TOILET TALK TRIVIA
Stress can be linked to which of the following causes of death?
a. heart disease  
b. cancer  
c. suicide  
d. all of the above

HOW DOES STRESS AFFECT YOU?
INTELLECTUALLY:
confusion, poor judgement and miscommunication

PHYSICALLY:
headaches, fatigue and skin problems

EMOTIONALLY:
anxiety, irritability and depression

BEHAVIORALLY:
isolation, violence and overdoing activities

1. Listen to your body's internal hunger cues! Eat when you are hungry and stop eating when you are full.
2. Eat “cheat” foods in moderation and consider portion size.
3. Be picky and sample foods you do not normally get.
4. Eat slowly and savor every bite.
5. Balance all of your meals and snacks with whole grains, lean protein and healthy fats.
6. Watch out for high glycemic index foods. These foods raise blood glucose levels and are low in fiber.
7. Eat and snack regularly, eating every 3-5 hours will help you avoid dips in blood sugar.
8. Be active! Aim to maintain your current workout routine and be realistic with time.
9. Share your holiday treats with your friends and family.

STRESS RELIEVING SNACKS
Almonds: Contain B vitamins and magnesium that are involved in the production of serotonin, which helps regulate mood and relieve stress.
Broccoli: Contains folic acid that helps to relieve stress, anxiety, panic, and even depression.
Blueberries: Jam-packed with vitamin C and antioxidants which are potent stress busters, they are also a good source of fiber, which can help relieve cramps and constipation.

DECEMBER MISSION:
Make time in your schedule to go to your instructor's office hours for extra help on your finals!

FEEL GOOD FINALS:
Finals stressing you out? Sign up for a twenty minute massage for half price, only $10. Massages will be from 4-7 PM on December 8th, 9th, and 10th of finals week. Call (310) 338-1720 to make your appointment.