

# The Betty Newsletter

## Importance of Self Care

Issue #53



### **Don't forget to Care for Yourself - Importance of Self Care**

As a graduating senior, trying to manage a job, five classes, doing volunteer work, and maintaining a social life, I am starting to feel the stress! You know what I'm talking about – that feeling that there just aren't enough hours in the day, where you barely have time to eat, sleep, and even breathe. We all are affected by stress in different ways. What does stress do to me? It gets me sick, which is what motivated me to write this article. Being sick slows me down and because I have so many things to do, I can't manage to slow down. What I need is some serious self-care.

If you are like me, then you will go out of your way to do anything for everybody before you do anything for yourself. We are all going to be helping professionals one day, which mean we are going to be spending the majority of our lives helping other people. What we need to remember is that we also need to take care of ourselves. The concept of self-care refers to the decisions and actions that we as individuals make for ourselves to cope with stressful circumstances to improve our health, physically and mentally. Basically, it's stress management. This includes, but is not limited to, eating well, exercising, self-medicating, getting an adequate amount of sleep, as well as any hobbies or interests that you find relaxes you. My personal favorites are going for a walk, listening to music, hanging out with people that make me laugh, and of course, dancing in my room. In case you need more self-care ideas, you can practice the 10 self-care techniques proposed by the Virginia Polytechnic Institute and State University:



This newsletter was named "The Betty" after the Betty Lamp: a symbol adopted by Family and Consumer Sciences representing joy, knowledge, fellowship, cooperation, service, achievement, and the light of home and mind.



- Relax: take mini-breaks throughout the day
- Practice acceptance: don't get upset over things that you just can't change
- Talk rationally to yourself: think whether the situation is your problem or someone else's
- Get organized: use your time and energy efficiently and balance work, sleep, leisure time, etc.
- Exercise: regular exercise reduces the effects of stress
- Reduce time urgency: plan accordingly and realize that you can only do so much in a day
- Disarm yourself: don't be so competitive all the time
- Quiet time: some private time is always beneficial
- Watch your habits: not eating right, smoking, or drinking alcohol puts stress on your body
- Talk to friends: they definitely could be good medicine

When I started volunteering at the Valley Trauma Center, my supervisor was constantly chatting, "Self-care!" More and more each day, I realize how important this is. Even as helping professionals, we need to take a break from our hectic lives and take a few moments for ourselves. Put the homework, emails, paperwork, laundry, and dishes aside for just 15 minutes and do something that you enjoy. It's amazing what just ten minutes of a fun, stress-free activity will do to your mind and body.

-Lacey Smith

## MAKING A DIFFERENCE ON CAMPUS AND OFF

The purpose of Family & Consumer Sciences encompasses the study of relationships among people and their personal environments, focusing on the impact of physical, biological, and social environments on human behavior and development. One of the most amazing ways that an FCS major with the emphasis in Family Studies can meet this purpose is by getting involved with the TAKE program here at CSUN. My name is Krystal Sims and I am a first year graduate student in the FCS program with the emphasis of Family Studies and I have been the TAKE director for two years now.

So what is TAKE? TAKE is a diverse group of 10 CSUN students that were interviewed and chosen to perform four interactive skits that address Prejudice, Body Abuse, Relationships and Transitions. TAKE made its first debut in 1988, since then it has evolved in many ways but its goal has remained the same: to open students' eyes to new experiences and challenges they may face while in college. TAKE is now a 23-year old legacy that provides an essential transitional component to the Orientation program. This legacy inspires change and will live far beyond the cast members' performances.

As TAKE Director, my job is to assist in the development and facilitation of creating a dynamic TAKE performance for New Student Orientation so that they may inspire and motivate new students coming to CSUN. The TAKE cast members volunteer their time, experiences, and knowledge of college life and community to help create an original thought-provoking experience for first-time freshmen. The ten cast members embark on a remarkable eight-month journey of self-discovery and support; support from one another and the TAKE leadership team consisting of the Orientation Staff and Coordinators.

The unique thing about the TAKE program is that the scripts are written, performed and directed by students. The scripts and cast change every year, and even the director tend to change every year so the play is always something new and exciting. The scripts are based on the casts' experience with certain focuses like rape, cheating, abuse, drugs and alcohol abuse, sex, financial problems, etc. By sharing their personal stories and performing the skits, the cast is given the opportunity to connect with over 4,000 freshmen. If the cast can inspire just one student to "change", to push the limits and break the norms, they will consider their hard work and dedication a success.

Being TAKE has been an amazing experience and opportunity for me to apply what I have learned as an FCS major to my cast members. I am constantly able to practice family theories and counseling skills. I truly love what I do and I recommend this job to all FCS majors with the emphasis on family studies. The impact you will make on not only your cast members but the incoming freshmen is one of the most rewarding feelings you could hope for in this field of study, and one that you will take with you long after you graduate.

-Krystal Sims

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## TIPS FOR CARVING A GREAT PUMPKIN

Since Halloween is literally right around the corner, it would be good for us to get some good tips for carving that "Great Pumpkin".

- Draw your design on the pumpkin with a water-based marker beforehand. Mistakes are erased easily with a damp sponge.
- Cut the top and any large areas with a sharp, straight-edged knife. A dull blade is not a safer alternative.
- Serrated metal saws, now widely available in carving kits, are a safer alternative to knives and allow younger children to get in on the action.
- Carve away from yourself; kids should carve only under adult supervision.
- Never hold the knife in a stabbing position.
- When carving, keep a portion of the knife blade in the pumpkin and use slow, steady saw strokes.



Reference: <http://familyfun.go.com/crafts/perfect-pumpkins-710086/>

-Francesca Campisi

## TOP TEN CANCER FIGHTING FOODS

In support of the upcoming Relay for Life event at CSUN, here are some foods that are known for their cancer-fighting properties:

1. **Garlic:** Based on research by Dr Richard Beliveau, cancer expert and author of *Foods That Fight Cancer* and *Cooking with Foods That Fight Cancer*, garlic is ranked as one of the most powerful cancer-fighting foods. The sulfur compounds of garlic promote the death of cancer cells.

2. **Berries:** The author of *Anticancer* recommends eating blueberries, blackberries, raspberries, strawberries and cherries in every meal of the day. These fruits are packed with antioxidants and other substances such as ellagic acid, glucaric acid, anthocyanidins and proanthocyanidins that combat cancer. Pomegranate also offers an extra antioxidant and anti-inflammatory boost.



3. **Cruciferous Vegetables:** Known as the cruciforms, cabbage, broccoli, Brussels sprouts, bok choy, and cauliflower promote the death of cancer



cells and block cancer growth. Cruciforms can help prevent pre-cancerous cells from developing into malignant tumors because they are high in the cancer-fighting substances like sulforaphane and indole-3-carbinols.

4. **Winter Squash:** Winter squashes (butternut, acorn, buttercup, pumpkin and others) have been shown to inhibit the growth of many types of cancer since they are rich in carotenoids, vitamin A and lycopene. These fruits help boost the immune system and increase the body's capacity to fight cancer cells. Other foods that have cancer-fighting carotenoids are carrots, sweet potatoes, persimmons, apricots, beets and tomatoes.

5. **Mushrooms:** Mushrooms contain a substance called lentinian, which can boost the immune system and reduce the risk of cancer. In Japan, mushrooms are even given to patients during chemotherapy treatment. Mushrooms like Shiitake, Maitake, Enoki, Cremini, Portobellos, oyster and thistle are recommended. Maitake mushrooms though probably have the most effect on the immune system.

6. **Herbs:** Herbs and spices have become the new "superfood" to include in a healthy diet. According to Dr Servan-Schreiber, herbs such as rosemary, thyme, oregano, basil and mint promote the death of cancer cells and block enzymes that cancer cells need to invade neighboring tissues.

7. **Ginger:** Fresh ginger is a powerful anti-inflammatory that acts against certain cancer cells and inhibits the growth of new blood vessels by cancerous cells.

See Top Ten Cancer Fighting Foods

## LIFE ON THE D-LIST

I am the daughter of diabetes; I say this because both of my parents have diabetes. Unfortunately I lost on parent to this illness and I am currently helping my other parent on how to keep it under control. If you know someone who has diabetes or you are someone that has it you know what I am talking about when it comes down to keeping it under control. At times it feels like your life has been taken over by rules on what to eat and what not to eat or what medicine to take at what time of day, even though I don't have this disease I can potentially have it later on since both of my parent have this disease.

There is hope for all of us affected by diabetes, if you exercise regularly and control what you eat it can become something you can live with and not something that will take over your life. Recently I decided to sign up for the gym and take care of my eating habits, slowly but surely I have started seeing results because of this. I didn't want to lose another parent to this disease so my mother and I go on walks together and we both watch our food consumption. Every morning we check our blood sugar level and record it to see how it fluctuates. She is not in this battle alone; I am with her every step of the way because diabetes shouldn't be fought by yourself.

It's a disease that affects millions around the world, but it can also be controlled and maintained with millions more supporting those affected by it. With subtle changes you make to your diet and exercise regime you can better yourself physically but also feel better about yourself. I know I do and I know my mother feels better because she is not in this alone.

-Haydee Reyes

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## TOP TEN CANCER FIGHTING FOODS. SEEN ON PAGE 3

8. Turmeric and Curry: Turmeric is an anti-inflammatory ingredient in yellow curry. It has been shown to inhibit the growth of many cancers, including colon, liver, stomach, breast, ovarian, brain and leukemia.

9. Seaweed: Different kinds of seaweed have been shown to contain molecules that slow cancer growth, especially breast, prostate, skin and colon cancers. Seaweed such as Nori, Kombu, Wakame, Arame and Dulse are rich in carotenoids and other phytonutrients that fight cancer. Nori, the seaweed used in sushi rolls, also contains omega-3 fatty acids, healthy fats that reduce inflammation (an important factor in the development of cancer).

10. Green Tea: Research shows that those who consume the most tea have a lower incidence of cancer. Green tea contains numerous polyphenols called catechins, the most important one to keep in mind being epigallocatechin gallate (EGCG). EGCG is one of the most powerful nutritional molecules against the formation of new blood vessels by cancerous cells. Green tea is also detoxifies the body. It activates mechanisms in the liver that can eliminate carcinogens and protect the body from cancer. Experts recommend two to three cups of green tea a day.



By eating brightly colored fruits and vegetables, nuts, whole grains, and unsaturated omega-3-rich fats, and you will not only reduce your risk of cancer, you will also ward off other potentially fatal diseases.

-Karina Halajian

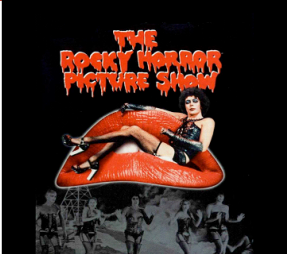




### UPCOMING EVENTS!!

Support the Goodwill

Movie Night



**DATE:** Friday Oct 28th  
**TIME:** 6:30 PM to 9:30 PM  
 Movie starts at 7 PM  
**LOCATION:** Nobbs Auditorium (104), in Sequoia Hall  
 lurching distance from the dorms and nearby residences  
**GOAL:** Raise money and donate items to the Goodwill in order to help needy families for the upcoming winter

3\$ Donation: Receive admission and 1 raffle ticket

5\$ donation: receive admission and 5 raffle tickets

You are also welcome to buy additional raffle tickets at 1\$ a ticket

**Unacceptable Items to Donate:**

- Items related to Pets: pet beds, bowls, collars, leashes, etc
- Items related to babies: strollers, car seats, clothes, etc
- Tools such as: rakes, power tools, wrenches, clippers, etc

We will be raffling off prizes!

Some re-flesh-ments will be provided



### Contributors

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### WE WANT TO HEAR FROM YOU!!!



It is EXTREMELY important to us in SAFCS that we highlight each option, discussing current issues, trends or just fun things fun to know. Please write for *The Betty*. Your option is important so LET'S HEAR ABOUT IT!!! The editor can't write it all. SHE NEEDS YOU HELP! NOW!

Send an article to the Betty editors at [thebettynewsletter@csun.edu](mailto:thebettynewsletter@csun.edu) and watch for it in the following issue!

Submit your article with your full name, major and option, and a picture of your pretty face.