

Bladder Chatter

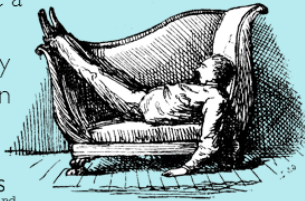
Volume 9
Issue 6

TRU Student Health and Wellness Newsletter

The 3 S's...Stress, Studying & Sleep

Sometimes I think "Exhaustion is no excuse."

Then I take a nap.
I think crazy things when I'm tired.



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user card

A well-rested student is a less stressed student. Our brains need 7-8 hours of sleep to allow for clearer thinking and deeper concentration.

I don't know about you guys, but this time of year I get so TIRED as we have all been going full-force since September/January! During these final weeks of the semester many of you are finishing up projects, papers, presentations, lab exams, etc. And don't forget that final exams are around the corner...yikes! I hope that this issue of BC will provide you with some tips on how to conquer the 3 S's...Stress, Studying & Sleep!

www.tru.ca/wellness

Got Stress?

While there is really no 'magic bullet' for coping with stress there are many things you can do to help relieve the negative symptoms and consequences of stress. First ask yourself, what do I enjoy? Make a list of all the activities, people and places that bring you joy. Start by carving out some time each day to participate in an activity that makes you feel good, or connect with the people or places that make you happy. I know you are all very busy, but if you don't make time for yourself, who will?

Your lack of a sassy response has me thinking you are also under a lot of worry and stress.



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Stress Prevention Tips:

- Shoot for balance
- Prioritize - do most important tasks 1st
- Exercise, eat well & get enough sleep!
- Get some down time to relax and recharge
- Get help if you need it!

I say it in every issue in the hopes it makes sense...

One of the key ingredients in being able to juggle school, work, and family with making your health a priority is efficient time management. If you need help managing your time please make an appointment with one of our counsellors! Call 250-828-5023 today or drop by OM 1631 to book a time to see one of them:)

**Wellness
Tip:**



TRU WELLNESS CENTRE
LIVE TRULY WELL

Bladder Chatter is published by the TRU Wellness Centre. For any Q's, comments, or ideas for an issue, please contact Chelsea at ccorsi@tru.ca



April Wellness Events

**Have you completed
the NCHA yet??**

THE
jackproject

TRUBUTES...the fake Effie says:

"May the Odds be EVER in your favour."

Did you receive an email from **NCHA-
WEB@acha.org** about the National
College Health Assessment? If you did
please participate in the survey!!

We have almost reached our
completion goal, so please
help us get there!! The
survey is open until

APRIL 4, 2013

**You could WIN a
\$500 CASH prize for
participating!!**



Thurs, April 4

10am - 2pm

OM Student Street
&

Fri, April 5 from

11am - 1pm

Pride Parade,
Campus Commons

Come out and learn
more about how to
stay mentally
healthy and how to
reduce your stress!

Come and make a
stress ball with us!

Celebrate U - Campus Carnivale

Survivor
Carnival Games
Dunk tank

Friday, April 12th
12 - 4 pm

B.B.Q.
D.J.
Food

B.B.Q. Sponsored by:

THOMPSON RIVERS UNIVERSITY
Office of the Provost & Vice-President Academic

Featuring:



**Good Luck
on Exams!)**

Bladder Chatter

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Healthy Eating Tips During Exams

Lots of students get so busy during exams that they forget to eat properly...don't let that be you! If you want to do well don't forget to treat yourself well!!

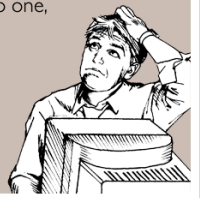
- Foods for Stress – Spinach, Salmon, Oranges, Oatmeal, Almonds, Pistachios, Walnuts and Avocados, Blueberries and Raw Veggies
- Keep your nerves steady by staying well hydrated with water.
- Eat three meals a day! Eating three meals a day plus healthy snacks will give you energy and keep your metabolism active.
- Balance your meals! Try to ensure that you get food from at least three different food groups and be sure to eat combinations of grains, fruits, vegetables, dairy and healthy fats!
- Always eat breakfast! Breakfast provides fuel for your body and skipping breakfast is said to detract from scholastic achievement. If time is tight, grab a piece of fruit, a whole wheat bagel or even a glass of juice before you head out the door.
- Choose appropriate portion sizes! If you are staying in residence and have a meal plan, it's often easy to over-eat, because the food is readily available. Fill your plate using moderation, and avoid processed food choices.
- Include high fiber foods in each meal. Fiber fills you up without adding extra calories or fat.
- Avoid breaded items such as chicken nuggets or patties.
- Limit foods with cheese sauces, cream sauces, gravies and dressings.
- Keep active: walk or bike to class; join an intramural sports team; join a fitness program; check out your school's gym.
- Make room for dairy in your diet. Foods that are rich in calcium help keep you and your bones strong! If you can't or don't want to eat dairy, look for alternatives such as almond or soy milk or yogurt (sugar-free) that have added calcium and vitamin D.

**DON'T FORGET TO
CATCH SOME ZZZ'S!!**

Does this sound
like u? →

I think I'd rather sleep than be on Facebook, said no one, ever.

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Young adults typically need between 7-8 hours of sleep a night, but some studies suggest they typically get closer to six. Here are some sleep tips for students (or anyone) looking to improve their sleep habits:

- 1.) Exercise regularly, but not after the early evening. Avoid caffeine after 2 p.m. Try to avoid late-night eating and alcohol, but don't go to bed hungry, either.
- 2.) Don't use electronics – laptops, tablets, smart phones, etc. – late at night. Not only will the content stimulate your brain, the brightness of the screen is comparable to a morning walk in the sun when it comes to waking you up.
- 3.) Make your bed a place just for sleep. Don't study, watch TV or do anything else there (or not much else. Some colleges advise limiting your bed to the "three S's" – sleep, sex and sickness).
- 4.) If you have early classes on some days, try not to sleep in on the others. Experts say a regular schedule is the most essential element of a healthy sleep routine.
- 5.) Try to avoid naps, and if you do nap, nap before 3 p.m. and for no more than 20 minutes. Otherwise you'll keep yourself up at night.
- 6.) Set your alarm clock – but for the evening, at a reasonable bedtime. That way, you're less likely to need it in the morning (if you need an alarm clock to wake up feeling rested, you're not sleeping enough).

http://www.huffingtonpost.com/2012/08/31/sleep-tips-for-college-st_0_n_1846154.html

I will sleep well tonight knowing I am awesome, even if no one else votes on my someecard.

your someecards
someecards.com



As final exam time approaches, you should start to organize a study schedule and plan. Here are some tips from Dalhousie University on how to use your pre-exam study time wisely...

Thanks for all the time you spend listening to me complain about not having enough time.

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1. Manage your time effectively: Careful planning and good time-management skills are essential. Make sure you give yourself enough time to study so you're well prepared by the time your exam rolls around. Get on top of things and stay on top. Set up a regular study schedule and stick with it. Remember that the day has 24 hours, so use them wisely.



2. Don't be afraid to ask questions: Talk to your instructors. Ask them about the areas of study that will be emphasized on the exam. If you need clarification on certain topics, ask your instructors if you can meet during office hours to discuss them.



3. Review carefully and frequently: Get the big picture by reading lecture notes, handouts, problem sets, and laboratory questions and reports carefully. Then integrate all of these sources of information into your notes.

- Take detailed notes and identify important concepts and topics.
- Outline the main ideas, concepts, and information on a sheet that can be easily reviewed many times. This will make it easy to remember key concepts as well as the information related to them.
- Organizing the material will help you see connections and get the material into your long-term memory.
- But don't spend too much time simply making your integrated notes look good — there's little satisfaction in being the neatest "C" student in the class.



4. Look at past exams from your class: These are indispensable study aids. They reveal the format of the exam and allow you to judge the scope of the material and the depth of coverage. Use them to pinpoint your own strengths and weaknesses by taking the exam. But don't assume that the old exam accurately reflects the actual content of your upcoming exam. It doesn't. It does, however, give you a valuable glimpse at what your instructor thinks you should have studied.



5. Eat well and get a good sleep before the exam: Being in good physical and mental condition is important for effective test preparation. You need the energy to help you focus, but avoid junk food that will make you groggy.

And, of course, don't forget to leave a little time to review your exam after finishing it.

I even postpone procrastination.



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