

STALL TALK

THE CENTER FOR HEALTH EDUCATION AND PROMOTION
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FINALS WEEK STRESS

89% of college students feel immense stress from final exams.

74% of college students reported studying for exams increases stress.

*Stats from a 2022 survey from the American Addiction Center.

80% of college students feel overwhelmed by their workload.

*Stat from The Mental Health Coalition.

3 Grounding Techniques to Try When Dealing with Stress

- The 5 Senses Technique:** Allow yourself to take a moment to identify one thing in the room for each of your 5 senses (smell, taste, hear, see, touch).
- Smell Something Soothing:** Whether it is a food, candles, perfume, hand sanitizer, etc., scent is known to help self-sooth.
- Try Box Breathing:** Inhale for 4 seconds, hold your breath for 4 seconds, and exhale for 4 seconds. Repeat this until you feel centered.

FINAL STRETCH

Monday, December 9, 2024 through Wednesday, December 11, 2024

Here's your chance to relax and unwind in-between schoolwork!

Monday, December 9

Self-Care Bags & Friendship Bracelets | 11:30AM - 1PM in SMC Atrium

Blacklight Mini Golf | 1PM- 8PM in SMC MPR



Pip & Lily's Loaded Tots | 9PM -11PM in SMC Promenade

Tuesday, December 10

Relax with Campus Spa | 9AM - 1PM in SMC 204

Teatime & Slime | 11AM - 1:30PM in SMC Atrium

Join CHEP for hot tea, DIY slime making, affirmations and fidget toys.

Stuff-A-Plush | 2:30PM - 4:30PM in Campus Life Lounge

Yoga | 6PM - 7:30PM in SMC Campus Rec Dance Studio

Wednesday, December 11

Breakfast Bar | 9:30AM - 11:30AM in SMC Galley

Adult Coloring Pages | 2PM - 4PM in SMC Atrium

Karaoke Night | 7PM - 9PM in SMC Galley



Millersville University
CAMPUS LIFE



FINALS WEEK TIPS FOR SUCCESS



Rest and Recharge.

Take intentional breaks and make sure you are prioritizing sleep. Include your bedtime in your schedule for the day. Avoid naps during the day so you can sleep better at night!



Utilize the Resources Available to You.

Your professors and peers want you to succeed. Visit your professors' office hours. Take a trip to the Writing Center in the Library. Attend a tutoring session for your subject. Visit a quiet place on campus to study!



Know that your grades don't define you.

If you are working hard, trying your best, and utilizing helpful resources know that is all you can do. You got this!



Eat Balanced Meals and Stay Hydrated.

Food is fuel for your brain, so it is important to eat! Fried, fast foods may be easy but stick with proteins, vegetables, whole grains and fruit. Staying hydrated is vital to performing well in the classroom. Drink some water!

Things To Do Over Winter Break

- Set goals for the new academic year (Wellness Coaching).
- Spend quality time with hometown friends and family
- Take time for yourself to journal and read
- Cook a holiday themed recipe
- Reflect: What am I grateful for?
- Catch up on sleep
- Apply for scholarships (Financial Aid)
- Decorate your living space or bedroom
- Build a snowman
- Exercise (Campus Rec)
- Arrange a karaoke party
- Volunteer
- Start planning for next semester (University College Coaches)
- Revamp your resume (Career Services)
- Find temporary work
- Create a budget plan (PSECU)

Reminders:

You are worthy!

You are intelligent.

You are capable!

WELLNESS COACHING

Wellness Coaching is an individualized process for helping students achieve a higher level of well-being and performance in their academic pursuits as well as life in general when change is desired, yet difficult to achieve. It empowers students to explore health topics of stress, sleep, social support, and substance use. Students can choose what they want to discuss and which health behaviors they want to set goals around.

To make an appointment email Wellness.Coaching@millersville.edu

Winter blues got you down?

- Think like a Norwegian:** A study in Northern Norway found that people are actually less depressed because they have a positive wintertime mindset. The cold gives them a chance to drink hot beverages, skate or ski, build snowmen, or sit by a fire and visit with friends.
- Let sunshine in:** Research shows that exposure to bright light upon awakening is very effective in treating winter depression. Light therapy mimics natural outdoor light and has a positive effect on brain chemicals linked to mood. The Counseling Center has lightbox therapy students can take advantage of for free.
- Get active:** Regular aerobic exercise works like an antidepressant charm. A recent study from Scandinavia reports that a 30-minute lunchtime walk three times a week boosts mood while increasing alertness and enthusiasm at work. Outside is best. If that's not possible, exercise under bright lights to boost your mood.
- Turn up the tunes:** Crank up your favorite music – something that makes you want to dance or takes you to another (perhaps warmer) place. A 2013 study at the University of Missouri reported that listening to upbeat or cheery music significantly improves mood in both the short and long term.
- Cook up the comfort:** We all love winter comfort foods and in moderation, these are fine. But good nutrition makes a difference for our mental health. For those times when you just want to curl up under a warm blanket, meal planning can help you avoid the lure of takeout and comfort food. Get your daily fruits and vegetables with roasted veggies, stewed winter fruits, and healthy soups. Make up big batches of soup and freeze them in portions.
- Drink water:** It's important to stay hydrated. Water helps keep your skin glowing and healthy in the harsher weather and helps remove toxins and waste from your body. It can prevent headaches and reduce joint and muscle pain. Limit your alcohol consumption. Alcohol is actually a depressant and can leave you feeling more blue.
- Plan ahead:** Research shows that simply anticipating something you like makes you happier. This can be a weekend getaway, massage, time at a spa, special dinner, party with friends, or a concert...start dreaming and planning now.
- Laugh and stay social:** Laughter can help decrease stress hormones and lighten your mood. Watch funny movies, play board games, or be silly with friends. Keep a mental list of people you can turn to when you're down and need a pick-me-up: family, friends, mentors, coworkers, and neighbors. Often a simple phone call, chat over coffee, or nice email can lift your mood.
- Ask for help:** If these tips are not enough to get you out of the winter blues, don't be afraid to ask for help. Speak to your doctor or call your local mental health center. If your symptoms are severe and debilitating, cognitive behavioral therapy or other forms of therapy and medication can be very helpful.

*From the Crisis & Trauma Resource Institute.



Millersville University
ELSIE S. SHENK CENTER FOR HEALTH
EDUCATION AND PROMOTION
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Text "WELLNESS" to 71444