Americans are known for placing great emphasis on work and career. Working hard, however, should not be confused with overworking at the expense of relationships and physical health. According to a 2007 nationwide poll by the American Psychological Association, three-quarters of Americans list work as a significant source of stress, with over half of those surveyed indicating that their work productivity suffered due to stress. Furthermore, almost half stated that they did not use their allotted vacation time and even considered looking for a new job because of stress. Job stress is also a concern for employers, costing U.S. businesses an estimated $300 billion per year through absenteeism, diminished productivity, employee turnover and direct medical, legal and insurance fees.

Stress can significantly affect physical health. The APA survey found three quarters of people have experienced physical symptoms as a result of stress, such as headache, fatigue, and an upset stomach in combination with feelings of irritability, anger, nervousness, and lack of motivation.

The stress people are experiencing comes, in part, from the pressures of today's connected world. Because of e-mail, cell phones and the Internet, Americans are finding it increasingly difficult to switch off from the stresses of the workplace and concentrate on their personal priorities—over half of respondents said that job demands interfered with family or home responsibilities.

Increased stress can lead to using unhealthy behaviors such as smoking, comfort eating, poor diet choices, inactivity and drinking alcohol to manage their stress. APA warns that reliance on such behavior can lead to long-term, serious health problems and offers these strategies for managing your work-related stress:

- **Know yourself.** Be aware of your stress level and know what stresses you out. People experience stress in different ways. You may have a hard time concentrating or making decisions, feel angry, irritable or out of control, or experience headaches, muscle tension or a lack of energy.

- **Recognize how you deal with stress.** Do you engage in unhealthy behaviors such as smoking, drinking or eating poorly to cope with your stress? Do you lose patience with your children or spouse or coworkers when you feel overwhelmed by work pressures?

- **Turn off and tune in.** Communication technology can take you to productivity heights never imagined, but it can also allow work to creep into family time, dinner and vacations. Let technology be a tool that works for you, rather than the other way around.

- **Keep a "To-Do" list.** Worried that you'll forget something important? Constantly thinking through all the things you need to get done? Clear your head and put those thoughts on paper (or in an electronic task list) by creating a list of work and personal tasks and marking those with the highest priority.

- **Take short breaks.** Stay energized and productive by taking a minute or two periodically throughout the day to stand up, stretch, breathe deeply and shake off the accumulating tension. Take a 10-15 minute break every few hours to recharge and avoid the temptation to work through lunch. The productivity you gain will more than make up for the time you spend on break.

- **Find healthy ways to manage stress.** Work to replace unhealthy coping strategies, such as eating junk food, smoking or drinking alcohol with healthy behaviors, like exercise, meditation or talking with friends and family. Some behaviors are very difficult to change and may require the help of a licensed professional such as a psychologist.

- **Take care of yourself.** Eat right, get enough sleep, drink plenty of water and engage in regular physical activity. Take regular vacations. No matter how hectic life gets, make time for yourself—even if it's just simple things like reading a good book, listening to your favorite album or enjoying a leisurely Sunday brunch at your favorite café.

- **Ask for professional support.** Accepting help from supportive friends and family can improve your ability to manage stress. Your employer may also have stress management resources available through an Employee Assistance Program (EAP), including online information, available counseling and referral to mental health professionals, if needed. If you continue to feel overwhelmed by work stress, you may want to talk to a psychologist, who can help you better manage stress and change unhealthy behavior.
We’ve had some wonderful faculty additions since our last newsletter. Let’s all welcome the new faculty to the SHAHS team!

Ms. Lindsey Schroeder
Assistant Professor/ Clinical Coordinator
Athletic Training

Dr. Michel Heijnen
Assistant Professor
Exercise Science

Dr. Amelia Huelskamp
Assistant Professor
Physical Education & Health

Ms. Alana Seaman
Assistant Professor
Recreation, Sport Leadership & Tourism
Recreation Therapy student Lyrica Squires of Wilson NC just won $20,000 as part of the Proud Moments in Education contest held by the North Carolina Education Lottery! Lyrica won because of her volunteer work and commitment to education!

https://www.youtube.com/watch?v=euJJ94V7iZ4

Recreation, Sport Leadership and Tourism Management student Christian Wolfe has always been an angler. A native of Wilmington, NC, he’s fished the inshore and backwaters around his hometown since he was three. After his college baseball career ended in the summer of 2014, Christian obtained his captain’s license so he could join his father as a professional fishing guide. Together they have developed Seahawk Inshore Fishing Charters into a leader in the local fishing community.

https://www.facebook.com/UNCWSHAHS/photos/a.182237311878543.28017.182191961883078/834758736626394/?type=3&theater

Andrew Pardue, a spring 2016 graduate from SHAHS with a B.S. in Exercise Science, presented his research on the physiological and psychological effects associated with preparing for a national bodybuilding contest at the National Strength and Conditioning Association’s (NSCA) Annual Meeting. The NSCA Annual Meeting was help in New Orleans earlier this month. He received national and international attention as he discussed his research with experts on this topic, such as Layne Norton, PhD.

https://www.facebook.com/UNCWSHAHS/photos/a.182237311878543.28017.182191961883078/831611103607824/?type=3&theater

Spring 2016 Public Health Studies graduate Sarah Barnes obtained the highest score on the spring 2016 Certified Health Education Specialist National Exam. The exam is a competency-based measure of the application and interpretation of the Seven Areas of Responsibility for a Health Education Specialist National Exam.

https://www.facebook.com/UNCWSHAHS/photos/a.182237311878543.28017.182191961883078/802565863179015/?type=3&theater
Recreation, Sport Leadership and Tourism Management graduate Meghan Theiss received the WGCA’s Kim Moore Spirit Award.


Gerontology student Jeveny Starks gave an excellent presentation and WON Honorable Mention for the Best Poster at the 26th Regional Student Mentoring Conference in Gerontology and Geriatrics held in Pensacola Florida.

https://www.facebook.com/UNCWGerontology/photos/pcb.1589129271402906/1589126621403171/?type=3&theater

Exercise Science Senior David Giordano recently spoke at the 2016 Southeast Collegiate Fitness Expo in Asheville, where he gave a presentation about his experience with a personal fitness client who has cerebral palsy.

http://uncw.edu/profiles/giordano_david.html

Five EXS students attended the Southeast American College of Sports Medicine conference and did a superb performance in representing UNCW and SHAHS as well!
Special day at Miracle Field. Access of Wilmington – Miracle League hosted a 5K benefiting those with special needs. There were 238 participants, 83 volunteers and the event raised $18,412.15.

https://m.facebook.com/story.php?story_fbid=1715223165362805&id=1671302669754855&fs=0

PHE Students hold Healthy Families Night at Belville Elementary School Leland NC.

Paws4People Family Reunion October 2016
Look for updates closer to the event date on the website.

http://www.uncw.edu/shahs/includes/AssistanceDogs.html
First fall risk assessment clinic was held at UNCW! The event was a collaboration between Gerontology, Exercise Science and Nursing programs.

ACCESS of Wilmington, Inc., operators of The Miracle League, and the UNCW College of Health and Human Sciences have partnered together in conjunction with the G.A.M.E.S program, Group Activity through Movement in Exercise and Sports.

Each Monday, Wednesday, and Friday, around 30 adults participate in cardio, weight training, walking laps, and much more at the BRAX Stadium PPD Miracle Baseball Field.

http://www.wect.com/story/31793353/miracle-league-and-uncw-team-up-for-fitness

Give More in 24 campaign- SHAHS faculty made up almost 50% of all faculty contributions in the CHHS. A powerful measure of a school’s pride is the degree to which its faculty continues to invest in itself.
Public Health Studies Program Receives CEPH Accreditation

The University of North Carolina Wilmington’s Public Health Studies Program is one of the first four CEPH accredited stand-alone undergraduate public health programs in the United States. The program is located in the School of Health and Applied Human Sciences within the College of Health and Human Services. Concentrations are available in Community Health Education (students are eligible for CHES certification), Global Health (students are eligible for CHES certification and the Peace Corps Prep certificate) and Pre-Clinical Health (students prepare to continue their study in medicine, dentistry, pharmacy, etc). A strength of the program is community engagement. Students take theory into practice collaborating with an array of community agencies to address real public health issues such as youth violence prevention, gang affiliation resistance, healthy families, and environmental health concerns. Further, students can choose to be involved in the Student Health Association or Eta Sigma Gamma where they can obtain additional leadership skills and experience in public health. For more information see the UNCW Public Health Studies website: http://uncw.edu/oss/publichealthstudies.html

New graduates of the University of North Carolina Wilmington’s Athletic Training Education Program leave with more than a diploma. To commemorate the day, each receives a handsome pen, custom-made by Program Coordinator Kirk Brown.

http://www.uncw.edu/profiles/brown_kirk.html

Larry Honeycutt was inducted into the Greater Wilmington’s Sports Hall of Fame on May 1, 2016. He joined previous sports luminaries including Althea Gibson, Sonny Jurgenson, Roman Gabriel, and Meadowlark Lemon. This is an incredible honor and the second that he received within two short months. He was also inducted into the George Whitfield Hall of Fame on January 15, 2016.

Dr. Laura Spivey’s presentation at the Athletic Business conference was rated as the 4th best presentation across the entire conference (69 total presentations).

In July, 13 UNCW students and 2 faculty members embarked on a journey to study longevity and wellness in a registered Blue Zone. Ikaria, Greece, was where students spent two weeks living and learning about the factors related to this pocket of longevity. Students interviewed locals to gain knowledge concerning healthy lifestyles related to the island, shadowed a general surgeon and physical therapist, participated in festivals, and ate and exercised like a typical Ikarian. Overall, faculty and students learned many influential lessons on how to live a happy, healthy, and long life.

https://www.youtube.com/watch?v=IIge6SzV5A&feature=youtu.be

May 2016
SHAHS had the highest ETEAL proposal submission to faculty/administration FTE ratio of any program on campus next to Educational Leadership.
GRANTS RECEIVED:  TOTAL RECEIVED = $53,722.18

- **Dr. Alexia Franzidis, Dr. Lisa Sprod, Dr. Brandi Crowe and Dr. Jim Herstine** received Phase 3 funding in the amount of $27,331 for the NC Public Beach and Coastal Waterfront Access Program project. This funds the project from July 1, 2016, through June 30, 2017, and gives us a 3-year total of $83,334 (Phase I was $16,366 and Phase II was $39,637).

- **Dr. Candace Ashton and Dr. Cara Gray**, and Heather Kelejian, UNCW Community Engagement Grant proposal accepted, Ability Garden at the New Hanover Arboretum. Spring 2016. $5,050.

- UNCW 2016 Support Undergraduate Research and Creativity Award (SURCA) proposal received, **Dr. Hannah Catalano and Mariah Smith (SHAHS student)**. Spring 2016. $4,138.04

- UNCW 2016 Support Undergraduate Research and Creativity Award (SURCA) proposal received, **Dr. Lenis Chen-Edinboro and Olivia Nace (SHAHS student)**. Spring 2016. $3,203.14

- UNCW 2016 ETEAL proposal received, **Dr. Laura Spivey and Dr. Cara Sidman**, to utilize Fitbit in order to compare student physical activity levels in the U.S. and in Ikaria, Greece. Spring 2016. $3,500

- UNCW 2016 ETEAL proposal received, **Dr. Jim Herstine (SHAHS) and Dr. Jennifer Biddle (Public & International Affairs)**. Spring 2016. $3,500

- **Dr. Wayland Tseh and Mr. Christian Barnes (SHAHS), Dr. Simone Nguyen (Psychology)**, ETEAL proposal to use Hexoskin kits to enable students to examine the Physiology, Psychology, and Biometrics of Surfing. Spring 2016. $3,500

- **Dr. Darwin Dennison (SHAHS) and Dr. William Sackley (Economics & Finance), “FIN440 Project.”** Fall 2016. $3,500
SIGNIFICANT JOURNAL PUBLICATIONS: 5 TOTAL

- **Dr. Steve Elliott, Dr. Sue. Combs and Dr. Amelia Huelskamp** had their article, “Engaging Students in Large Health Classes With Active Learning Strategies,” accepted for publication in the *Journal of Health, Physical Education, Recreation and Dance (JOPERD)*. 2016


- **Candler-Miller, G. and Tseh, W., “Effectiveness of TENS on Quadriceps Muscular Endurance During Weight Bearing Exercise,” Annals of Sports Medicine and Research. Accepted and pending publication, 2016. Note: Ms. Candler-Miller is an undergraduate Exercise Science student.**

- **Fugate-Whitlock, E. I., In Hallie Baker, Tina Kruger, and Rona Karasik (Ed.). Household Disaster Planning Activity: Hands-on Activities for the Aging-Related Classroom (& Beyond). Accepted 2016.**

- **Fugate-Whitlock, E. I., In Hallie Baker, Tina Kruger, and Rona Karasik (Ed.). Long-Term Care Residence Disaster. Planning. Hands on Activities for the Aging-Related Classroom (& Beyond). Accepted 2016.**
FACULTY AND STUDENT AWARDS, INCLUDING FELLOWSHIPS

- **Dr. Hannah Catalano** was selected May 31, 2016, as a NextUp Leadership Development Fellow by the UNCW Center for Faculty Leadership.

- **Dr. Wayland Tseh** received the CHHS recipient of the 2016 Chancellor's Teaching Excellence Award. The purpose of the award is to recognize all aspects of excellence in teaching and in teaching-related activities that foster students' desire for lifetime learning and success.

- **Ms. Karli Smiraglia** (Exercise Science student) was voted, by the Earl Allen selection committee, to be the recipient of the Earl Allen Scholarship Award for academic year 2016-2017.

- **Ms. Hollie Champion** (Exercise Science student) was awarded the 2016-2017 Ann Sherman Skiba Undergraduate Research Fellowship of $1,250 to conduct her study entitled, “Effects of Neuromuscular Electrical Stimulation (NMES) During Rest and Exercise Amongst Individuals with Spinal Cord Injury.”

- **Ms. Caroline Scott** (Recreation Therapy student) was awarded the Outstanding Student Scholarship at the Southeast Recreational Therapy Symposium in Gatlinburg, TN. April 2016.
COMMUNITY ENGAGEMENT PROJECTS:

- As part of an AARP/UNCW grant project, **Dr. Anne Glass** (Gerontology Program Coordinator) and **Dr. Lisa Sprod** (Exercise Science), along with Dr. Tammy Arms (SON) and a number of students, held a successful interprofessional fall-risk assessment clinic for older adults in the community on April 23-24, 2016. They assessed 46 individuals in the 2-day period. In June 2016, Dr. Glass and Dr. Arms will undergo a 2-day training to become master trainers in the evidence-based *A Matter of Balance* program and will begin teaching three sections of that program in mid-June for older adults in the community. They will also be capable of training students to be coaches for the program.

- **Dr. Anne Glass** (Gerontology Program Coordinator) represented UNCW at the NC Falls Prevention Coalition meeting in Morrisville, NC, on May 19, 2016.

- **Dr. Elizabeth Fugate-Whitlock** reports that the “Sigma Phi Omega, the Gerontology Professional & Academic Honor Society, welcomed two new members at the graduate-student level in April 2016.”

- Students enrolled in **Dr. Elizabeth Fugate-Whitlock’s** GRN 101, Introduction to Gerontology, marked the 2016 National Careers in Aging week by playing Bingo. Students explored Health and Human Services, as well as the interdisciplinary field of aging as the two-week Careers in Aging Week & Health and CHHS’ Human Services Week overlapped on our campus. Students surveyed the wide field of aging by attending sessions and linking the presenters and their material with careers in aging on their bingo cards.

- **Dr. Elizabeth Fugate-Whitlock’s** GRN 101, Introduction to Gerontology, students completed 544.45 hours of service learning with older adults in the community, with various agencies such as Cambridge Village, Spring Arbor, Meals on Wheels, Parks & Recreation Department and Senior Games.
OTHER/MEDIA COVERAGE:

- **Dr. Jim Herstine**, Coordinator of SHAHS’ Recreation, Sport Leadership and Tourism Management program, was featured on WECT News on May 27, 2016, in a story about UNCW conducting a survey on behalf of the state’s coastal agency at public-beach and waterfront-access sites along the North Carolina coast. For more details, click on [http://www.wect.com/story/32083834/state-coastal-agency-to-survey-beachgoers-about-coastal-access](http://www.wect.com/story/32083834/state-coastal-agency-to-survey-beachgoers-about-coastal-access).

- **Dr. Anne Glass**, Coordinator of SHAHS’ Gerontology program, was featured in the UNCW News on May 25, 2016, in an article, “Gerontology Goes Global at UNCW.” For more details, click on [http://www.uncw.edu/news/2016/05/gerontology-goes-global-at-uncw.html](http://www.uncw.edu/news/2016/05/gerontology-goes-global-at-uncw.html).

- **Dr. Anne Glass**, Gerontology Program Coordinator, was the SHAHS representative participating in the CHHS trip to Cuba from May 7-13, 2016.

- Congratulations to over 160 SHAHS’ students who graduated from UNCW on May 6, 2016.

- **Dr. Kerry Whipple** was recently appointed by the President and CEO of the Society of Public Health Education (SOPHE) to a 3-year appointment as Eta Sigma Gamma’s (National Health Science Honorary) Director of Chapter Development. In this role, Dr. Whipple will be responsible for providing guidance and leadership for chapter members and faculty sponsors. She will also be a voting member on the ESG Board of Directors. This is great exposure for SHAHS’ Public Health Studies program and school, and it is an outstanding testament to Dr. Whipple’s commitment to the growth of the profession.


- Mr. Andrew Pardue (Exercise Science student) will be presenting his research study entitled, “Case Study: Longitudinal Effects of Contest Preparation on Psychological, Physiological, and Performance Attributes on a Drug-Free Bodybuilder,” at the July 2016 National Strength and Conditioning Association annual meeting in New Orleans, Louisiana.

- **Mrs. Lindsey Nanney** featured in SWOOP. Lindsey Nanney empowers students by giving them the tools needed to make the right choices when it comes to their health and well-being; habits, she hopes, will continue long after they leave UNCW. [http://www.uncw.edu/profiles/nanney_lindsey.html](http://www.uncw.edu/profiles/nanney_lindsey.html)
Fun Faculty/Staff Profiles
Click on the star on each photo to find out more!

Hannah Catalano
Tamlyn Shields
Lindsey Nanney
Tiffany Graham
Randy Cottrell
Kerry Whipple
Be sure to “Like” the School of Health and Applied Human Sciences on FB and view our website to get updates on all events for the School. There are updates on graduation, special events, courses, exceptional students, faculty and much more! Get in the know with news you can use!

Our Vision
The School of Health and Applied Human Sciences (SHAHS) will be recognized as the Atlantic Coastal Region's preeminent school of health and human sciences.

Our Mission
The mission of the School of Health and Applied Human Sciences is to promote the health and wellbeing of all persons through exemplary preparation of Health and Human Sciences professionals, community engagement, and research. We will realize this mission through relentless pursuit of strategic plan that affirms our strengths, targets growth opportunities, and pushes us to excellence. At the foundation of this plan are a set of core values.

Our Values
- Teaching. Learning. Excellence
- Superlative preparation of future leaders in the health and applied human sciences professions
- Stimulating learning environments characterized by pedagogical innovation, integration of cooperative and experiential learning, and promotion of scholarly inquiry and advancement
- Inter-professional/interdisciplinary collaboration and collegiality
- Powerful community partnerships and civic engagement activities that enhance the reside in Cape Fear Region and beyond

http://www.facebook.com/UNCWSHAHS

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