficulty initiating and maintaining sleep (DIMS). The most common cause, especially in the student population, is stress. Insomnia tends to go away when the stress is eliminated.



Self-care

1. Try to go to sleep at the same time each night and get up at the same time each morning. Try not to take naps during the day because naps may make you less sleepy at night.
2. Avoid caffeine, nicotine, and alcohol late in the day – Caffeine and nicotine are stimulants and can keep you from falling asleep. Alcohol can cause waking in the night and interferes with sleep quality.
3. Get regular exercise. Try not to exercise close to bedtime because it may stimulate you and make it hard to fall asleep. Experts suggest not exercising for at least three to four hours before the time you go to sleep.
4. Don't eat a heavy meal late in the day. A light snack before bedtime, however, may help you sleep.
5. Make your bedroom comfortable. Be sure that it is dark, quiet, and not too warm or too cold. If light is a problem, try a sleeping mask. If noise is a problem, try earplugs, a fan, or a "white noise" machine to cover up the sounds.
6. Follow a routine to help you relax before sleep. Read a book, listen to music, or take a bath.
7. Set a regular sleep schedule. Go to bed at the same time and get up at the same time each morning. If you don't fall asleep within 20 minutes, get out of bed and return only when you're sleepy.
8. Avoid using your bed for anything other than sleep or sex.
9. If you find yourself lying awake worrying about things, try making a to-do list before you go to bed. This may help you to not focus on those worries overnight



NOTE: If you haven't been sleeping well or if you wake up feeling tired in spite of this advice, consult your doctor.

Menstrual Periods

Many women suffer from painful periods. The pain can be mild to debilitating and normally subsides within 2 days. It is usually caused by the release of a chemical called prostaglandin by the uterus stimulating contraction of the uterine muscles. In 10% of women the pain is accompanied by nausea, diarrhea and backaches.

Help is available! See your doctor for an assessment. If you have always had menstrual cramps and have no other gynecological symptoms he/she may recommend one of the birth control pills prescribed to inhibit ovulation and thereby reduce cramps.



Self-care

1. To relieve lower abdomen and back pain apply heat to the area with a heating pad or take a warm bath to increase circulation and relax spasms.
2. Exercise on a regular basis (i.e. 30 min. three times a week) can improve circulation and minimize discomfort.
3. Stretching/relaxation exercises may help. Try lying on your back and contracting your abdominal muscles for 15 seconds, breathing normally. Relax and repeat.
4. Aspirin and Ibuprofen are both very effective anti- prostaglandins available over the counter.



NOTE: If period pain is unusual to you and you are experiencing it for the first time it may be associated with underlying medical problems such as pelvic inflammatory disease.

Staying Well

You know your body, if you notice something different i.e. an unusual smell, a growth, a lump or a pain, and you are concerned about it - then rather seek medical advice at any Mandela Uni.. Student Health or from your Doctor.

Breast Self-Examination

Did you know that 80% of all breast cancers were found by the woman herself, either by practicing breast self- examination (BSE) or accidentally. Early detection results in a greater chance of cure, a good reason for practicing BSE regularly. Get to know what is normal for you. Examine your breasts every month – a few days after your period is best.



Here's how:

1. Stand in front of the mirror, your arms at your sides, and examine your breasts for any changes in size or shape, rashes, puckering or dimpling of the skin, and for any discharge or change in the nipples.
2. Raise both your arms and examine again. See if there has been any change since you last examined your breasts.
3. Lie on your back with a small pillow under your left shoulder and your left hand under your head. With the fingers of your right hand held flat together, press gently, but firmly, using small circular motions to feel the breast tissue.
4. Begin at the outside of your breast near your armpit and feel in circular motions all the way around the rim of your breast. Then move your fingers in towards the nipple about 2cm and feel all the way around again. Repeat until your entire breast has been examined, including the nipple.
5. Then, bring your left arm down to your side and feel under your arm pit, since breast tissue is found there too.
6. Repeat the entire procedure using your left hand on your right breast. If you find any change in your breast, check it out with the doctor right away. Don't be frightened – most breast lumps or changes are not cancer, but don't take the chance. Regular Breast Examinations are available at your nearest Student Health Service.

Pap Smear Test

The Pap Smear Test is a screening test to detect precancerous or cancerous changes of the cervix (the opening of the uterus). Cells are gently gathered from the surface of the cervix and placed on a slide which is sent to a laboratory for microscopic examination. The procedure is simple and while it may be slightly uncomfortable, it should not be painful. The risk of such cancer may vary according to age and risk factors.



Women at higher risk for cervical abnormalities include:

1. Those who are sexually active and under 18.
2. Women who have more than one sexual partner. Women whose sex partners have other partners.
3. Women with a history of sexually-transmitted diseases.
4. Women whose mothers took the drug diethylstilbestrol during their pregnancies.
5. A Pap Smear test should be performed as part of a complete pelvic examination, which should also include:
6. Visual examination of the external genital organs for infection, abnormal colouration or tumours.
7. Screening for sexually transmitted diseases, including Chlamydia and gonorrhoea if one is at risk.
8. A manual examination of the pelvis to feel for tumours of the uterus or ovaries.

THIS IS AVAILABLE AT YOUR NEAREST STUDENT HEALTH SERVICE.

Testicular Self-Examination

While testicular cancer can affect a man at any age, it is most likely to strike between the ages of 15 and 35. The odds of getting it increase by a factor of 40 in men whose testicles never descended to the scrotum or descended after infancy. Unlike other cancers, the cure rate for testicular cancer is 90% if detected early. Although treatment necessitates removal of the involved testicle, the remaining one provides enough hormones and sperm to allow a man to live a perfectly normal sexual life. Early detection is simple with regular testicular self-examination (TSE).

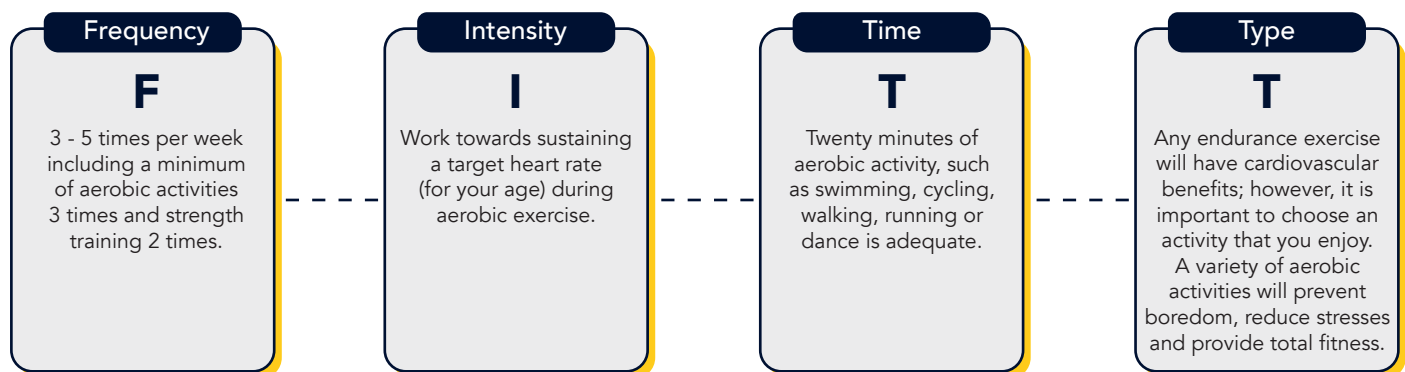
- The best time to examine your testicles is right after a hot bath or shower because the scrotal skin is more relaxed and the contents can be felt more easily.
- Place your index and middle fingers on the underside of the testicle and your thumbs on the top. Gently roll your testicle between your thumb and fingers. The normal testicle feels slightly soft with an even consistency and a smooth surface. The epididymis can be felt at the back of the testicle and feels slightly different in consistency.

Examine both testicles.

Any thickening or lump, however small (even pea size), should be reported to your doctor.

Fitness

Fitness is the cornerstone of this full and healthy lifestyle. It is important to understand the basic components of total fitness and the ingredients of an effective fitness program. The three components of fitness are strength, suppleness and stamina. These can be developed by following the FITT formula.



Nutrition

Eating is one of the best things life has to offer. It nourishes your body and gives you energy. The right balance of food and activity helps you to stay at a healthy body weight. You don't have to give up the foods you love for the sake of health. But, you do need to aim for variety and moderation.



Some guidelines:

1. Eat a small meal every 3-5 hours.
2. Eat breakfast within an hour after waking up. Breakfast can include any type of food such as one slice of leftover pizza, sandwich, fruit, or a cereal bar. You can even eat it on the way to class.
3. Wait until you have finished your meal before deciding on dessert; skip it if you feel full.
4. Include at least one serving of fruit and one serving of vegetables at lunch and dinner.
5. Avoid drinking large amounts of cold drink and other sweetened beverages.
6. Limit alcohol as it is high in calories. Alternate each alcoholic beverage with water and never drink on an empty stomach.
7. Control the amount of "emotional" food you eat. e.g.: for the late night pizza cravings, limit yourself to 1-2 slices. Ask yourself if you are really hungry before deciding to eat.

Food Group	Benefits	Nutrition Tip
Dairy	Build strong bones.	Have a serving of low-fat dairy such as milk, cheese, or yogurt 3 times a day.
Grains	Provide energy for muscles & brain.	Include grains such as rice, pasta and bread at every meal. Choose whole grain options as often as possible.
Fats	Keep you feeling full	Include some fat such as olive oil, guacamole, nuts, or seeds at every meal.
Fruits & Vegetables	Provide vitamins and minerals for healthy skin, hair, nails, and immune system	Try having at least 5 servings of fruit and vegetables such as apples, broccoli, pears, carrots, squash or salad per day.
Proteins	Maintain muscle	Try having fish, beans, eggs, peanut butter, chicken, or beef at 2 meals per day.

Instead of	Try
Fried foods	Grilled or baked foods
Refined grains (such as white bread and rice)	Whole grains (such as whole wheat bread and brown rice)
Full-cream milk	Low-fat milk or soy milk
Chips/French Fries	Baked potato or sweet potato
Sweetened drinks	Still or sparkling water
Sweetened desserts (such as cookies, cake, or ice cream)	Fruit

Smoking

Everyone knows that smoking causes an increased risk of cancers, heart and respiratory disease, not to mention the fact that it is expensive, smells bad and cause premature aging of the skin. Here are some tips on how to quit and stay quit.



Tips for Quitting:

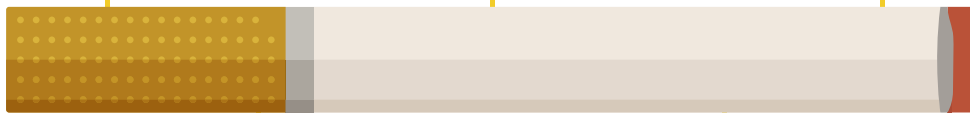
1. Don't go Cold Turkey – It may be tempting to toss your cigarettes and declare you've quit, plain and simple. But going cold turkey isn't easy to do. 95% of people who try to stop smoking without therapy or medication end up relapsing. The reason is that nicotine is addictive. The brain becomes used to having nicotine and craves it. In its absence, the symptoms of nicotine withdrawal occur.
2. Try Nicotine-Replacement Therapy – When you stop smoking, nicotine withdrawal may make you feel frustrated, depressed, restless, or irritable. The craving for "just one drag" may be overwhelming. Nicotine- replacement therapy can help reduce these feelings. Studies suggest nicotine gum, lozenges, and patches can help double your chances of quitting successfully when used with an intensive behavioural program.
3. Don't do it alone – Tell your friends, family, and co- workers that you're trying to quit. Their encouragement could make the difference. You may also want to join a support group or talk to a counselor.
4. Manage stress – One reason people smoke is that the nicotine helps them relax. Once you quit, you'll need another way to cope with stress. Try getting regular massages, listening to relaxing music, or learning yoga or Tai chi. If possible, avoid stressful situations during the first few weeks after you stop smoking.
5. Avoid alcohol and other triggers – Certain activities may boost your urge to smoke. Alcohol is one of the most common triggers, so try to drink less when you first quit. And if you usually smoke after meals, find something else to do instead, like brushing your teeth or chewing gum.
6. Clean house – Once you've smoked your last cigarette; toss all of your ashtrays and lighters. Wash any clothes that smell like smoke. Use air fresheners to help rid your home of that familiar scent. You don't want to see or smell anything that reminds you of smoking.
7. Try and try again - It's very common to have a relapse. Many smokers try several times before giving up cigarettes for good. Examine the emotions and circumstances that lead to your relapse. Use it as an opportunity to reaffirm your commitment to quitting. Once you've made the decision to try again, set a "quit date" within the next month.

When You Feel Tempted:

Get moving - Physical activity can help reduce nicotine cravings and ease some withdrawal symptoms. Even mild exercise is helpful, such as walking the dog or pulling weeds in the garden. The extra calories you burn will also ward off weight gain as you quit smoking.

Eat fruits and veggies - Don't try to diet while giving up cigarettes — too much deprivation is bound to backfire. Instead, focus on eating more fruits, vegetables, and low-fat dairy products. A Duke University study suggests these foods make cigarettes taste terrible. This gives you a leg up in fighting your cravings while providing disease-fighting nutrients.

Choose your reward - In addition to the tremendous health benefits, one of the perks of giving up cigarettes is all the money you will save. Reward yourself by spending part of it on something fun.



Do it for your health - There's more than the monetary reward to consider. Smoking cessation has immediate health benefits. It lowers your blood pressure and reduces your pulse after only 20 minutes. Within a day, the carbon monoxide level in your blood returns to normal. Within two weeks to three months, your risk of a heart attack decreases and your lungs begin to function better. Long-term benefits include a reduced risk for coronary heart disease, stroke, lung cancer, and other cancers.

Slow release nicotine patches are available by prescription to help you get through nicotine withdrawal.

Sexuality Issues

Sexual intimacy can be a warm, caring, exciting experience for those who choose to be sexually active. Yet, sex also requires responsibility. All sexually active people should take precautions to protect themselves and their partners from sexually transmitted infections (STI's). This does not mean eliminating sex from your life. It does mean being smart and staying healthy. It means self-respect and respect for your partner – talking about sex, knowing how to protect yourself, and taking precautions consistently every time. It means enjoying sex without giving or getting sexually transmitted infections. Anyone who chooses to be sexually active should play safe.

Safer Sex

The only absolutely safe sex is when two people have sex only with each other. That's 100% monogamy! Remember, whenever you sleep with someone, you are, in effect, sleeping with everyone they've ever slept with.



Precautions you can take include:

1. Limit the number of sexual partners.
2. Talk with your partner about their health, their awareness of safety precautions, and their sexual history.
3. Always use a latex condom. Aside from abstinence a condom is your best protection against STI's. Women shouldn't be afraid to insist that their partner wear one.
4. Remember you are protecting yourself and possibly your future child.
5. Avoid sexual contact when symptoms are present.
6. Wash the genitals before and after intercourse.
7. Urinate after intercourse to flush out bacteria.
8. Get check-ups regularly and any time you suspect an infection - Don't be afraid to discuss sexual concerns with your doctor or clinic staff.
9. Be sure your partner(s) get(s) treatment too.
10. If you are (hetero) sexually active, or are thinking about becoming (hetero) sexually active, you need to think about birth control.

Sexually Transmitted Infections

There are different kinds of Sexually Transmitted Infections. If you have any abnormal symptoms, or if there is the possibility you have been exposed to an STI, seek medical attention as soon as possible. This is especially important as some STI's can result in infertility.

AIDS stands for **Acquired** – not inherited – **Immune Deficiency** – a breakdown of the body's defense system leaving it vulnerable to attack by many opportunistic diseases such as common infections and unusual cancers – **Syndrome** – a group of related disorders and symptoms. AIDS is the advanced stage of the disease caused by a virus called HIV (Human Immunodeficiency Virus). In the early stages, a person infected with HIV usually looks and feels normal. This "carrier state" may last for years before any symptoms appear, but even a healthy carrier is capable of passing the virus on to others through:

- Sexual Intercourse: Unprotected anal and vaginal intercourse is the highest risk activities.
- Injection Drug Use: Sharing contaminated needles or syringes.
- Transmission from an infected mother to her baby: An infected mother stands a one in three chance of giving the virus to her baby either during pregnancy, at birth, or in rare cases, through breast feeding.

What does not cause HIV infection?

HIV is not easily transmitted. You cannot catch HIV by casual contact such as shaking hands, hugging, dry kissing, sharing cups or eating utensils, or from swimming pools or toilet seats.

Is there a test for the aids virus?

A simple blood test detects the presence of HIV antibodies – substances the body forms to fight the virus. Confidential free testing and counselling can be arranged. Voluntary counselling and testing (VCT) is done at the Student Health Service. Contact Student Health Services to make an appointment and know your status (refer to Directory Page).

Chlamydia

Is a bacteria-like organism caused by the bacterium, *Chlamydia trachomatis*, which can damage a woman's reproductive organs? Even though symptoms of chlamydia are usually mild or absent, serious complications that cause irreversible damage, including infertility, can occur "silently" before a woman ever recognizes a problem.

- Chlamydia is known as a "silent" disease because the majority of infected people have no symptoms. If symptoms do occur, they usually appear within 1 to 3 weeks after exposure.
- Abnormal vaginal discharge or a burning sensation when urinating, lower abdominal pain, low back pain, nausea, fever, pain during intercourse, or bleeding between menstrual periods.
- Discharge from their penis or a burning sensation when urinating, burning and itching around the opening of the penis,
- In the rectum, it can cause rectal pain, discharge, or bleeding.
- Can also be found in the throats of women and men having oral sex with an infected partner.
- Chlamydia can be easily treated and cured with antibiotics

Gonorrhoea

Gonorrhea is caused by *Neisseria gonorrhea*, a bacterium that can grow and multiply easily in the warm, moist areas of the reproductive tract including the cervix, uterus, fallopian tubes, urethra, mouth, throat, eyes, and anus.

- Men the main symptom is intense discomfort when urinating, a white, yellow, or green discharge from the penis, painful or swollen testicles.
- Women often have no symptoms in the early stages but may have lower abdominal, burning sensation when urinating, increased vaginal discharge, or vaginal bleeding between. Painful or burning Infections of the joints, skin and bloodstream
- Rectum- includes discharge, anal itching, soreness, bleeding, or painful bowel movements.
- Infections in the throat may cause a sore throat, but usually causes no symptoms.
- If left untreated, it may cause infertility in women and men. Antibiotics can successfully cure gonorrhea; however, drug-resistant strains of gonorrhea are increasing in many areas of the world.

Human Papillomavirus Virus (HPV)

It is one of the most common sexually-transmitted infections. There are more than 40 HPV types that can infect the genital areas of males and females. These HPV types can also infect the mouth and throat. Most people who become infected with HPV do not even know they have it. Most people with HPV do not develop symptoms or health problems from it. In 90% of cases, the body's immune system clears HPV naturally within two years.

Hepatitis B

Hepatitis is spread by exposure to contaminated body fluids (such as blood, saliva, and semen). It is an infectious, inflammatory condition of the liver. It may be fatal in the acute phase. About 10% may become carriers and remain infectious for life. Over 25% of carriers will develop chronic liver diseases (cirrhosis). They are also 270 times more likely to develop liver cancer. Treatment is aimed at prevention through safer sex practices and sterilization of reusable instruments.

- Initially there may be flu-like symptoms of fever, body aches, fatigue, general malaise, loss of appetite and nausea.
- Within two weeks the person may develop jaundice (yellowing of eyes, skin and urine), light, clay colored stools, and liver enlargement.
- No specific therapy is available for persons with acute hepatitis B.

Hepatitis B vaccine is available.

Genital Herpes

There are two types, one which infects the mouth, and one which infects the genitals. Both types can infect either area through intimate sexual or personal contact. Transmission can occur from an infected partner who does not have a visible sore and may not know that he or she is infected. If the infection is active when a woman is giving birth, the child can be affected.

In the initial stage tingling, itching or burning can occur in the infected area, followed by the appearance of painful blister-like sores. The first outbreak usually occurs within two weeks after the virus is transmitted, and the sores typically heal within two to four weeks. People diagnosed with a first episode of genital herpes can expect to have several (four or five) outbreaks within a year. Over time these recurrences usually decrease in frequency. Herpes cannot be cured; however, there is medication available which can reduce the duration and severity of outbreaks.

Genital Warts (Rarely, warts in the throat)

HPV can cause cervical cancer and other, less common but serious cancers, including cancers of the vulva, vagina, penis, anus, and oropharynx (back of throat including base of tongue and tonsils). The types of HPV that can cause genital warts are not the same as the types that can cause cancers. There is no way to know which people who get HPV will go on to develop cancer or other health problems.

There are only tests available to detect HPV in women. Genital warts can be removed by prescribed medications. They can also be treated by a health care provider. Treatment can consist of chemical application, freezing, electrocautery, lasers or surgery. Some people choose not to treat warts, but to see if they disappear on their own. No one treatment is better than another. HPV vaccines are available.

Birth Control Methods

There are many methods of contraception available. Decide which method you wish to use, and start using it before you have intercourse for the first time. Become informed. Read up on the subject. Ask questions. Your doctor can help you make your decision. Ideally, birth control should be the shared responsibility of both partners.



Ask yourself the following questions:

1. How effective is this method?
2. What are the health risks associated with this method?
3. What effect does this method have on future fertility?
4. What are the immediate side effects?
5. Is this method easy to use?
6. Will my partner cooperate with this method?
7. Will this method interrupt sex, and, if so, will we use it consistently?
8. How much does it cost?
9. Does this method make my periods longer or more painful?
10. Will this form of birth control present moral or religious concerns?
11. Will this method affect my enjoyment of sex?

Aside from abstinence, the condom offers the best protection available against STI's, including HIV/AIDS.

Use a condom, in addition to other methods of birth control.

The Birth Control Pill

Estimated at 98-99.5% effective if used correctly. It works primarily by inhibiting ovulation (the release of the egg) and by producing thick cervical secretions which act as a barrier against sperm. It is reliable and convenient.

- Periods are more regular, lighter and less painful.
- Reduces the risk of ovarian cysts, benign breast disease, endometriosis, cancer of the ovaries and uterus, ectopic pregnancies, and anaemia.
- Can clear up acne
- Must be taken daily.

Disadvantages:

- Slight risk of more serious side effects including blood clots, high blood pressure, heart disease, strokes, liver disease.
- Some women experience breast tenderness, minor weight gain, spotting between periods, mood changes, headaches, nausea. These symptoms usually disappear within 3 months; if not a different "type" of pill may solve the problem.
- Does not protect against STI's including HIV.
- The risks are far greater for women who smoke.

Condoms

The condom is a sheath of latex rubber which fits over the erect penis and acts as a barrier to the transmission of sperm into the vagina.

- No serious side effects.
- Easy to obtain.
- Latex condoms protect against STI's including AIDS.
- May protect against cervical cancer
- Allows the man to help prevent pregnancy and STI's
- May interfere with spontaneity.
- Can be more effective with the use of spermicide and pulling out before ejaculation
- Condoms can also prevent urinary tract infections in men who wear them.
- May help a man stay erect longer and prevent premature ejaculation
- Don't store them in a back pocket, wallet, or glove compartment for long periods of time

Disadvantages:

- Occasionally, the condoms can break.
- Small numbers of people may be allergic-latex free are available
- Some men feel it diminishes sensation.



How to Use a Condom:

1. Put it on before any genital contact.
2. Unroll the condom over the head of the erect penis leaving a 1cm space at the tip.
3. Pinch the tip to squeeze out any air and continue to unroll the condom over the shaft of the penis.
4. Lubricate the outside of the condom with a water based lubricant (no oil – do not use Vaseline).
5. After ejaculation, slowly withdraw the penis before it relaxes ... hold the condom in place so it doesn't slip off.
6. Discard in a waste bin.

If the condom breaks:

- Pull out quickly and put a new one on
- If semen leaks out, wash the semen away from the vulva and penis with soap and water.
- Emergency contraception may be needed



NOTE: Women worried about becoming pregnant should also consult their doctor or clinic about the Morning after Pill.

Female Condom

The female condom is a plastic pouch that is used during intercourse to prevent pregnancy and reduce the risk of STI's. It has flexible rings at each end. Just before vaginal intercourse, it is inserted deep into the vagina. The ring at the closed end holds the pouch in the vagina. The ring at the open end stays outside the vaginal opening during intercourse. And during anal intercourse, it is inserted into the anus.

- They work by preventing pregnancy by creating a barrier to the vagina from pre-cum semen
- Can be used by any women who can use a tampon
- Can be used by people who are allergic to latex Disadvantages
- Can cause irritation of the vagina, vulva, penis, or anus
- Can slip into the vagina during vaginal intercourse, or into the anus during anal intercourse
- May reduce feeling during intercourse
- Can be noisy — adding extra lubricant can help if the female condom is noisy

Spermicide

Spermicide is a birth control method that contains chemicals that stop sperm from moving. Spermicides are available in different forms, including creams, film, foams, gels, and suppositories.

- Nonoxynol-9 is the most common chemical used in spermicide. It has certain risks. If it is used many times a day, if it is used by people at risk for HIV, or if it is used for anal sex, it may irritate tissue and increase the risk of HIV and other sexually transmitted infections.
- Can be messy and leak from the vagina Used alone is not a very effective birth control method. Most effect with condoms or diaphragm
- They may irritate the vagina
- Doesn't prevent STI's

Diaphragm

Is 87-98% effective depending on how it is used. The diaphragm is a dome-shaped rubber device with a flexible rim which fits over the cervix and acts as a barrier to the sperm. It is used with contraceptive jelly, which kills the sperm. It may be inserted ahead of time and must be left in for 6 hours after intercourse.

- Has no serious side effects.
- May protect against cervical cancer.
- Permits sexual spontaneity. Disadvantages
- Can be messy as additional jelly or cream must be inserted before each act of intercourse.
- Can be dislodged during intercourse.
- May cause urinary tract infections.
- Must be fitted by a doctor.
- Some may have difficulty with proper insertion
- May cause allergic reactions.
- May increase risk for Toxic Shock Syndrome
- Provides no protection against STI's

Birth Control Shot

It is a shot in the arm that prevents pregnancy for three months. The birth control shot is one of the most effective methods of birth control available. The progestin in the shot works by keeping a woman's ovaries from releasing eggs — ovulation. Pregnancy cannot happen if there is no egg to join with sperm. The progestin in the shot also prevents pregnancy by thickening a woman's cervical mucus. The mucus blocks sperm and keeps it from joining with an egg. The hormone also thins the lining of the uterus. It works best when you get the birth control shot regularly, every 12 weeks.

- The shot provides very effective, long-lasting pregnancy protection.
- There is no daily pill to remember.
- There is nothing to do right before having sex.
- Some women say it improves their sex lives because it helps them feel more spontaneous.
- It is also a very private method of birth control — there is no packaging or other evidence that might be embarrassing for some people.
- The birth control shot does not contain estrogen, another type of hormone that is in many types of birth control. This means the shot can be a good choice for women who cannot take estrogen and for women who are breastfeeding.
- The shot can help prevent cancer of the lining of the uterus.

Disadvantages:

- Irregular bleeding is the most common side effect, especially in the first 6 to 12 months of use.
- For most women, periods become fewer and lighter. After one year, half of the women who use the birth control shot will stop having periods completely. However some women have longer, heavier periods. As well as some women have increased spotting and light bleeding between periods.
- Side effects may include: change in appetite or weight gain, depression, hair loss or increased hair on the face or body, headache, nausea, and sore breasts



IUCD

It works by irritating the lining of the uterus, thus preventing implantation of a fertilized egg. The IUD is inserted into the uterus by a doctor. An attached string hangs through the cervix and into the vagina and must be checked regularly to make sure the device is still in place.

- Possibly 99% effective.
- It is relatively inexpensive.
- Does not interfere with sexual spontaneity.
- Once in place it is effective for 3-5 years.
- Does not need daily attention.
- Possible discomfort during insertion.
- May be expelled without being noticed especially during period – strings must be checked regularly. This happens more frequently to women who have never been pregnant.
- No protection against STI's.
- Increased risk of Pelvic Inflammatory Disease with possible resulting infertility (especially in women with multiple partners).
- May increase menstrual cramping, bleeding and irregular periods.
- Rare chance of uterine perforation on insertion.
- Less likely to have an ectopic pregnancy but if a woman becomes pregnant it is more likely to be ectopic.

Emergency Contraception – Morning after Pill

Because of the high doses required, it is not suitable for regular use. Consult your nearest Student Health Service for more information.

- Can be used up to 120 hours or 5 days after unprotected sex or your preferred birth control method has failed (i.e. condom breaks, missed pill).
- Reduce the risk of pregnancy by 89% if used within 72 hours by keeping a woman's ovaries from releasing eggs— ovulation. Pregnancy cannot happen if there is no egg to join with sperm. The hormone in the morning- after pill also prevents pregnancy by thickening a woman's cervical mucus. The mucus blocks sperm and keeps it from joining with an egg. The morning- after pill can also thin the lining of the uterus. In theory, this could prevent pregnancy by keeping a fertilized egg from attaching to the uterus.
- You might have also heard that the morning-after pill causes an abortion. But that's not true. The morning-after pill is **not** the abortion pill. Emergency contraception is **birth control**, not abortion.



Side effects: dizziness, irregular bleeding, breast tenderness, headaches

Date / Acquaintance Rape

Sexual assault is any form of sexual contact or activity which occurs without your consent; it is not limited to rape (forced sexual intercourse). Sexual assault has occurred, for example, when you have been kissed, fondled, or had sexual intercourse without your consent. It can happen to both women and men.

Sexual assault by an acquaintance is the most common form of rape on campuses. It is more likely to go unreported than "stranger rape" because it is not often perceived by the survivor as real sexual assault. It can still have very devastating effects on the survivor. It can cause the survivor to not trust others or themselves, to fear relationships, and to doubt their self-worth and view of the world.



Protecting yourself from sexual assault and date rape:

- **Learn to be assertive**, especially under pressure or in uncertain situations.
- **Trust your instincts** and react as soon as possible to them.
- If you feel uncomfortable with the way someone is touching you or talking to you, say so, strongly and convincingly, and get out of that situation. **You have the right to say NO.**
- Always tell someone where you are going and with whom.
- If you do not know your date well, invite him to go with you and friends to a public place.
- **Set limits early.** An understanding between both people concerning intentions and expectations should be clear and established well in advance.
- Do not make yourself **vulnerable** by drinking or taking drugs and avoid being with others who are doing so.
- **Always carry enough cash** for taxi fare or a phone call.

If you need support or have questions, call any of the following:

Mandela Uni. Traffic and Security
Emthonjeni - Fountain of Student Wellness
Mandela Uni. Student Health Service
Emergency numbers
(See Directory Page for telephone numbers)

Facing a pregnancy crisis

If you are pregnant, you owe it to yourself to make very sure that you have all the information regarding choices and help offered before you make a life-changing decision. You will never be the same again. So, make very sure that you do not make rushed decisions while you are still in shock and panicking.



Make sure that...

1. You have a pregnancy test done
2. You get information on the development of the baby
3. You are fully informed about all your options; abortion, adoption and parenting
4. You allow yourself time to think logically about every option
5. You spend an equal amount of time thinking about each option
6. You write down the pros and cons of each option
7. You also list the changes or plans you'd choose to make for your own life with any of the options.
8. You talk to someone you trust
9. You make a tentative decision two months before delivery (other than the abortion option). If you wait until the last minute, you'll feel pressured.



If you would like to speak to a counsellor, you can contact your nearest Emthonjeni - Fountain of Student Wellness.

If You are Considering an Abortion

When faced with an unplanned pregnancy, abortion:

- seems like the easiest option
- Promises to turn back the clock
- takes away the pressures of difficult circumstances
- seems to be a quick solution

The facts about abortion:

Most abortions are done before 12 weeks of pregnancy when they are performed under local anaesthetic by suction method (please note that methods and services do differ - make sure about the method and aftercare before you choose a service provider).

Problems that can occur are:

- haemorrhaging (bleeding)
- Damage to the cervix (which may cause later miscarriages)
- Infection
- More significantly, there are emotional effects
- Initially a sense of relief...then days, months, years later other feelings such as: numbness, sadness, guilt and shame, sense of loss, emptiness, grief, anger, depression

Resources

Alternative Pregnancy Crisis Centre (free pregnancy test, crisis pregnancy and post-abortion counselling)
Marie Stopes Clinic (family planning/abortions) (Refer to Directory Page)

Sexual Harassment

The Nelson Mandela University is committed to providing staff and students the opportunity to pursue excellence and satisfaction in their academic and occupational endeavors. This can only be achieved when the fundamental rights, dignity and integrity of each member of our University community is recognized. Accordingly, the University is firmly committed to providing an environment that fosters mutual respect and is free from all forms of discrimination and harassment, including sexual harassment. To this end a sexual Harassment Policy is in place that governs the prevention and resolution of sexual harassment, behaviour which is not tolerated by the university.

What Is Sexual Harassment?

Sexual Harassment can be defined as the unwelcome or unwanted behaviour of an implicit or explicit sexual nature by an individual or group which the complainant reasonably experiences as offensive and distressing and which leads to the emotional, physical or social discomfort of the complainant, or interferes with the complainant's work or academic performance, or creates an intimidating, hostile or defensive working, educational or social environment.



Some examples of such behaviour:

- Requests for sexual favors, either directly or by implication; deliberate physical contact such as kissing, touching or fondling, embracing, patting, pinching and brushing against another person
- Persistent social invitations
- Sexually oriented or obscene comments e.g. about a person's physical appearance or sexuality
- Displays of erotic material such as posters, photographs, calendars
- Sexually offensive pictures or messages sent via email, SMS, or on a social networking site.

NOTE:

- Sexual harassment does NOT refer to behaviour that is mutually acceptable (i.e. wanted and acceptable to both parties).
- Sexual harassment is not confined to a particular gender or sexual orientation (i.e. it may be perpetrated by male to female, male to male, female to male or female to female)
- Sexual harassment may be perpetrated by staff to student, staff to staff, student to staff or student to student.



What To Do If You Are Being Sexually Harassed

The University has policy in place which allows for complaints of sexual harassment to be made to certain designated individuals on campus. All such complaints are treated as strictly confidential. Please consult your Student Health Service or Emthonjeni - Fountain of Student Wellness for information in this regard.

Any member of the University community has the right to lodge complaints without fear of prejudice. The University would like to encourage its students and staff to express their complaints freely and responsibly. All such complaints will be treated in a strictly confidential manner and will be investigated with sensitivity so

that decisions about the most appropriate course of action can be taken. Such action could be: to proceed to an informal resolution of the problem; to opt for mediation; to refer to a formal university disciplinary hearing; to instigate criminal proceedings; to withdraw the complaint. Sensitivity and respect will be accorded a complainant who may not wish for disciplinary action against the accused person, or who may wish to withdraw a complaint. Support will be given to a complainant who may wish to pursue disciplinary action either through the university or outside through the courts. Confidential information will be disclosed to those with a need to know as part of the investigatory and resolution process ONLY with the permission of the complainant. Confidentiality will also protect the accused person against unscrupulous claims which could cause harm or malicious gossip.

You can contact your nearest Student Health Services and Emthonjeni - Fountain of Student Wellness (ESW) (Refer to Directory Page)

Help create a culture of equality and freedom on the University campuses – break the silence and speak out against sexual harassment.

Sexual Orientation

In accordance with its equal employment, equity and diversity policies, the University is committed to providing an environment that fosters mutual respect and is free from all forms of discrimination.

A normal developmental task of young adulthood is the establishment, refinement and acceptance of one's adult sexual identity and orientation. The University recognizes the democratic and human right of each individual and will not tolerate discrimination towards a person on the basis of them being gay, lesbian, bi-sexual or transgendered etc.. If you have any concerns or issues about sexual orientation, please contact the office of Emthonjeni - Fountain of Student Wellness on your campus.

You will be treated with total confidentiality.

Sport and Recreational Services

While at the Mandela University take advantage of the opportunities to enhance your physical and social wellness by participating in the many programs available to students through the Madibaz Sport. Refer to directory page for contact details.

Facilities

Located at the Indoor Sport Centre, the facilities include a swimming pool, squash courts, fitness and aquatics center (includes weight training, aerobics, etc.), indoor volleyball and table tennis. In addition, there are outdoor facilities including cricket, soccer, rugby, athletics, tennis, netball, hockey, archery, basketball and water polo.

Recreation

Located at the Madibaz Indoor Sport Center, the facilities include a heated swimming pool (for swimming and water polo), squash courts, fitness and aquatics center (weight training, cardio, etc.) A multi purpose indoor center where various indoor sports like volleyball, netball and basketball can be played. In addition, there are numerous outdoor facilities for cricket, football, rugby, athletics, tennis and hockey. Added to this there are also sports like martial arts, chess and an outdoor trim park.

Biokinetic and Sport Science Centre

A fully equipped Biokinetics Centre is located at Summerstrand Campus (South) in the Department of Human Movement Science in the Faculty of Health Sciences. Any person who will benefit from exercise should use the Centre – staff members, students as well as the general public.



Full spectrums of services are available:

- **Evaluation and testing:** all clients are initially evaluated, in order to determine their specific needs – the training programme is then compiled according to these results (body fat tests, fitness tests, cholesterol & glucose, ECG, lung function, VO2 max, etc.)
- **Preventative training:** fitness and conditioning exercise programmes for anyone, to improve general condition, and to reduce risk status (reduce blood pressure, reduce weight, reduce stress, stabilise diabetes, prevent running injuries, etc.)
- **Pre-habilitation training:** conditioning programmes applied before a person undergoes a surgery, to allow for quicker recovery following the surgery.
- **Rehabilitative training:** specific exercise programmes to rehabilitate injuries (knee, back, shoulder, etc.), illnesses (cardiac disease, stroke, Parkinson's, etc.), and other conditions (obesity, stress, pregnancy, old age, children, etc.).
- **Performance enhancement:** conditioning programmes to optimise sports specific fitness and performance.

Contact the Centre for appointments. Refer to directory page for contact details.

Health Services

The Student Health Service provides comprehensive Primary Health care. This goes beyond the acute care of illness and includes teaching principles for achieving Wellness through a healthy lifestyle and the prevention and management of illness.

This is done in two ways:

- By individual counselling when a student attends the Student Health Service for medical care.
- By providing outreach events such as a AIDS Awareness Week, Heart Week, Diabetes Week, Cancer Prevention, etc.

Also available are a wide range of pamphlets, videos and additional resources on the most prominent health concerns of today. Medical care is taken in the broad sense and encompasses physical, emotional and social well-being. The Student Health Service offers comprehensive primary healthcare, emergency first aid, a comprehensive family planning service, HIV testing and counselling, sexually transmitted disease testing and treatment.

The University has five Student Health services located on the following campuses:

South Campus	Lower ground of the Embizweni Building
North Campus	Opposite Lebombo Residence
2nd Avenue Campus	Opposite Cafeteria
Missionvale Campus	Behind the Security Office
George Campus	

Physical Wellness Resources

1

Student Health Services

2

Biokinetics Centre

3

Sports Centres

4

Various sports societies on the campuses

5

Safety, Health & Environmental (SHE) Management (services all campuses)

6

Campus Protection Services

7

Second Avenue gym

Emotional Wellness

Characteristics of an Emotionally 'Well' Person

- Can accept the good things in life as well as the bad things, the highs and the lows, and is able to tell the difference
- Acceptance of self and taking responsibility for your actions
- Is sincere and real; not hung up on what others want you to be
- Enjoys alone time to reflect and doesn't always need to be surrounded by people
- Is capable of doing things for yourself and making decision on your own
- Can appreciate the simple and natural
- Is aware and sensitive to the people surrounding you
- Has deep and profound interpersonal relationships with others
- Acknowledges that every person has strengths and weaknesses
- Enjoys humour, but not at the expense of others
- Is aware that people are not perfect and embraces opportunities to learn new things and to grow
- Is tolerant and appreciates diversity
- Has a positive self-concept

Emotional Intelligence (Eq)

What Is Emotional Intelligence?

Emotional intelligence refers to your capacity to recognize your feelings and those of others, and to manage these emotions well in yourself and in your relationships.



Characteristics of an Emotionally Intelligent Person

- Has a clear understanding of their purpose or calling in life
- Has a positive and optimistic outlook on life
- Is good at coming up and implementing new ideas
- Bounces back when they fail
- Balances their work and private lives
- Has a good idea about how they feel about particular people and situations
- Can put themselves in someone else's situation and empathise with them
- Find it easy to tell loved ones how they feel
- Is comfortable with conflict and confrontation
- Trusts people, and people tend to trust them
- Has deep and meaningful relationships with others
- Will not go along with something that they believe is wrong
- Believes that they can make a success of whatever they do



Benefits of being Emotionally Intelligent:

1. You experience more career success
2. You build stronger emotional relationships
3. You are a better leader
4. You enjoy better overall health
5. You are motivated to achieve great accomplishments

How to Become Emotionally Intelligent

1**Begin to understand and accept your emotions****2****Learn to express your emotions appropriately and productively****3****Recognize, understand and identify the emotions of other people**

Assertiveness

Being assertive means that you clearly and confidently communicate your needs, wants and feelings, while at the same time respecting the rights of others. It is more positive than passive, aggressive or manipulative behaviour. On the assertiveness continuum, extremely passive behaviour is at the one end of the continuum and extremely aggressive behaviour is at the other end and assertive lies somewhere in between.



Passive people believe that their opinion doesn't count, that it is okay for others to take advantage of them and that their feelings don't matter. Assertive people express their thoughts and feelings in such a way that they are heard, but not stomping on another's turf. Aggressive people believe that others' thoughts, feelings and opinions do not count, and that you are wrong if you disagree with their opinion.



The Benefits of being Assertive

1. It increases your control over yourself
2. It leads to greater confidence and self-esteem
3. It leads to better interpersonal relationships
4. It helps you to achieve your goals and have your needs met
5. It leads to increased competence
6. Choose words that are direct, honest, appropriate and respectful when expressing your needs, wants, thoughts and feelings
7. Use 'I-statements' when expressing your thoughts (I feel... or I want...)
8. Do not make assumptions about what the other person is thinking or feeling
9. Avoid sarcasm, absolutes (always or never) and labelling
10. Avoid statements beginning with "Why...?" or "You..."
11. Ask for feedback to verify that you were understood and to avoid misperceptions
12. Learn to say no to unreasonable requests

Coping with Depression

Depression is a disturbance in mood characterized by varying degrees of sadness, disappointment, loneliness, hopelessness, self-doubt, and guilt.

Most people tend to feel depressed at one time or another, but some people may experience these feelings more frequently or with deeper, more lasting, effects. In some cases, depression can last for months or even years. The most common type of depression is what is referred to as "feeling blue" or "being in a bad mood". These feelings are usually brief in duration and have minimal or slight effects on normal everyday activities.

In the next level of depression, symptoms become more intense and last for a longer period of time. Daily activities may become more difficult, but the individual is still able to cope with them. It is at this level, however, that feelings of hopelessness can become so intense that suicide may seem the only solution. A person experiencing severe depression may experience extreme fluctuations in moods or even a desire for complete withdrawal from daily routine and/or the outside world.

Symptoms of Depression

- Changes in Feelings and/or Perceptions
- Crying spells or, at the other extreme, lack of emotional responsiveness.
- Inability to find pleasure in anything.
- Feelings of hopelessness and/or worthlessness.
- Exaggerated sense of guilt or self-blame.
- Loss of sexual desire.
- Loss of warm feelings toward family or friends.
- Changes in Behaviour and Attitudes
- Lack of interest in prior activities and withdrawal from others.
- Neglect of responsibilities and appearance.
- Irritability, complaints about matters previously taken in stride.
- Dissatisfaction about life in general.
- Impaired memory, inability to concentrate, indecisiveness and confusion.
- Reduced ability to cope on a daily basis.
- Physical Complaints
- Chronic fatigue and lack of energy.
- Complete loss of appetite, or at the other extreme, compulsive eating.
- Insomnia, early morning wakefulness, or excessive sleeping.
- Unexplained headaches, backaches, and similar complaints.
- Digestive problems including stomach pain, nausea, indigestion, and/or change in bowel habits.

Causes of Depression

Depression is often the result of an unhappy event such as the death of a loved one. When the source of depression is readily apparent and the person is fully aware of it, the individual can expect the reaction to moderate and then fade away within a reasonable amount of time. In cases where feelings of depression exist with no apparent source or the source is unclear, the depression may get worse because the person is unable to understand it. This sense of loss of control may add to the actual feelings of depression.

Any number of stressors may be involved in depression. These can include personality, environmental, or biomedical factors. Shortages or chemical imbalances in the brain may play a significant role in some cases of depression. Such imbalances may be created by illness, infections, certain drugs (including alcohol and even prescribed medications) and improper diet and nutrition. In general, depression may be viewed as a withdrawal from physical or psychological stress. Identifying and understanding the underlying causes of such stress is a necessary step in learning to cope with depression.

Helping Yourself

Being honest with yourself about changes in mood or the intensity of negative feelings as they occur will help you identify possible sources of depression or stress. You should examine your feelings and try to determine what is troubling you — relationships with family or friends, financial responsibilities, and so forth. Discussing problems with the people involved or with an understanding friend can sometimes bring about a resolution before a critical stage of stress is reached.



Tips:

- Change your normal routine by taking a break for a favourite activity or something new — even if you don't feel like it;
- Exercise to work off tension, improve digestion, help you relax, and perhaps improve your ability to sleep;
- Avoid known stressors;
- Avoid making long-term commitments, decisions, or changes that make you feel trapped or confined — it is better to put them off until you feel you are better able to cope; and
- See a physician, especially if physical complaints persist.

Helping a Depressed Friend

Since severely depressed individuals can be very withdrawn, lethargic, self-ruminating, and possibly suicidal, a concerned friend can provide a valuable and possibly life-saving service. Talking candidly with the individual regarding your concern for his or her wellbeing will often bring the problems out into the open.

As you talk with your friend,

- Do not try to “cheer up” the individual.
- Do not criticize or shame, as feelings of depression cannot be helped.
- Do not sympathize and claim that you feel the same way as he or she does.
- Try not to get angry with the depressed individual.

Your primary objective is to let the person know you are concerned and willing to help.

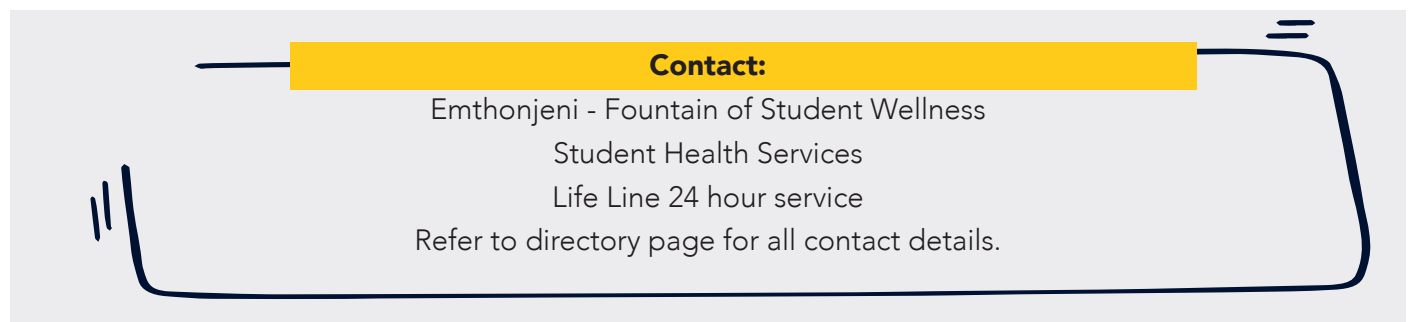
If feelings of depression appear to turn to thoughts of suicide, urge the individual to seek professional help. If the person resists such a suggestion and you feel that suicide is likely — seek professional help yourself, so you will know how to best handle the situation.

When Professional Help is Necessary

Depression is treatable and needless suffering of those who experience it can be alleviated. A mental health professional should be consulted when an individual experiences any of the following circumstances:

- When pain or problems outweigh pleasures much of the time;
- When symptoms are so severe and persistent that day-to-day functioning is impaired; and/or
- When stress seems so overwhelming that suicide seems to be a viable option.

Qualified mental health professionals can help identify the causes and sources of depression and can help the individual find ways to overcome them.



Homesickness and Adjustment

Leaving home to attend university is both an exciting and challenging experience. For many students, part of the challenge is dealing with feelings of homesickness. While there is no single approach that will assist everyone to deal with these feelings, there are a few things you can do that can be helpful:

- Remember that homesickness is a temporary and normal feeling for most students who leave home. Give yourself some time to adjust to your new surroundings.
- Get involved with other students, classes and student activities. The sooner you adapt to your new surroundings, the less intense will be your feelings of discomfort.
- Call or write home, but avoid getting into the habit of going home every weekend. This is especially important during the beginning of the university year.
- Talk about your feelings with a friend or residence / Oppidani senior. Just getting feelings off your chest can provide a new perspective and a sense of relief.
- If these feelings persist or become intrusive as to impair your daily activities or class obligations, you may benefit from talking to one of the counsellors at your nearest Student Counselling Centre.

Since an individual's usual sources of support are no longer present, adjustment to the unfamiliar environment may be quite difficult. Here are some tips which may provide realistic expectations concerning living arrangements and social life on campus. The first few weeks on campus can be a lonely period and many students may experience similar concerns and feelings of loneliness.



Tips:

- Students usually find peers in the environment to provide structure and support. Just remember to be yourself when forming new relationships. Meaningful, new relationships do not develop overnight - give it some time.
- Increased personal freedom can be both wonderful and frightening. Things are no longer predictable and the new procedures and people can create the sense of being on an emotional roller-coaster. This is normal and to be expected.
- Living with roommates can present special problems. Communicating one's legitimate needs calmly, listening with respect to your roommate's concerns and being willing to compromise to meet each other's needs, can promote resolution to these issues. It is unrealistic to expect that your roommate will be your best friend. The reality is that both of you may choose to have your own circle of friends.
- University classes are more difficult than high school classes and you will need to take some responsibility. Remember that the Emthonjeni - Fountain of Student Wellness is available to assist you with any adjustment difficulties.

Self-Esteem

At some point in time everyone is uncertain about themselves, lacks self-confidence, doubts their abilities or have negative thoughts about themselves. Self-esteem refers to the way we view and think about ourselves and the value that we place on ourselves as a person.

Self-Esteem Self-Assessment

YES / NO

	Do you often criticize yourself, your actions and abilities?
	Do you put yourself down, doubt yourself or blame yourself when things go wrong?
	Do you expect things to go wrong or not to turn out well for you?
	Do you have difficulty speaking up for yourself and your needs?
	Do you avoid challenges for the fear of not doing well?

If you have answered yes to any of these questions, or if you often think about yourself in negative terms such as "I am ugly," "I am useless," or "I am worthless," then you might have a problem with self-esteem. These thoughts and ideas that you have about yourself can be as a result of various early life experiences such as punishment, neglect or abuse, difficulty in meeting your parents' standards, not fitting in at home or at school, difficulty in meeting peer group standards, being on the receiving end of other people's stress or an absence of positive experiences. It is important to note though, that the ideas that we have about ourselves, the judgements that we make and the value that we place on ourselves are opinions, not facts.

A fact cannot be challenged, but opinions can be biased, inaccurate or mistaken, meaning that it is someone's

perception, but it is not necessarily the truth. You therefore need to evaluate the accuracy of these opinions by looking at the evidence for and against this opinion - in effect determining if this is a fact or an opinion. By investigating the accuracy of this opinion you can put things into a different perspective and develop more positive opinions based on the evidence against this opinion.

Develop more positive opinions by looking at what it is that you like about yourself, your positive characteristics, your achievements, challenges that you have overcome or your skills and talents. Maybe you are a good listener, or very organized, or helpful and a good friend. List all these attributes, and add to this list every day. Spend time with people who make you feel good about yourself and recognize these positive qualities in you. Remember that you are in control of the way you view yourself!

Coping with Eating Disorder

Eating disorders are not only a disorder of eating. It is a distorted pattern of thinking about food and behaving around food. Preoccupation and obsession with food occurs and there is a focus on body shape, weight, fat, food and perfectionism. The majority of people who experience eating disorders are female; however, 5 – 20% of people who have an eating disorder are male.

The 3 Most Common Eating Disorders

Anorexia Nervosa

Anorexia Nervosa is characterized by severe weight loss as a result of self-induced starvation (restriction of food and compulsive fasting). There is an intense fear and obsession with gaining weight and it is often accompanied by excessive exercising as most people with this disorder have a distorted image of how thin their body is – they feel fat even when thin - making it very difficult to convince them to seek help. Serious medical complications can occur, including abnormal bowel functions, malnutrition, electrolyte imbalance, menstrual disruption, cardiovascular difficulties, and even death.

Bulimia Nervosa

Bulimia Nervosa is characterized by frequent episodes of uncontrollable binge eating followed by some form of purging (self-induced vomiting, abuse of laxatives, diuretics or emetics, over exercising or fasting). Eating is frequently done to numb feelings and / or provide comfort. Serious medical complications can occur, including oesophagus pain, tooth decay, abnormal bowel functions, malnutrition, electrolyte imbalance, menstrual disruption, cardiovascular difficulties, and even death.

Compulsive Overeating

Compulsive Overeating is characterized by an obsession with eating – consuming large amounts of food even when not physically hungry. Eating is frequently done to numb feelings and / or provides comfort, but feelings of guilt and shame usually follow. Chronic dieting often follows this compulsion to eat. Serious medical complications may develop, such as cardiovascular difficulties, respiratory problems and kidney problems.



Tips on Coping with an Eating Disorder:

- Remember that you are not alone in your struggles – surround yourself with people who support you and want to see you healthy and happy
- The eating disorder behaviours you have learned can be unlearned if you are motivated to change
- Ask for help – gain support from friends and family, or a counsellor at Student Counselling
- Get a full medical evaluation and address any health problems
- Be open and accepting of your emotions – fully experience it and let it come and go
- Use people and other activities to comfort you when you feel bad rather than using food – call a friend, listen to music, read a good book, write in a journal, get out of the house; make time for the activities that bring you joy and fulfilment
- Make a list of your positive qualities and focus on what you like about your body Challenge negative self-talk
- Wear clothes that you feel comfortable wearing
- Stay away from the scale – if your weight needs to be monitored, your doctor can do that!
- Stay away from fashion magazines
- Do nice things for your body – get a facial, manicure or massage, or pamper yourself with a bubble bath and candles
- Stick to a regular eating schedule and challenge your strict eating rules
- Think of food as fuel for your body – if the tank is low, eat, and stop when it is full.

Suicide Prevention

MYTHS

- Asking a student if he/she is thinking about suicide will put the idea into his/her head.
- Once a student decides to commit suicide there is no way of stopping him/her.
- Suicide happens without warning.
- Students who commit suicide are mentally ill.

FACTS

- Discussing the problem openly shows the suicidal student that someone cares and wants to help.
- Most students who are suicidal do not want to die. They are making a “cry for help.”
- 75% of the people who attempt or commit suicide have shown some warning sign(s).
- Students who are suicidal are not necessarily mentally ill.

There are many verbal and non-verbal warning signs of suicide that will let you know that your peer is "crying for help".

Non-Verbal Warning Signs Include:

- Giving away personal or prized possessions.
- Increased alcohol or drug use.
- Sleeping too much or too little.
- Lack of interest in personal appearance.
- Lack of interest in friends.
- Lack of interest in social activities that were formerly of interest.
- Poor performance in university.
- Boredom, restlessness and loss of concentration.



NOTE: Many of these are signs of depression. Depression does not necessarily mean that a person is contemplating suicide, but depressed people often think of suicide.

Verbal Warning Signs include such Negative Statements as:

- "Lecturers, friends and family do not care."
- "Life isn't worthwhile."
- "People are better off without me."
- "Everything seems to be going wrong."
- "I don't need this anymore".



Ways to help:

1. Talk openly and freely and ask direct questions about the student's intention.
2. Listen to what is said and treat it seriously. Do not add to your friend/classmate's guilt by debating, arguing or lecturing about whether or not suicide is right or wrong.
3. Never leave a student who is suicidal alone. Suicidal students need to be monitored even when they start looking better, because most suicide attempts take place when the person has enough energy to engage in planned act rather than when they are so depressed that they cannot get through the day.
4. Encourage the student to seek help.

Get help immediately:

Emthonjeni - Fountain of Student Wellness Student Health Services

Higher Health - 24-hour mental health helpline | Tel. 0800 36 36 36 | SMS 43336

Life Line - 24-hour telephone counselling service | Tel. 041 - 373 8882 or 086 1322 322

Stress Management

You've heard it all - stress is bad for you, stress is good for you, too much is distressing, a little a blessing.

Without a little stress people wouldn't get a lot done. The extra burst of adrenaline that gives you the "competitive edge" in sports or keeps you alert and concentrated for an exam is positive stress. This is short-term stress that allows you to relax following the action. Negative stress is when your body is constantly wound up and you can't relax. This leads to a wide range of physical and emotional problems such as difficulty concentrating and making decisions, irritability, depression, problems with eating or sleeping, headaches, abdominal pains, and increased dependency on caffeine, alcohol or cigarettes.



Positive Ways to Manage Stress:

- **Avoid or eliminate unnecessary stress** – don't shop at peak times, leave extra time for getting to classes and appointments, bring your favourite songs to listen to in long line ups or traffic jams.
- **Balance stress with periods of relaxation** – go for a walk, lose yourself in a movie or good book, visit friends. Learn relaxation exercises, visualization, and breathing techniques.
- **Adopt a healthy lifestyle** – eat a balanced diet, try for lots of sleep, schedule time for regular exercise, and avoid caffeine, alcohol and cigarettes.
- **Learn to manage your time** – make a list of the things you think you need to do, prioritize it, and only do the top few (the rest you can do tomorrow). Be flexible about things that aren't critical.
- **Don't try to be superhuman** – be realistic and don't expect perfection from yourself or others.
- **Think positive** – you can become unnecessarily tense by expecting a negative outcome.
- **Learn to say 'no'** – don't take on more than you can manage because you feel obliged to say 'yes'
- **Learn to go with the flow** and not always try to swim upstream – accept that things don't always go as you would like or planned
- **Seek professional help** from the Emthonjeni - Fountain of Student Wellness or the Student Health Service if you feel you are unable to effectively manage your stress levels.



Substance Abuse Prevention

Substance abuse is defined as the overindulgence in and dependence upon an addictive substance such as drugs or alcohol.

How do you know when your friends are using drugs?

Depression is treatable and needless suffering of those who experience it can be alleviated. A mental health professional should be consulted when an individual experiences any of the following circumstances:

Here are some possible signs of drug use. Your friend/s.

- Drink to get motivated
- Get black outs – forgetting what happened
- Become annoyed when questioned about drinking / drug use
- Get involved in fights when drunk / high
- Have been in trouble with university officials or the police Missed class because of a hangover or not being able to get up in time
- Did poorly on an exam or assignment because of drinking / drug use
- Social activities have to involve drinking / drug use in order for them to enjoy themselves
- Functioning (physical, mental, social, etc.) is affected by drinking / drug use habits



If you suspect/find out that your friend is using drugs...

- Accept that you can't get the person to stop drinking / using drugs – you are not responsible for their decision to drink / use drugs
- Help your friend learn to take responsibility for their behaviour by not covering up mistakes – they should be prepared to deal with the negative consequences of their addiction
- Get out of the way when behaviour you don't like is being displayed, but don't evaluate or judge
- Don't allow yourself to be abused or taken advantage of
- Become educated and informed about substance abuse and how it affects people and their families
- Realize that alcoholism is an illness that only gets worse with time
- Support the person (not the habit).
- Be a good role model.
- Stress your love and concern for your friend.
- Seek assistance from the counsellors at your nearest Student Counselling Centre.

How To Say No

Remember, you have the right to say no to drugs. Think about how you will say no. Here are some suggestions and examples on how to do this:



Tips:

- **Give a reason.** If you know the facts, someone telling you that it feels good to be stoned won't fool you. You can say, "No, I know it's bad for me. I feel fine right now".
- **Have something else to do.** "No thanks. I'm going to get something to eat".
- **Be prepared for different kinds of pressure.** There are different levels of peer pressure. It can start out friendly or teasing, if so, you can respond the same way. If the pressure seems threatening, then you might just have to walk away.
- **Make it simple.** You don't have to explain why you don't want to use drugs if you don't want to. You can just say, "No, thanks". If that doesn't work, you can always say, "No thanks" again or even stronger, "No way".
- **Avoid the situation.** If you see or know of places where people often use drugs, stay away from those places.
- **Change the subject.** Someone says, "Let's try some pot". You say, "No, I was on my way to the shops if you want to come along".
- **Hang out with friends who don't use drugs.** Sometimes you may already have friends that use drugs. If they are real friends, they will like you whether you use drugs or not. By saying no, you might make them think twice about using drugs themselves. That's how peer pressure can be positive too.



Coping With a Traumatic Incident

In the course of a lifetime most of us will experience several personally traumatic incidents, for example, the death of a loved one, the breakup of an important relationship or being victimized by a violent act. There are normal reactions to such events. People respond differently to such an event, but everyone is changed in certain ways. Physical reactions include: fatigue, insomnia, and hypersomnia, headaches, under activity, hyperactivity, nightmares, startle reactions and diarrhoea. You may also experience difficulty with concentration, making decisions; flashbacks; inability to attach importance to anything other than the incident. Emotionally, you may feel angry, fearful, guilty, irritable, anxious, depressed, helpless and emotional numbness. Although painful, these feelings are part of the natural healing process.

There's very little you can do to make yourself not experience these uncomfortable feelings, but there are things you can do to promote a healthy recovery:

- Talk about the event as your thoughts and feelings arise
- Maintain your regular routine as much as possible
- Take care of yourself
- Maintain regular exercise to build up resistance against stress reactions
- Moderate your fat, sugar, caffeine, alcohol and nicotine intake
- Maintain your regular sleeping pattern and try not to nap when you would normally be awake
- Don't withdraw from our usual activities
- Take time to be alone
- If your reactions start to interfere with your usual activities, go to Student Counselling and speak to a counsellor
- Seek medical advice for any physical symptoms that were not present before the event
- Talk about your feelings and difficulties with a student counsellor. Contact your nearest Emthonjeni - Fountain of Student Wellness for a free and confidential service. See directory page.



If someone close to you experienced a traumatic event:

1. Just listen to them – don't give advice unless they ask for it
2. Show that you understand and care
3. Don't avoid regular activities

Emotional Wellness Resources:

Emthonjeni - Fountain of Student Wellness
Peer Helpers

Social Wellness

Social Wellness refers to one's ability to interact with people around you. 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 that it is better to contribute to the common welfare of our community than to think only of ourselves and it is better to live in harmony with others and our environment than to live in conflict with them.

Loneliness

Most students are familiar with the experience of loneliness. Because each individual is unique, we all tend to feel lonely under different conditions. For example, some of us will feel lonely when we are excluded from group activities, others, when we are deprived of building close one-to-one relationships. Loneliness does not necessarily mean being alone. For example, you can feel lonely when you are in a class with three hundred other students, in the middle of a party, or at a sports event with hundreds of screaming spectators.

Loneliness is a painful awareness that you are not feeling connected to others and important needs are not being met. Loneliness CAN BE OVERCOME. But it depends on YOU. It is important to know that loneliness is a common experience. Loneliness does not have to be a permanent state of affairs. Instead it can best be viewed as a signal that important needs are not currently being met. Begin by identifying which needs are not being met in your specific situation. You may need to learn to do things for yourself, without friends and/or learn to feel better or more content about yourself in general.

Meeting new people

Being in a big university means you can easily get 'lost' in the crowd! It may seem difficult to meet people. Meeting people requires effort. Passively waiting for others to throw themselves your way not only doesn't work very reliably, it also doesn't allow you to be very particular.

Here are some common-sense approaches which you may find helpful:

- The best way to meet people is to put yourself in place where there are likely to be other people who share your interests and values: Classes, ticket lines at sporting or cultural events and cashier lines at shops and restaurants. And join an organization! Check with the SRC Office for information on groups based on religion, athletics, academics, political/special interests, ethnicity/culture, and service or charity.
- Once you're with people, initiate a conversation by: asking a question, commenting on the situation, asking for or offering an opinion, expressing some interest, showing some concern, or offering or requesting help.
- Once you've engaged someone in conversation, let him or her know you're listening and interested. Make eye contact, adopt an open posture, reflect the feelings you hear, paraphrase what he or she is saying, and ask for clarification if you don't understand.
- Do some volunteer work – helping others will boost your self-esteem and make you feel good about yourself
- Don't judge people on the basis of their appearance – give them a chance and try to get to know them
- And, again, remember: no risks, no gains. Don't be discouraged if you and the other person don't "click" immediately and every time.

Rules for Relationships

(By Leo Buscaglia)

Don't think in terms of forever. Think of now, forever will take care of itself.

Remove price tags from people – Everyone has worth.

Don't feel as if you have to spend every hour together. Each of you need time and space alone.

Hold onto your own special craziness. This plus a large dose of caring keeps relationships from becoming boring.

Watch for little irritations – talk them out at once.

Learn to listen. Set aside time daily to practice with each other.

Fighting and arguing will never solve your problems. Try warmth, understanding, and flexibility.

Don't fall in love with love. You will drown in its complexities.

Peer Pressure

Peer pressure refers to the influence exerted by a peer or social group in encouraging a person to change his or her attitudes, or behaviour in order to conform to group norms and to “fit in”. Peer pressure can cause people to do things they would not normally do, such as take drugs, smoke, have sex, cheat on a test or exam, buy expensive items they don't really need (cars, houses, boats), etc. You can't escape peer pressure; it is everywhere. No matter how popular you are, or how confident and together you feel, sooner or later you will have to face people trying to influence the way you feel about things and how you stand on certain issues.

So how do you cope and beat peer pressure? There are many things you can do. Prepare a mental script of how you would like to deal with difficult situations. Know where you stand on important issues like sex, drugs and alcohol and do not allow anybody to make you deviate from your position. Never be afraid to speak up and let others know your boundaries. You may get a bit of teasing at first but most people respect the boundaries of others when they know what they are.

Think of yourself as a leader and act accordingly. The more you see yourself in a leadership role the more comfortable you will feel asserting your own opinions and feelings. Remember, you have a right to say no and also remember, peer pressure can only win if you let it.

Appreciating Diversity

The Mandela Uni. aims to create an environment in which people who differ from one another are able to work together and relate to one another with respect and understanding, thus enabling each individual to achieve his/her potential and the organization/ institution to achieve its objectives. Such differences can be in terms of factors such as age, race, ethnic group, gender, language, and religion, socio- economic and educational background.

When we stereotype, **we classify or categories** people into groups because we think they are the same, based on some obvious group membership. We stereotype when we have little information. If the only thing I know about you is that you are a man and I am a woman, or that you are white and I am black, then I will try and add information to complete the picture I have about you. I do this by thinking that if you belong to the group “men”, you must be like all men. It becomes more difficult to think like this when I have **more information** about you. If I know that you are a man, a parent, and a vegetarian, then it becomes more difficult to think of you as simply “a man”. If I find out even more about you, I might discover that you belong to some groups that I also belong to; for instance, like me, you are also studying and come from a big family.

When we put people in groups we already have **feelings or emotional judgements** about these groups. This may cause us to be prejudice to certain people. To avoid stereotyping it is important to discover **common group membership** this is also a way to undermine the process of stereotyping.

Cultural Diversity

The Mandela Uni. aims to create an environment in which people who differ from one another are able to work together and relate to one another with respect and understanding, thus enabling each individual to achieve his/her potential and the organization/institution to achieve its objectives. Such differences can be in terms of factors such as age, race, ethnic group, gender, language, religion, sexual identity, and socio-economic and educational background. This is written into the university's mission statement and in terms of diversity, also includes supporting internationalization through the enrolment of international students, exchange of students and staff with other universities throughout the world, diversification of programs, and the promotion of collaborative research and cultural exchange.



Arts and Culture

Striving to develop and fulfil your potential and providing a platform for your talent during your student years is what the Department of Arts and Culture is all about.

It creates an awareness of all the cultural “building blocks” that Mandela Uni. provides and is a vibrant department that can enrich your life on campus through a wide variety of cultural activities. You can sing in the well-known Chamber Choir, join in a Drama course, and take part in the First Years’ Concert or Culture Week (speech, drama, classical music, light entertainment, creative writing or visual art competitions). The department helps to identify, stimulate and develop your talent and provide opportunities for on and off-campus cultural activities.

Through Mandela Uni. Arts & culture your skills will be introduced to opinion leaders in the cultural field and you will be able to experience professional theatre, both through participation and/or attendance, in the rest of the country and locally. The Cultural office is located at the Summerstrand Campus (South) on the 16th floor of the Main Building. Contact details on directory page.

University Societies

Societies gives you the opportunity to explore your potential, discover your talents, practice your skills and have fun. There are over 44 societies covering your social, recreational, cultural, religious and academic life on Campus. Information is obtainable from your nearest Societies Office: (Contact details on Directory Page)

- Summerstrand Campus – South
- Second Avenue Campus
- Summerstrand Campus- North
- Missionvale Campus

Mandela Uni. Student Union

All students (undergraduate and post-graduate) are members of the Student Union which functions as a recognized means of communication between the general student membership, administration and the community. Its governing body is the Student Representative Council (SRC). Through the SRC you are represented on every level of management at the University.

The SRC is your voice in the university structure. They are there to serve you and to make sure you gain access to a wide range of social and cultural activities, ensuring that your years at our University are an inspirational experience!



The aims and objectives of the SRC are as follows:

1. To represent and act in the interest of all registered students.
2. To preserve and promote the honour and interests of the University and of the students.
3. To encourage unity and peace within the student body.
4. To uphold justice and order in the student body.
5. To encourage good co-operation between the student body, its affiliates and the University authorities.
6. To be a catalyst in the transformation process of the Nelson Mandela University.
7. To encourage all parties involved in the Nelson Mandela University to create a climate conducive to research, learning and teaching.
8. To promote, protect and advance the interests of all students regardless of race, class, gender, nationality, sexual orientation, religion, age, political affiliation, disability or ideology.

Please feel free to visit us should you have any problems or need any information. SRC Offices can be contacted.

- Summerstrand Campus (South)
- Missionvale Campus
- Summerstrand Campus (North)
- 2nd Avenue Campus
- George Campus

Students with Disabilities

The University encourages all students with disabilities to maximise their participation in university life. Should you encounter any obstacles along the way, please communicate these as soon as possible by registering your special needs with the university's office for Transformation and Equity. Universal Accessibility and Disability Services (UADS) is available to organise assistance for you with such things as timetable and venue adjustments, suitable residence accommodation, quickest routes on campus, access to buildings, applications for examination concessions (extra time), or any other reasonable request. Please familiarise yourself with the university's interim Policy on Disability, copies of which are freely available from UADS office.

Social Wellness Resources

- Arts and Culture
- Student Health Services
- Emthonjeni - Fountain of Student Wellness
- International Office (South Campus) (services all campuses)
- Alumni Association
- Second Avenue Campus
- Student Representative Council
- South Campus
- Missionvale Campus
- Second Avenue Campus
- North Campus

Environmental Wellness

Environmental Wellness is evidenced by the willingness to contribute to efforts which promote the sustainability and enhancement of one's natural environment. When you lead a lifestyle that is respectful to the environment, you lead a lifestyle that is respectful to yourself! Caring for the environment is an investment in your future. The earth is your home - if you destroy it, you will have nowhere to go. It's important to realizing the effects of your daily habits on the world around them. You can make a difference today by adopting an "enviro-friendly" lifestyle. Environmental Wellness at Mandela Uni.

It is no secret that human beings are facing an environmental crisis. Mandela Uni. has a vision to be exemplary in having management that is responsible and environmentally accountable. A portal on both the student and staff intranets, called "carbon footprint" which is depicted by a green footprint, offers hints on environmental issues, with an option to add more hints. Environmental wellness is evidence by the willingness to contribute to efforts which promote the sustainability and enhancement of one's natural environment. Caring for the environment is an investment in your future. The earth is your home – if you destroy it, you will have nowhere to go. You can make a difference today by adopting an 'enviro-friendly' lifestyle.

There are many aspects of your environment that you can change for the better.

Litter

People who litter exhibit low character. They display laziness and an attitude that they don't care about the environment.



The advantages of throwing food containers, cans and bottles in the dustbin, are numerous:

1. When the area around you looks good and smells good you feel better
2. You reduce the chance of causing fire on campus (glass heats in the sun and easily causes fire),
3. By keeping food scrapes in the bin it is less likely to attract rats that then in turn brings the snakes.
4. Litter causes blockages of the drainage system and causes flooding
5. When it gets into our waterways - rivers, dams and the sea - it can kill aquatic life
6. It costs the council a lot more money to clean up the litter than it costs them to empty bins

Ways to Reduce Litter:

- Put your litter in the rubbish bin and not on the ground.
- Use cloth napkins instead of paper
- Use sealable storage containers rather than plastic wrap
- Reuse cardboard boxes, plastic bags and paper sacks
- Use reusable shopping bags available at most grocery stores

Object Decomposition Time

Styrofoam container	> 1 million years
Plastic Jug	1 million years
Aluminium Can	200-500 years
Disposable diaper	550 years
Tinned Can	90 years
Leather shoe	45 years
Wool Sock	1 year
Paper Bag	1 month
Banana Peel	3-4 weeks

Recycling

The earth's resources are not infinite so we shouldn't waste them.

Summerstrand Total Garage (Admiralty Way) is the first petrol station in Port Elizabeth to organise a recycling initiative for the community.



What can be recycled?

- **Cans:** Cold drink & beer cans, food tins, metal lids of glass jars, aluminium foil & foil packaging, paint tins & aerosol cans.
- **Glass:** Beverage bottles, food jars such as tomato sauce, jam & mayonnaise bottles.
- (The following CANNOT be recycled: Drinking glasses, light bulbs, Pyrex, ceramics (Plates))
- **Paper:** White office paper, magazines & books newspaper, cardboard. (The following CANNOT be recycled: Laminated or waxy paper, punch confetti, carbon paper, stickers)
- **Plastics:** Ice cream containers, milk containers, fabric softener containers, plastic bags, cling wrap.

(The following CANNOT be recycled: Fruit juice & milk containers (Tetrapak) that appear to be made from paper, because they are lined with aluminium foil and plastic)

Separate your refuse as per the listed items and do your part for the environment by dropping your sorted waste in the conveniently marked bins. For more information call 0860 111 111.

Saving Water

Your body is 75% water - all the more reason to preserve it!



Water-saving tips:

1. Use less paper. You save 65 litres of water from being polluted during production for every 500 sheets of paper you don't use.
2. Print only what you HAVE to, and use both sides of the paper whenever possible.
3. Enjoy a shower rather than a bath. The average bath uses 120 litres of water; the average shower uses 75 litres.
4. By turning the tap off while you are shaving or brushing your teeth, saves hundreds of litres a month!
5. Put the lights off if you are not using it. You save 3 litres of water for every 12 hours you don't unnecessarily use a 100 watt light bulb.

Saving Electricity

Electrical power plants are the biggest contributors to greenhouse gases.

You can contribute to saving our earth by:

- Switching off lights when not in use
- Take shorter showers
- Use blankets rather than heaters
- Set water geysers to $\pm 60^{\circ}\text{C}$
- Boil less water in kettles (boil only the amount required).
- Make use of the spiral 15 watt bulbs.

Our Nature Reserve and Animals

As far back as 1983 South Campus was declared a private nature reserve, and today it offers a safe haven for small animal species as well as an abundance of indigenous bird species. It is the only campus of its kind in the world.

You can contribute to the animal and bird life on campus easily:

- Ensure that no pets, such as dogs and cats, are brought on campus as they disturb the natural balance on the reserve.
- Keep the monkeys alive by not feeding them. If they become dependent on you, and you leave the campus on holiday, they die of starvation. They also get shot for becoming a nuisance to others.
- Keep the buck alive by not speeding on campus. More than 10 buck were killed during 2001 by speeding vehicles.

Environmental Wellness Resources

- Various environmental societies.
- Safety, Health & Environmental (SHE) Management (services all campuses)
- Horticulturist

Career Wellness

Confucius once said: "Find something you love to do and you will never have to work a day in your life". Your process of career development started some time ago already, and for some people this process dates back to primary school. While some people discover their interests early in life, others only engage in this process more vigorously once they enter tertiary level of education/ training.

Your career-decision making process is (and should be considered) not a once-off activity, but rather a developmental process that continues throughout life. You could consult your Student Counselling Career and Development Centre for more information on this. Inevitably, making an informed decision could be very useful.



To make a good career decision you need adequate knowledge about yourself and the career environment you would be pursuing:

- **Self-Knowledge:** Consider your strengths, skills, abilities, personality, values and interests. In other words, list the things that you are good at, the things that are important to you in life (values) and what kind of a person you are (personality).
- **Career Knowledge:** Gather as much information as you can about the field(s) you think you might be interested in following. Evaluate the work environment is crucial in helping you decide on an academic program/course, which post-graduate studies to pursue, which job offers to consider/reject, etc. You could do your evaluation by using the "SPEEDCOP", which refers to the following:
 - **Surroundings:** What type or sort of environment would the occupation offer?
 - **Prospects:** What does the future look like in this career/ field?
 - **Effects:** What effect is this career likely to have on me (and my life?) How would I have to prioritise my life?
 - **Entry and Training:** What training do I need in order to enter into this career?
 - **Description:** What would my typical working day involve? What will I actually be doing on a daily/ regular basis? What are some of the highlights of this career?
 - **Conditions:** What will the general and my specific working conditions be like? Would I have to work in an office, outside? What are the working hours with this career? Would I have to work shifts?
 - **Organisation:** Which employment opportunities are there with which employers if I pursue this career? How would my job fit into the larger organisation (employing me)?
 - **People:** What role do people play in this career? Would I be working with others? Will I be working with a small or large group of people? Would I be dealing with the public?

Graduate and Student Placement

The following Departments operate on all campuses to assist with the placement of:

- Graduates for permanent employment
- Experiential Learning
- Service Learning
- Internships and Learnerships, and
- Internal Student Assistant positions

South Campus	Ground Floor, Main Building
North Campus	R Block, Room 12 Unit for Co-operative Education and Service Learning
2nd Avenue campus	Room 43 F Unit for Co-operative Education and Service Learning
Missionvale Campus	Office D 26, Admin

Career Wellness Resources

- Labour Relations & Human Resources Unit (Summerstrand South Campus)
- Student Counselling, Career and Development Services
- Graduate and Student Placement Office Summerstrand South Campus
- Various Academic Societies

Intellectual 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.

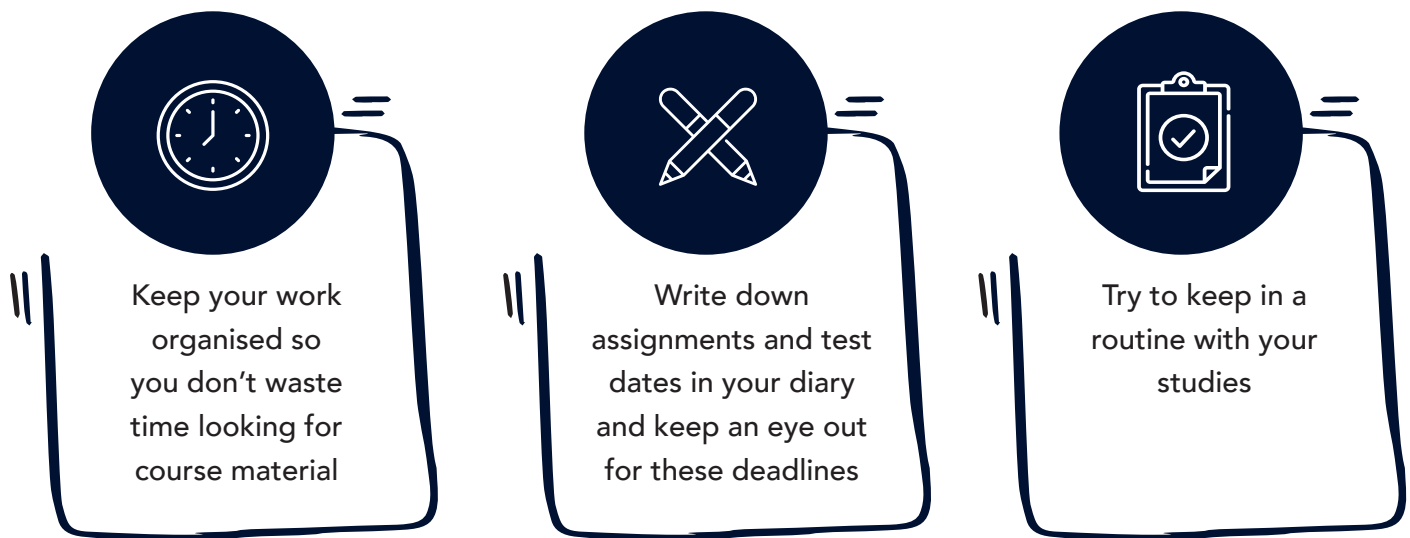
An intellectually well person:

- cherishes mental growth and stimulation
- is involved in intellectual and cultural activities
- is engaged in the exploration of new ideas and understandings
- is open to new ideas
- seeks personal growth by learning new skills
- looks for ways to use creativity

Study Skills

No two people learn the same way and over time you will find study techniques and strategies that suit you.

When, where and how you study will all depend on your lifestyle, but you need to plan:



How to Get the Most out of Lectures Prepare:

1. Read the study guide so you know what the lecture is about
2. Browse through the chapter so you can get an idea of what the chapter is about
3. Pay attention to heading, sub-headings, tables, graphs and key words
4. Read the summary
5. Ask questions during the lecture Be There:
6. Attend lectures and arrive on time
7. Bring the correct material
8. Listen with purpose and involve yourself by asking questions



NOTE:

- Take good notes – ask classmates about sections of your notes that you were unable to complete
- Ask your lecturer about any additional notes Fill the Gaps:
- After the lecture clean up and review your notes
- Integrate notes that you made during pre-reading, class notes and text book readings
- File your notes

Time Management

Intellectual wellness encourages the development and utilisation of independent and critical thinking skills that enables us to be open to new ideas. It also requires, among other things, a careful and effective use of time. Bad habits cause us to waste time. To break these habits we need to learn to manage our time more effectively by means of a time schedule. While it is important to develop your own style for managing your time and work, consider how the following guidelines might help you.



Tips:

- Make use of a diary to plan your day, week, month and year – write down important dates, due dates, etc.
- Plan enough time for study and review of lectures daily.
- Create a place for study in your room or at home where there are minimal distractions.
- Use the free hours between classes to use the library, review notes or prepare tutorials.
- Plan study periods to follow class periods whenever possible.
- Divide your work into short-term manageable goals.
- Space study periods. Take a short 10-15 min break after 40-50 minutes of study.
- Anticipate deadlines by planning in advance. Mark all deadlines (tests, practicals, tutorials, assignments, etc.) on a calendar. Leave some unscheduled time for flexibility. Don't try to overschedule yourself.
- Guard against spending too much time on personal and social activities, especially when you have several deadlines.
- Study difficult or boring subjects first to avoid spending too much time on your favourite subject
- Avoid time thieves such as visitors, communication (cellphone, Facebook, etc.)
- Be assertive and say no to activities that you cannot afford to spend / waste time on.

Motivation & Concentration

Motivation can be defined as the factors within an individual which provoke, maintain and guide behaviour towards a goal.



Self-motivation techniques can include:

1. Find a true interest in what you are doing and keep your long-term goal in mind
2. Get enough sleep and exercise so you are energised to work
3. Talk your way to motivation
4. Stimulate desire by imagining the outcome
5. Stimulate pain by being aware of the consequences to not achieving your goal
6. Start with small steps

Concentration can be defined as focusing your full attention on something that you are working on. Here are some techniques to help you improve your concentration.



Tips:

- Be here now - This is a simple strategy. When you notice your thoughts wandering, say to yourself: "Be here now." Gently bring your attention back to where you want it.
- Coping with distractions - Train yourself not to give in to distractions. For example, when someone enters the room, or when a door slams, do not allow yourself to get distracted. Rather, quickly return to what you are doing and focus on what is in front of you. Practice sustaining your concentration and avoiding being distracted in a variety of settings.
- Worry or think time - Set aside a specific time in the day to think about the things that keep entering your mind and interfering with your concentration.

For further assistance, contact your nearest Emthonjeni - Fountain of Student Wellness



General Recommendation for Succeeding in Tests and Exams:

- Get enough sleep – avoid all night cramming
- Eat healthy food – a healthy body fosters a healthy mind
- Get enough exercise
- Try to avoid drinking caffeine – coffee, tea and energy drinks
- Plan your study time
- Schedule regular breaks in between study time
- Use the time of day or night when you are usually most alert and productive and when your concentration is at its best for intensive studying
- Ensure that you know when and where you are writing, and take all the necessary equipment and make sure it is in working order (calculator, watch, pen, student card, etc.)
- Read all the instructions very carefully
- Evaluate the importance and mark allocation of each section and allocate time needed for each section – plan your time accordingly
- Jot down memory aids, formulas, equations and facts that you think you might forget
- Underline important words in the questions and instructions
- Answer the easiest and shortest questions first – this builds confidence and allows you to spend more time on the difficult questions
- Pace yourself by being aware of the time
- Leave enough space between answer – it allows you extra space if you want to add additional information
- Make sure that you answer all the questions and that the number of the question corresponds with your answers



Tips on Improving Your Memory Techniques:

- Adopt a positive attitude that you will be able to remember
- Develop an interest in what you are studying
- Really concentrate – give your full attention
- Read actively – take in the information that you are reading
- Create pictures, draw diagrams, make cartoons – make your work interesting – we remember things better when they are entertaining and funny
- Make connections between new information and existing knowledge
- Make use of mnemonics – acronyms, creative sentences, rhymes and songs



Test Anxiety

Before the test/exam: insomnia, less (or increased) appetite, or inability to concentrate. Boredom may also be a symptom of anxiety. A surface lack of interest may cover deep seated anxiety about future performance. There may be mock indifference (don't care attitude), guilt, anger and depression.

During the exam: confusion, panic, mental blocks, fainting.



How to control test anxiety:

- Think about the reasons for your anxiety and write them down. Now consider each reason very rationally and objectively.
- Be well prepared before a test/exam. Do the groundwork early on i.e. have summaries and notes up to date; make certain you understand the work. Cramming and parrot fashion learning increase the likelihood of those MEMORY BLANKS.
- Check your timetable to ensure that you know where the exam venue is and when you are writing.
- On the night before an exam, try to get a good night's sleep i.e. at least 7-8 hours.
- Make sure that you arrive on time. Do not stand around talking to other students about what you may or may not have learnt.
- Employ sound exam techniques.
- Take time to read through the paper. If there is a choice select those questions which you would like to answer.
- Read all instructions carefully.
- Allocate time per question.
- Answer the question you know best first. This will put you in a confident state of mind and reduce anxiety.
- Make sure that you know what is required in essay questions e.g. key words like 'Discuss', 'Contrast', 'Compare'.
- It is a good idea to write out the basic structure of essay type questions on a piece of scrap paper or in the margin of your exam paper.
- Deal firmly with those negative thoughts.
- Thought stopping: merely say to yourself STOP THAT!
- Changing negative statements to positive ones.
- Unrealistic statement e.g. "I must get 80% for accounting" (you have never achieved higher than 50%). Can be changed to "I will do my best, at least 5% more than last time".
- Self-defeating statements e.g. "I'll never get through this work".
- Self-fulfilling statements. These have a habit of coming true, e.g. telling yourself that you will fail.
- Visualise success. Take time to visualise what it will be like TO SUCCEED.
- Praise yourself. Consider phrases like, "I am very relaxed", and "I am doing a great job on this test".

Relaxation Techniques

- The breathing technique can be used in any stressful situation, as it is not visible. It is a very effective way of lowering your level of tension and your heart beat.
- Stand, sit or lie down comfortably.
- If at all possible, close your eyes and concentrate on breathing deeply.
- Shut out all thoughts and concentrate on the rhythmic in and out flow of air through your airways. Your breathing should be smooth, but deep.
- As soon as you notice yourself relaxing and becoming calmer, breathe in deeply and hold the air in for approximately 10 seconds.
- When breathing out after 10 seconds, imagine blowing a bowl of soup. This process lowers your heartbeat and results in a more relaxed state.
- Repeat this process three times, while saying the following as you breathe out: "I feel calm, refreshed and in control of myself".

Learning Disabilities

Should you have a specific learning disability, you are required to register your needs with your nearest Emthonjeni - Fountain of Student Wellness, at the start of the academic year. Counselling staff will then be able to attend to your needs timeously, including the need to apply for test and examination concessions if necessary.

Supplemental Instruction

What is S.I.?

S.I. is designed to support historically difficult courses i.e. courses where many students fail, drop out, or get low marks. S.I. identifies "high risk courses" not "high risk students"! S.I. supplements formal in-class courses. S.I. never replaces lectures.

- There are regular scheduled out-of-class S.I. sessions, twice a week.
- S.I. is attached to a specific course. There are different
- S.I. sessions in Maths, Chemistry, Law, etc.
- S.I. sessions are led by especially trained students called S.I. leaders or facilitators. These students have successfully completed the same course. They are friends, not evaluators.
- S.I. sessions are informal discussions. S.I. leaders do not teach but help the group towards understanding the course material.
- Bring your own lecture notes, your text book, and your questions.
- S.I. enables students to master course content (what to learn) while developing and integrating effective learning and study strategies (how to learn).
- S.I. is proactive, not remedial. Sessions begin in the first week of lectures. Help yourself and you need never be at risk.
- Without disclosing which students attend, S.I. leaders provide valuable feedback to academic staff about aspects of the course that are causing difficulty.
- Attendance is free.

Where can I find out more about S.I.?

S.I. is available on the South, North, 2nd Avenue and George Campuses in selected high-risk courses. You are welcome to call on the S.I. coordinator Celeste Barker (CTLM), M&P Building, 00 04, Summerstrand Campus – South Tel.: 041 504 2118

Faculty Officers

For curriculum advice, feel free to contact the faculty officer (or student assistant) who represents your field of study. You can check the Calendar for a complete list of all degree/diplomas, per faculty.

Intellectual Wellness Resources

- Library
- Summerstrand South Campus
- Missionvale Campus
- Summerstrand North Campus
- Second Avenue Campus
- Algoa Campus
- George Campus
- Supplemental Instruction
- Admissions Office
- Faculty Officers
- Academic Staff (staff directory)
- University Foundation Programme
- Writing Centre

(Refer to Directory Page for all contact numbers)

Spiritual Wellness

"The unexamined life is not worth living." - Socrates

The terms "Spiritual Wellness" and "Religion" are often used interchangeably but they are not identical. Religion could form part of Spiritual Wellness, but Spirituality is broader than Religion. Spiritual wellness refers to integrating our beliefs and values with our actions. A sense of purpose, direction, and awareness are important. It is better to think about the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant. It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves. It is important for everyone to explore what they believe is their own sense of meaning and purpose.

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.

Spirituality is the way we orient ourselves toward the Divine. It is the way we make meaning out of our lives. It is the recognition of the presence of Spirit within us and a cultivation of a style of life consistent with that presence. Spirituality provides a perspective to foster purpose, meaning, atmosphere and direction to life. It may find expressions through religion. Religion is a system of beliefs, values, rules for conduct, and rituals. It is a way a person's spirituality is expressed. Ideally, religion provides an atmosphere for spiritual development.

Human spirituality can be defined as that part of us that yearns for contact or relations with an ultimate or infinite reality. The spiritually healthy person explores the interrelationship between the personal, communal, all creation, and the sacred. The spiritually healthy person is disciplined in attending to the spiritual, just as the physically healthy attends to diet, sleep and exercise.

Growing spiritually

People engaged on a spiritual quest want to explore serious topics such as faith and the meaning of life. They also have practical concerns such as how to find peace during difficult times.

Values

The development of values requires lifelong attention. Mature adults welcome the opportunity to reflect on their personal values and consider whether changes are in order. The development of values includes specific issues such as honesty and responsibility.

6 Values of Mandela Uni



RESPECT FOR DIVERSITY

- We reflect and serve diverse regional, national and global communities
- We promote an open society where critical scholarship and the expression of a multiplicity of opinions and experiences are actively encouraged
- We foster an environment in which diversity is appreciated, respected and celebrated
- We are committed to accessibility, inclusivity and social justice



EXCELLENCE

- We promote, recognise and reward excellence in our teaching, learning, research and engagement
- We promote, recognise and reward excellent service delivery to all our stakeholders
- We provide a supportive and affirming environment that enables students and staff to reach their full potential
- We adopt innovative approaches to promote excellence in our institutional processes and systems



UBUNTU

- We are a people-centered university
- We respect the dignity of others
- We recognise our mutual interdependence
- We promote compassionate and responsible citizenship



INTEGRITY

- We act with integrity and accept responsibility for our actions
- We behave in an ethical and professional manner
- We conduct our activities in an accountable and transparent manner
- We ensure the integrity of our information, systems and processes



RESPECT FOR THE NATURAL ENVIRONMENT

- We care about the environment and recognise our responsibility to conserve, protect and properly manage natural resources for ourselves and future generations
- We promote the integration of sustainability principles into our academic practices, institutional operations and design of physical infrastructure
- We encourage mutually beneficial and sustainable approaches to community service and engagement
- We inspire students and staff to embrace environmentally friendly practices



TAKING RESPONSIBILITY

- We acknowledge our personal responsibility for ethical behaviour towards others
- We assume responsibility for the achievement of personal and institutional goals
- We accept responsibility for our actions and the consequences thereof
- We provide an environment that encourages students and staff to take responsibility for their academic and professional endeavors

Creativity and Wonder

In the process of becoming adults, many people become excessively self-critical. They lose a childlike sense of wonder and the courage to be creative. Creativity and wisdom can be connected with spirituality.

Relationships

We live our life in relationships - with family members, friends, colleagues, with God and with ourselves. These relationships bring us joy and they bring us sorrow. People should take the opportunity to think about and value good relationships, to begin to resolve the pain of broken ones, and to consider how to develop new ones that are intimate and supportive.

Life Review

Wise people regularly take time to reflect on their lives; only in that way can they know whether midcourse corrections are necessary. You can do this by reflecting on your entire life from birth to the present, by recalling the legacy you were given and which you would like to pass along.

Ceremonies

Ceremonies mark milestones in our lives. A wedding means that we are married - no doubt about it. Because ceremonies are so powerful, they can be developed to celebrate, to commemorate, and to bring closure to any major life experience.

Various church denominations are pleased to make available to university students a variety of services and programmes: worship services, marriage preparations, marriage enrichment, pastoral counselling, small groups, scriptural theological and values studies, and student retreats, to name a few. Contact the denomination of your choice during orientation or approach the office of the Director of Student Services on the 13th floor of the Main Building at tel. 5042221 for information.

Extracts taken from "Working with groups on spiritual themes" by E Hopkins, Z Woods, R Kelley, K Bentley, & J Murphy.

Spiritual wellness resources

- Various religions are represented in societies on the different campuses. These societies can be contacted through your nearest Societies Office.
- Spiritual Wellness pamphlet available at Student Counselling Centres.

(Refer to Directory Page for contact details)

Financial Wellness

This domain of wellness deals with making sound financial decisions, gaining and maintaining control over your financial affairs. It encompasses managing your finances so as to attain financial progression or stability. Reducing debt, setting adequate short-term and long term financial goals while building a secure future and reducing money-related stress is thus core to financial wellness.

Some students mistakably believe that financial matters only apply to them once they have graduated and started earning a salary. The truth is that your financial wellbeing even applies to how you manage your bursary, study loan or scholarship! Managing your finances should not wait until you have graduated. As a student or young professional your life (and budget - regardless how small or big) is often in a state of flux. Learning how to work well with a small budget generally prepares you for dealing with a bigger budget. By the time you thus start earning a salary, you might already have acquired one or two tips for financial prosperity.

Budgeting

Ceremonies mark milestones in our lives. A wedding means that we are married - no doubt about it. Because ceremonies are so powerful, they can be developed to celebrate, to commemorate, and to bring closure to any major life experience.



Good budgeting involves the following:

1. Knowing your income. Make a list of all the sources of your income, especially regular sources of income. Then record the total sum of (regular) income.
2. Knowing your expenses. Divide your expenses into categories of fixed/regular, and variable/irregular. Fixed expenses include things like fees for commuting to and from varsity, car payments, internet charges, etc.



Variable income on the other hand refers to the type of expenses that will change from month to month, like groceries, entertainment, gifts, etc.



Tips:

- Gathering all statements, accounts, record of debts in order to get a realistic picture of your expenses and debts.
- Managing your debt more wisely.
- *Deduct your total income from your total expenses.* If your income is more than your expenses you are off to a good start. Bear in mind however, what financial goals you have set for yourself or what mandatory expenses you have to budget for in the near future. Having more income than expenses also means that you are in a good position to prioritize your excess income to areas such as buying a home, putting a deposit on a car/ home, saving for retirement, or paying more on your existing debts to pay it off faster.
- Making adjustments to your budget where necessary. If you find that you hardly get by on your income, you might have to cut down on your variable expenses. Try to find less expensive and more healthy ways of entertaining.
- Making use of opportunities to earn money if you have the time to do so. Consider using one of your talents or skills for good income earning opportunities. Search for part-time or occasional job opportunities while studying.
- Cautioning against "emotional spending". Avoid spending money based on your emotions as far as possible. Establish if the purchase is really necessary. Could you wait a bit longer to have that product/service? Is there a sound financial rationale behind the purchase/expense?
- Educating yourself more about finances and gearing up for financial planning. Broaden your horizon with current information about the economy and financial matters by reading newspapers, magazines and consulting with experts who can help you living your best life possible, while also providing for the future.
- When financial worries become too troublesome do not become too despondent. Rather talk to someone you trust or a financial advisor.

"Being broke is a temporary state while poverty is more permanent".

Personal Budget Plan: _____ (Name)			
_____ (Month)		_____ (Year)	
Expenses		Income	
Regular	R	Regular	R
Photocopying	R	Variable/ Irregular	R
Travelling	R		R
Toiletries	R		R
	R		R
Irregular	R		R
Entertainment	R		R
Groceries	R		R
Total	R	Total	R
Total Disposable Income :			
Total Income – Total Expenses = R _____			

According to financial experts, we tend to incur debt for things that we cannot afford. If you are purchasing on credit, it could be an indication that you cannot afford to make that purchase. You can manage your debt by paying a little more than your minimum required instalment/ payment; by reducing or resisting purchasing on credit; or by ensuring that you at least finish off one account before incurring more debt. Remember though, that "Cash is King".

Financial Aid: Bursaries VS Loan VS Scholarships

As a student, it might be useful to find out whether your studies are financed by a Bursary or a Study Loan or a scholarship. If you have a study loan, you will be required to pay-back the money you have borrowed WITH interests, whereas a bursary does not require you to pay anything back to the funder.

Scholarships are usually awarded to students who perform well academically (in addition to meeting other criteria for eligibility) and might not require you to pay-back anything. Some scholarships cover more than just your studies and might include expenses for daily living, travelling, further developmental opportunities (outside of the classroom) and even accommodation.

Financial Wellness Resources

Financial Aid	
NSFAS, North Campus	041 504 3182
NSFAS, George Campus	041 504 5029
NSFAS, Missionvale Campus	041 504 1242
Undergraduate studies	041 504 2514
Corporate	041 504 2550

Other Services For Students

Housing & Residence Services

Living in res gives you the opportunity to make new friends from many different and diverse backgrounds. You would benefit from the various facilities and services offered in the residences such as social and sporting activities, peer help and life skills training. Accommodation for approximately 3000 students is available via the Department of Student Housing. Should you have any queries regarding fees, catering and other concerns, please contact a residence administrator. The Directors of Oppidani and the Residences are constantly trying to promote Wellness and a healthy lifestyle in conjunction with the Forum for Counselling Health and Welfare. Many different programmes are offered with these thoughts in mind.

These include:

- Academic programmes which help students in areas pertaining to academic success (Time Management, Exam Preparation, Note Taking, Critical Reading, etc.). Participation in these programmes helps students prepare for their work and, in turn, helps to reduce stress levels.
- Self-Awareness programmes help students remember that their health and welfare are vitally important to their academic and personal success (AIDS Awareness Week, Alcohol Awareness Week, etc.). Students who are more aware of their health and their lifestyle tend to feel better about themselves.
- Cultural, recreational and social programmes are also offered on campus giving students the opportunity to participate in a wide range of activities. Residences make use of Peer Helpers that live on campus as well as selected Academic Mentors who are senior students placed in strategic rooms within the first year residences. Peer Helpers and Academic Mentors are students trained to assist other students living in residence. These students are familiar with all the different Student Centres and are a valuable resource for residents.

Oppidani

Students who do not live in one of the residences on campus are known as Oppidani students. The Latin word oppidanus means “belonging to a town”. All non- residential students are automatically members of the Oppidani House and are known as Oppies. Although Oppies live off campus, it is important that participation in non-academic life is encouraged. The Oppidani House Committee is the body of elected student leaders who are your link with the University. They organise various functions for the Oppidani House. The Oppidani office is housed at Gold Fields South on the Summerstrand South Campus.

International Students Office

The International Office provides ongoing support to international students while attending the University as well as orientation for all newcomers. The office is located at the Summerstrand Campus (South) in the Goldfields North Building and it services all campuses.

(Refer to Directory Page for contact details)

Traffic and Security Services

One component of Wellness is maintaining the community we live in. The University community is kept safe and secure mainly through the efforts of Traffic and Security Services. They operate 24 hours a day throughout the year and have found that the best defense against crime is prevention.



The following are tips on personal safety:

- When walking at night avoid shortcuts; walk where there is plenty of light and traffic.
- There is safety in numbers; walk in groups if possible.
- Be aware of your surroundings;
- Trust your instincts. Chances are there is good reason for feeling uncomfortable with the situation you are in.
- Be security and safety conscious at all times. Do not subscribe to the “It will never happen to me” attitude.
- Have your keys in hand when approaching your office, residence or vehicle.
- Check the interior of your vehicle before entering to ensure no one is hiding inside.
- Purchase a safety whistle and carry it on a key chain in your hand ready to use.
- Call Information at 5042482 to arrange for an on- campus escort from building to building, building to vehicle, and vice versa.
- Report suspicious activities to any security official on campus.
- Report vandalism and other crimes to security - you may stay anonymous.
- Obey traffic rules on campus.
- Discourage friends from drinking and driving.

(Refer to Directory Page for contact details)

Wellness Directory

Emergency Numbers		Peer Helpers	
University Protection Services	041 504 2490	South Campus	041 504 2511
Netcare 911	082 911	North Campus	041 504 3222
Fire Department	041 585 1555	Second Avenue Campus	041 504 3854
SAPS Flying Squad	10 111	Missionvale Campus	041 504 1106
Metro Ambulance Services	10 177	Sports Bureaus	
Greenacres Hospital	041 390 7000	South Campus	041 504 2165
St Georges Hospital	041 392 6111	Missionvale Campus	041 504 1250
Mercantile Hospital	041 4040 400	Biokenetics Centre (South)	041 504 2645
Livingstone Hospital	041 405 9111	George Campus	044 801 5111
Provincial Hospital	041 392 3911	Societies Offices	
Pregnancy Crisis		South Campus	041 504 2171
Alternative Pregnancy Centre	041 373 3717	North Campus	041 504 3954
Marie Stopes Clinic	041 487 0524	Second Avenue Campus	041 504 3858
Suicide Prevention		Missionvale Campus	041 504 1235
Life Line	041 373 8882 / 3	George Campus	044 801 5029
Suicide Line	0800 21 22 23 (08:00-20:00) 0800 12 13 14 (20:00-08:00) 31393 (SMS)	Mandela Uni. Arts and Culture	
George Campus Emergency Numbers		South and North Campuses	041 504 2508
		Missionvale Campus	041 504 1234
SAPS	044 803 4400	International Office	
ER24 (Emergency Medical Care)	084 124 / 0861 084124	Organisational Transformation and Equity Coordinator	041 504 2612
George Hospital	044 8745122	Universal Accessibility and Disability Services	
Emthonjeni - Fountain of Student Wellness (ESW)		Student Systems and Records	041 504 3173
South Campus	041 504 2511	Graduate Placement and Co-operative Education	
North Campus	041 504 3222	South Campus	041 504 2951
Second Avenue Campus	041 504 3854	North Campus	041 504 3540
Missionvale Campus	041 504 1106	Second Avenue Campus	041 504 3751
George Campus	044 801 5051	Supplemental Instruction (SI)	
Higher Health	0800 36 36 36	Peer Learning Support	
Student Health Service		Library and Information Services	
South Campus	041 504 2174	South Campus	041 504 2294
North Campus	041 504 3364	North Campus	041 504 3410
Second Avenue Campus	041 504 3762	Second Avenue Campus	041 504 3851
Missionvale Campus	041 504 1374	Missionvale Campus	041 504 1269
George Campus	044 801 5062	George Campus- Saasveld	044 801 5151
After Hours Emergency (Campus Control)	041 504 2009		

Admissions Offices		Traffic and Security South Campus	041 504 2270 After Hours Speed dial *51254
South Campus	041 504 2006/3619	Alumni Association	
North Campus	041 504 3474	North Campus	041 504 3935
Second Avenue	041 504 4119	Student Housing	
Missionvale Campus	041 504 2001	Residence Student Life Officer (South)	041 504 2954
George Campus – Saasveld	044 801 5570	Section Head Accommodation (North)	041 504 9107
Student Governance and Development		Hostel Administrator	041 504 9107
South Campus	041 504 3351	George Hostel Administrator	044 504 5034
North Campus	041 504 3229	Financial Aid	
Second Avenue Campus	041 504 3894	North Campus	041 504 3182
Missionvale Campus	041 504 1235	Missionvale Campus	041 504 1242
George Campus	044 801 5029	Horticulturist (Services All Campuses)	041 504 2476
Student Representative Council (SRC)	041 504 2172	Examinations Office	
Safety, Health and Environmental Management (SHE Management)	041 504 9941	South Campus	041 504 1239
		North Campus and 2nd Avenue Campus	041 504 3107
Writing Centre		Missionvale Campus	041 504 2709
North Campus	041 504 3378 / 3653	George	044 801 5090
South Campus	041 504 2686		
Missionvale Campus	041 504 1232		
Second Avenue Campus	041 504 3773		
George Campuses - Saasveld Campus	044 801 5105		

Where to Find the Nearest...

(Applicable to the 3 Summerstrand Campuses)

Bank	Sports Bureaus
ABSA Bank	Missionvale Campus
Dolphin's Leap (ATM Only)	Doctor
Mercado Centre (ATM Only)	Bay Medical Centre, 8th Ave, Summerstrand (Tel 041 5831122)
Summerstrand Village	Dr Visser - Student Health Service (Tel. 041 5042174 Tuesdays & Thursdays only)
Summerstrand Campus (South)	PEGP (Tel 041 365 3004 - after hours)
First National Bank	Summerstrand Village
Dolphin's Leap (ATM Only)	DVD Rental
Mercado Centre (ATM Only)	Mr Video – Mercado Centre
Sanlam Student Village (ATM only)	Cousins – Sasol Garage, Strandfontein
Summerstrand Campus (South) (ATM Only)	Entertainment
Summerstrand Village	Barney's Tavern - Beachfront
Standard Bank	Balizza - Heugh Road, Walmer
Dolphin's Leap	Coco de Mer – Dolphin's Leap
Mercado Centre (ATM Only)	Finnezz - Humerail Shopping Centre
Summerstrand Campus (South) (ATM Only)	Gondwana's – Dolphin's Leap
Summerstrand Village	Miniature Golf - The Boardwalk
Nedbank	Nu Metro Cinemas - The Boardwalk
Mercado Centre (ATM Only)	Supersports - The Boardwalk Casino
Summerstrand Village	Tenpin Bowling - The Boardwalk
Beauty	Fast Food Outlets
Beauty Wise - Seagate Centre / Brookes on the Bay	The Boardwalk – various
Bookshop	Debonairs – Summerstrand Village
CNA - Summerstrand Village	Fish Aways – Sasol Garage, Strandfontein
Van Schaik's – Sanlam Student Village	Fish & Chips – Dolphin's Leap
Bookbinding Services	Fishtales – Summerstrand Village
Printing Shop – next to the Kraal Summerstrand Campus (South)	KFC - Beachfront
Coffee Shop	McDonalds – Next to Dolphin's Leap
The Boardwalk – various	Mr Delivery - Tel 041-364 0062 for a home delivery service from a selection of outlets.
Friends Coffee Shop - Summerstrand Village	Nandos – Dolphin's Leap
Madibaz Summerstrand Campus (South)	Roman's Pizza – Mercado Centre
Memoirs – Seagate Centre	Steers – Sasol Garage, Strandfontein & Total Garage, University Motors
Mint – Humerail Shopping Centre	Tai Pei (Chinese) – Seagate Centre
Lavela - Beachfront	Wimpy - Summerstrand Village
Dentist	Florist
Bay Medical Centre - Dr Claasen, 8th Ave, Summerstrand (Tel 041- 5831122)	Flower Patch - Seagate Centre
Summerstrand Village	

Garage / Filling Station	Photography Service
Sasol Garage, Strandfontein	Foto First 1-Hour Lab - Summerstrand Village
Hairdresser	Police Station
Hair Wise Unisex - Seagate Centre	Mitchell Street - Humewood (Tel. 041-504 5000)
Shockwaves - Summerstrand Village	Post Office
Sirra – Sanlam Student Village	Post Office - Summerstrand South, North & Missionvale Campuses
Syphon – Mercado Centre	Post Point
Hospital	Post Office - South, North & Missionvale Campuses
Family Planning Clinic - Trafalgar Square	Public Transport
Provincial - Mount Croix	The Algoa Bus Service. Tel. 041 4041200 / 0801421444 (free call centre). Buses run from the City Centre to the Technikon / University and back throughout the day.
St. Georges - Park Drive	Mini-bus Taxis. Taxis operate from the City Centre to Campuses and back throughout the day.
Gym	Restaurant
Curves – Seagate Centre	Blue Waters Café - Beachfront
Biokinetic Centre – Department of Human Movement Science (South Campus)	The Boardwalk - various
Sport Centre (South Campus)	De Kelder – Protea Marine Hotel
Virgin Active - Humewood	John Dory's – Happy Valley
Laundrette	Mediterranean – Dolphin's Leap
Campus Laundrette - Sanlam Student Village	Ocean Basket – Brookes on the Bay
Fresh Laundry – Sasol Garage, Strandfontein	Primi – Brookes on the Bay
Summerbreez – Mercado Centre	Spur – Next to Dolphin's Leap
Summerstrand Laundrette - Seagate Centre	Sport Shop
Optometrist	Action Sports - Seagate Centre
Summerstrand Optometrists - Summerstrand Village	Superette
Optometrist	Super Spar – Mercado Centre
Van Schaik's – Sanlam Student Village	Pick 'n Pay – Summerstrand Village
Pharmacy	Beach Pharmacy - Summerstrand Village
Beach Pharmacy - Summerstrand Village	
Summerstrand Pharmacy - Seagate Centre	

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