

**Sofia**  
Women Inspiring Women

- Emotional Health
- Physical Beauty
- Abuse Prevention
- Healthy Relationships
- Self Reliance



Photo courtesy of Gettyimages.com

**Dating Conference**

15 October 2009  
10:00 AM to 5:00 PM  
3380 WSC

**Jenni Schaefer**

15 October 2009  
6:00 PM  
HBLL Auditorium

**Food for Thought**

Tuesdays, noon to 1:00 PM  
3250 WSC

**Depression Seminar**

Mondays, noon to 1:00 PM  
3380 WSC

*The Start of Something Great*

By Katie Nelson

It is always a little frightening to try something for the first time—at least that is how we felt when designing and editing our first edition of *Sofia*. Our goal to create a monthly update has transformed into a passionate process of creating a medium that considerably addresses the concerns and interests of most women.

You will notice our selection of the color green, which means growth, renewal, and calmness. Also, we have titled our

newsletter *Sofia*, which means wisdom and intuition. These are attributes we hope to enrich with each publication.

We recognize that all women have different interests, so we have delved into a broad spectrum of topics ranging from dating and nutrition to overcoming depression and raising awareness for breast cancer.

Read on and learn about opportunities available to helping your grow, renew, and develop peace and wisdom in your life.



BYU Women's Services and Resources, located in 3326 WSC, is an organization aimed at helping women recognize their self-worth and full potential. We offer temporary counseling, workshops, lecture series, and seminars about current women's issues. We invite you to be active and to get involved.

# Workshops that make all the DIFFERENCE

By Brooke Beecher and  
Katie Nelson

*At the dating conference, you will learn about relationships and how to flirt like a seasoned pro.*

There he is, Mr. Beautiful Stranger, walking toward the library. He is tall, dark, and handsome in his pinstriped suit. “Probably Business Management,” you think to yourself. You glance at his finger for a ring check: no bling. “Perfect,” you whisper aloud. Your gaze goes back to his face. You catch a glimpse of his big brown eyes, and you swear you can see his future: Harvard Law, successful career, the two of you married with three kids: total bliss. He looks in your direction. Your heart stops. Trying desperately to maintain composure, you continue walking. Suddenly, without warning, destiny keeps walking by, and Mr. Beautiful Stranger has been swallowed up by the library—never to be seen again.

What gets us from Point A: Beautiful Stranger to Point B: Eternal companion? How do we keep

the flame alive once we snag Mr. Right? How do we develop realistic expectations, communication, and ultimately discover what we are actually looking for?

The Dating Conference on October 15th provides insights to these questions, with classes on topics ranging from online dating, flirting, and date ideas to communication skills, body image, and balanced dating. Join us in room 3380 of the Wilkinson Center from 10 AM to 5 PM for a seven-course lovefeast.

The conference will feature speakers Brad Wilcox Ph.D., former model Jennifer Loch, Jason Carroll Ph.D., the Women’s Services and Resources staff, and more. The event is free and no registration is required.

So whether you snag Mr. Beautiful Stranger through your flourishing flirting or your sheer self-confidence, the Dating Conference will give you tools necessary to make dating fun and worthwhile.





## Food for Thought

By Kimi Sycamore

Taught by dietetics major Kimi Sycamore and Ph.D. in Marriage and Family Therapy Lanae Valentine, Food for Thought is an eight-week discussion group aimed at helping women adopt healthy eating habits. Sycamore teaches the nutrition side of eating while Valentine touches on issues such as emotional eating and late-night cravings.

The group is energetic and insightful. Everyone who attends is eager to learn, and the active participation results in great discussion

about basic nutritional concepts. Some group activities include creating eating journals, reading articles about nutrition, and hearing the progress of group members.

Everyone leaves each meeting with a handout to help implement basic principles.

With three weeks left, interested students still have a chance to join each Tuesday at noon in room 3250 of the Wilkinson Center. Everyone is welcome to attend.

## Quick and Easy Snacks

By Kimi Sycamore

With school, work, social life, and more it seems impossible to find time for nutrition. But with just a little prep time, you can increase your health by storing pre-made, nutritious snacks in the fridge. Below are some low-calorie treats for when time is crunched and you need nourishment fast:

- Air popped popcorn
- Carrot sticks
- Pretzels
- Dried fruit
- Strawberries
- Trail Mix
- Low-fat cottage cheese and fruit
- Celery and Peanut butter
- Whole wheat crackers
- Whole grain cereals
- 100% orange or other fruit juices

# Pumpkin Curry

## Ingredients

- 1 lb. pumpkin, cut into cubes
- 1 large onion, sliced
- 6 mushrooms, sliced
- 1 can of diced green chiles
- 1 red chile, finely sliced
- 5 cloves of garlic, minced
- 1 ¼ cup coconut milk
- 1 cup water
- 1 tablespoon curry powder
- 1 tsp ginger, grated
- Olive oil (for frying)

## Directions

1. In a large frying pan heat a small amount of oil.
2. Put the pumpkin cubes, mushrooms, and onions into the pan and sauté for a few minutes until the onions start to soften.
3. While this is cooking, mix the chiles, garlic, ginger, spices, water, and coconut milk in a bowl.
4. Add the coconut mixture and bring to a boil, then reduce heat and simmer until the pumpkin is tender but not overcooked.
5. Depending on how large your cubes of pumpkin are, you may need to add more water, ½ cup at a time, to keep the pan from drying.
6. When the pumpkin is cooked and the sauce is thick, take off the heat and let sit for two minutes.
7. Serve over rice. Optional: Feel free to add vegetables.

# Reaching for Help

## When You Need it Most

By Lanae Valentine, Ph.D.

**E**VEN THOUGH COLLEGE STUDENTS can get depressed for the same reason that people in the general population get depressed—chemical imbalance, genetics, a history of abuse, family problems, the death of a loved one, a traumatic event in one’s past—there are many other reasons as well.

College students, particularly incoming freshmen, can experience homesickness from leaving one’s family for the first time and stress from significant transitions such as a new lifestyle, new friends, roommates, and exposure to new cultures and alternate ways of thinking. The typical student deals with the stress of trying to balance classes, work, social life, and other conflicting expectations. Sometimes they have

financial struggles and worry about their future after college. Others experience problems with dating and romantic relationships, which many students are experiencing for the first time. Poor sleep habits resulting in sleep deprivation, poor diet and exercise habits all take a toll. Sexual assault and eating disorders are also common problems on college campuses.

If students do not feel adequate or prepared to cope with the new environment of a college campus,

they could easily become susceptible to depression and anxiety.

Feelings of inadequacy can also stem from academic stressors. In college, competition is much more significant. There is a constant pressure to do well, to gain admittance into majors and graduate programs, to maintain scholarships, to socialize, and here at BYU to date and to marry.

Sometimes the multitude of life’s changes occurring during the college can trigger serious depression.



The symptoms of depression can vary quite a bit. Here are some common ones:

- An overwhelming feeling of sadness or despair
- A feeling of hopelessness and that “it’s never going to get better.”
- A loss of interest in activities that typically make you happy.
- Physical aches and pains, such as back pain, that seem to have no cause
- Appetite and weight changes (either loss or gain)
- Fatigue and lack of motivation
- Sleep disturbances (either insomnia or the desire to sleep excessively)
- Strong feelings of guilt, worthlessness, or low self-esteem
- Strong feelings of anxiety
- Trouble with concentration.
- Thoughts of death or suicide (seek help immediately!)

If you think that you are depressed, then the first thing you should do is contact a counselor or your general practitioner who will be able to offer guidance and advice. The good news about depression is that it is one of the most easily treated conditions. One very effective and do-able treatment is exercise. Exercise can be as effective in controlling depression as drugs or counseling. All forms of activity are thought to help, so you



need not join a gym or go to a class; walking is a potent medicine, cycling blows the cobwebs away, and even gardening is thought to have a huge positive impact on reducing depression.

While exercising, your body produces endorphins which make you feel instantly better and happier. Exercise removes the build-up of stress hormones in the body which can undermine well-being. Exercise can provide a focus in your life; it can give off a feeling of release from problems, can boost self-esteem, and provide a change of scene. The benefits of exercise can last longer than quick-fix approaches such as comfort-eating or escapism behaviors such as watching television or surfing the internet. You will benefit emotionally from half an hour of exercise; feeling instantly invigorated, lighter and happier.

## Depression: The Way Out

Women’s Services and Resources is providing an eight-week seminar, starting Oct. 12, held every Monday from noon to 1:00 PM in room 3380 of the Wilkinson Center. Director Lanae Valentine, Ph.D will discuss the following topics:

- Identifying depression and its causes
- Lifestyle treatments for depression
- Nutrition and the brain
- How thinking can defeat depression
- Positive Lifestyle Choices
- Stress Without Distress
- Unfulfilled expectations, grief, and loss



## Breast Cancer Awareness

By Lanae Valentine, Ph.D.

October is Breast Cancer Awareness Month, designated to educate and raise awareness about this life threatening illness. Even though breast cancer is one of the most common types of cancer among American women, no one ever dreams that they will ever hear the frightening words, “You have breast cancer.” College students, in particular, tend to not worry too much about this issue at this time in their lives. They correctly assume that “older” women are more likely to get breast cancer than younger women. However, college age is the perfect time to develop healthy lifestyle habits that affect the prevention of breast cancer later in life. Some of these healthy lifestyle habits include:

**Weight Management** Obese women are more apt to get breast cancer, while lean women enjoy a lower risk.

**Stay On the Move** Studies indicate there is a lower rate of breast cancer in women who exercise. According to one study, regular physical activity can cut a woman’s breast cancer risk by 20 percent.

**Cut the Fat** Keep fat to less than 20 to 30 percent of your daily calories. A diet higher in total fat may contribute to breast cancer. Limiting fat, especially saturated fat, may curb your risk.

**Moderate Meat** Limit red and fried meats to less than three ounces a day, and eat more fiber through whole grains, beans and fruit.

**Breast Self-Exam** You should be familiar with how your breasts feel and look normally. If you notice any changes, discuss them with a doctor. We have pamphlets that teach quick and easy breast self-exams. Stop by 3326 WSC to pick up one.

## Every Cent Counts

Women’s Services and Resources is collecting Yoplait lids. Ten cents for every lid goes to funding for breast cancer research. So eat lots of Yoplait yogurt and drop your lids in the designated boxes.

### Director

Lanae Valentine

### Office Manager

Brooke Beecher

### Marriage & Family Therapy Interns

Lauren Barnes

Carly Larsen

### Nutrition Counselor

Kimi Sycamore

### Marketing & Public Relations

Nikki Mena

Katie Nelson

### Event Coordinator

Bianca Martinez

### Office Specialist

Sarah Johnson

This newsletter is published bimonthly during the regular academic year.

Designer: Katie Nelson

Editors: Sarah Johnson, Bianca Martinez, Katie Nelson

Columnists: Kimi Sycamore, Brooke Beecher, Lanae Valentine  
Submit Articles to 3326 WLK