

Treat yourself to life's simple pleasures.

If you feel overwhelmed, take some time to enjoy some of the simple pleasures life has to offer:

- Say something nice to someone.
- Take a bubble bath or a warm shower.
- Stand up and stretch.
- Pet a cat or a dog.
- Call a friend.
- Read a good book.
- Go to bed early.
- Take a walk.
- Plant some flowers.
- Fix yourself a good meal and eat by candlelight.
- Watch a favorite movie with a bowl of popcorn.
- Watch the sunrise or sunset.



For more information:

- Visit your campus health and counseling services
- Talk to your health care professional



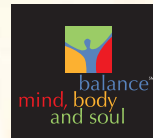
OUR MISSION WITH STOP HUNGER Stop Hunger Where It Starts

Since 1999, the Sodexho Foundation has been committed to being a driving and creative force that contributes to a hunger-free nation.

In order to eliminate hunger that affects 35 million people in the U.S., we must fight its root causes. The Sodexho Foundation supports innovative programs to help children and families who are battling problems like poverty, unemployment, lack of education, and food insecurity.

From nutrition programs for children, to job training for adults, the Foundation supports hunger-related initiatives on the local, state, and national levels.

www.helpstophunger.org



Balance Mind Body Soulsm is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events—physical, mental, and environmental. Wellness is unique to each individual. Knowledge is key. It may be easier than you thought. Experiencing new things—a sport you haven't done before, a food you haven't tried, a new idea you never thought about, or a creative way of approaching a problem like stress—may also help you to balance and define your wellness goals.

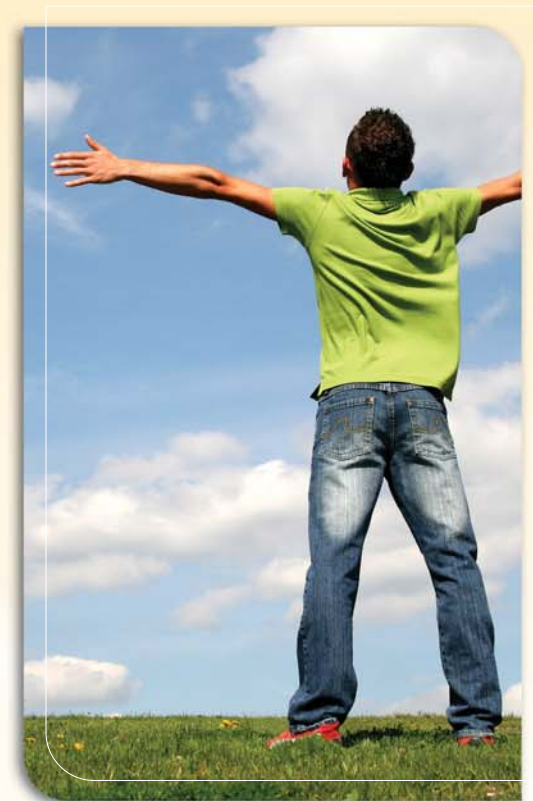
www.balancemindbodysoul.com



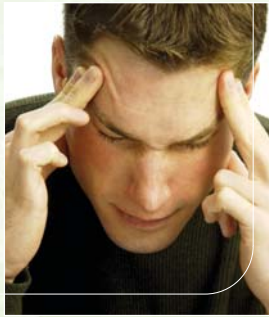
10% Total Recovered Fiber/All Post-Consumer Fiber



STRESSED? *Tips to Help You Decompress*



balance
mind, body
and soul



Stressed? Some tips to help you decompress

Stress doesn't have to be all bad.

Stress is a challenge to homeostasis, the body's equilibrium. No one is free of stress because we are all constantly adjusting to stimuli. Stress is a biological and biochemical process that starts in the brain and spreads through the autonomic nervous system, triggering hormonal release and affecting the immune system. Happy events can trigger eustress, "good stress;" unhappy events can trigger distress, "bad stress."

The key to good health is to manage stress, transforming stress into eustress.

Some signs of stress are: chronic stomach upset, changes in appetite, insomnia, exhaustion, anxiety and chronically dry mouth. If you feel stressed you probably are. Practice self-care techniques and seek advice from health and counseling services available on campus. Distress can escalate into depression. You deserve to be happy and safe.

Here are some healthy strategies to cope with stress.



Find favorite activities to do:

List your favorite activities (positive, creative or constructive) and choose one or two activities to do whenever you are stressed. The list can include reading, gardening, sewing, dancing, watching a good movie, drawing, exercising, playing with pets, writing, or crafting.

Develop a system of time management:

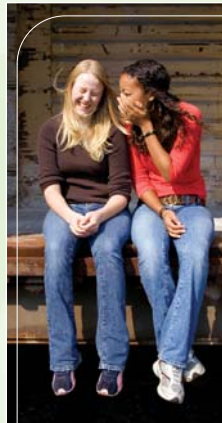
Learn to estimate how long it takes you to complete a reading assignment or lab. Schedule time to study. Also, schedule time for relaxation and breaks. Remember to make time for adequate sleep!



Physical activity: One of the best ways to alleviate stress is to get some physical activity. Even five minutes will yield some relief, though longer (30 minutes) is better. In addition, aerobic exercise strengthens your heart. Examples of aerobic exercises are brisk walking, swimming, dancing and bicycling.

Yoga, Tai Chi or other stretching exercises help to relieve tension in your muscles. Engage in different types of physical activities regularly to improve health and release tension.

Writing: Writing about your stress can bring relief. Spend a few minutes to write about the stressful situation in your journal.



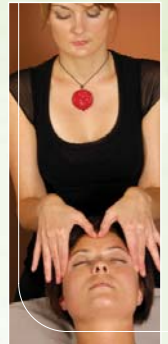
Laughing & crying: These are natural ways of dealing with stressful situations to relieve tension and let go. Rent your favorite comedy or drama.

Talking: Talk with someone and express your emotions in a positive way. You will relieve your feelings and cope better.

Breathing: Deep breathing calms your mind. Take 15 to 20 minutes a day to breathe deeply and fully with soft music. Practice in any position but it's best to lie on your back with knees bent. You may also practice breathing deeply throughout the day to relieve muscle stiffness.



Meditation: It involves sitting and breathing slowly for 15-20 minutes. Focus on feeling calm and having a clear awareness about life.



Massage: This is a popular way to relax. It involves applying pressure to different parts of your body. Massage releases anxiety, improves circulation and relieves pressure on nerves.

Imagery: This technique uses imagination of pleasant sounds, smells, sights, feelings, and colors to relax and release tension. Take a five to 10 minute vacation to enjoy and relax.



Be positive: Negative thoughts never relieve stress.

mind body soul