

Stall Talk

Your source for healthy events, news, & tidbits

December 2008 | Volume 3 | Issue 4: Stress Free Finals

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

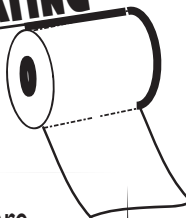
BEHAVIORALLY:

isolation, violence and overdoing activities

REDUCE TEST TAKING ANXIETY

- BE WELL PREPARED
- SPACE OUT YOUR STUDYING
- MAINTAIN A POSITIVE ATTITUDE
- GET A GOOD NIGHT'S SLEEP
- GET TO CLASS EARLY
- STAY RELAXED
- READ THE DIRECTIONS
- SKIM THROUGH THE TEST
- WRITE DOWN IMPORTANT FACTS, FORMULAS AND DEFINITIONS
- DO THE SIMPLE QUESTIONS FIRST
- FOCUS ON THE QUESTION AT HAND

WELLNESS WIPES: HEALTHY HOLIDAY EATING



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!

Surviving the Holiday Parties

- Have a light snack before going to a party
- If you are bringing food, set a good example by bringing a healthy item
- Take small portions at first and allow yourself to go back for seconds
 - Stand across the room from the food table
 - The more you mingle, the less time there is for eating
 - If healthy choices are available, load your plate with them
- If you are having alcohol, have a glass of water in between each drink

**E
V
E
N
T
S**

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.

Brought to you by: The Porcelain Princess

• Burns Recreation Center • Phone 310-338-2912 •