

"Potty Talk"

Healthy, Happy Finals and Holidays!

The Holiday season is here. Most students are looking forward to the break and time to spend with their family members. Even so, this time can be filled with stress due to finals and traveling. Remember to take time to study and take care of yourself during finals time. Here are some helpful hints to survive your finals this quarter and the Holiday season.



Signs of Stress



SOCIAL

- isolation from others
- drinking too much/using drugs
- intolerance & resentment
- loneliness
- abrasive, hostile
- lack of intimacy
- fewer contacts with friends
- nagging
- distrust
- using people

EMOTIONAL

- moody
- irritable/angry/hostile
- depressed/listless
- anxious
- crying often
- loss of interest in things
- lack of sense of humor
- "burnout"

PHYSICAL

- heart pounding
- sweaty palms
- sore muscles, joint pain
- teeth grinding
- jaw clenching
- nausea
- sleeplessness/over sleep
- cold hands
- fatigue
- headaches/migraines



Study Tips

Start early/Budget your time:
Don't wait until the last minute!

Know what to study:
Check your notes and resources.

Know the type of test:
Multiple Choice? Essay? Know your format.

Study what you don't know:
Know your strengths.

Know how the professor tests:
Are they testing from the book or lecture?

Pick an appropriate place to study:

Pick a place that works for you. If the library is too quiet—don't go there.

Study your way:
If you need visuals, a buddy or flash cards, USE THEM!
You know what works for you.



TOP 10 TIME MANAGEMENT STRATEGIES

- Organize Yourself.** Take better control of the way you're spending your time and energy so you can handle stress more effectively.
- Control Your Environment** by controlling who and what is surrounding you. In this way, you can either get rid of stress or get support for yourself.
- Love Yourself** by giving yourself positive feedback. Remember, you are a unique individual who is doing the best you can.
- Reward Yourself** by planning leisure activities into your life. It really helps to have something to look forward to.
- Exercise Your Body** since your health and productivity depend upon your body's ability to bring oxygen and food to its cells. Therefore, exercise your heart and lungs regularly, a minimum of three days per week for 15-30 minutes.
- Relax Yourself** by taking your mind off your stress and concentrating on breathing and positive thoughts. Get a massage for a treat!
- Rest Yourself** as regularly as possible. Sleep 7-8 hours a night. Take study breaks. There is only so much your mind can absorb at one time.
- Be Aware of Yourself.** Be aware of distress signals such as insomnia, headaches, anxiety, upset stomach, lack of concentration, colds/flu, excessive tiredness, etc. Remember, these can be signs of potentially more serious disorders
- Feed Yourself / Do Not Poison Your Body.** Eat a balanced diet. Don't depend on drugs and/or alcohol. Caffeine will keep you awake, but it also makes it harder for some to concentrate. Remember, a twenty minute walk has been proven to be a better tranquilizer than some prescription drugs.
- Enjoy Yourself.** It has been shown that happier people tend to live longer, have less physical problems, and are more productive. Look for the humor in life when things don't make sense. Remember, you are very special and deserve only the best treatment from yourself.



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How to be Healthy during the Holidays



*Be active every day. Take a walk, play with children or do some high energy shopping. Anything that gets you around and moving!

*Don't starve yourself before the big meal. Eat a healthy snack so that you aren't famished at the big dinner.

*Control your portions. Make sure that you are taking small helpings so that you don't overstuff yourself.

*Have variety in your choices. Be sure to add some veggies and fruit to your helpings of turkey and mashed potatoes.

*Drink plenty of water. Sodas, alcohol and coffee can dehydrate your body.

*Don't go to parties hungry. Be sure to eat throughout the day so you don't load up on finger-foods.

*Most of all, don't stress out about your eating habits. It's OK to have yummy holiday type foods in moderation. Just remember the 80/20 rule: try to stick to healthier choices 80% of the time, and then 20% of the time you can go ahead and indulge.



"Potty Talk" is brought to you by the Wellness Center. To learn more about the topics discussed here, please contact:

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