



Toilet Talk



Manchester University

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Feeling Stressed???

Finals, finals, and more finals; it's that time of year. Stress is unavoidable for most college students; however there are many simple things you can do to help relieve some of the stress you may be feeling and create better habits to reduce this stress/anxiety.

You can:

- Take slow, deep breaths
- Listen to soothing music
- Take a walk or other physical activity
- Get plenty of sleep
- Get regular exercise
- Have a massage or back rub
- Avoid caffeine, nicotine, and alcohol
- Meditate or pray
- Stay connected with family, friends, and other caring people in your life.

Studying effectively for final exams is also another way to relieve stress or test anxiety you are feeling as the test date is approaching. Follow these study and test preparation tips to do well on the exam and as a result, reduce some stress:

- Give yourself enough time to study – at least a week before the exam
- Organize your study space and eliminate all distractions
- Use flow charts, diagrams, or other visual aids
- Practice on old exams
- Explain your answers to others
- Organize study groups – as long as you can stay focused and on task
- Take regular breaks
- Drink plenty of water – while studying and on test day
- Get enough sleep the night before the exam
- Snack on 'brain food' – fruit, nuts, yogurt, etc.
- Eat breakfast on exam day

For more information, go to <http://www.topuniversities.com/student-info/health-and-support/exam-preparation-ten-study-tips>

Quit Counting Sheep!

Sleep is necessary not just to refresh ourselves, but also to relieve stress or anxiety and to have ultimate brain power, which is needed when taking big exams like finals! A lot of college students are going to bed too late and getting up too early or are having difficulties falling asleep. Follow these helpful tips to maintain healthy sleep hygiene:

- Fix a bedtime and an awakening time
- Avoid napping during the day
- Avoid caffeine and spicy foods 4-6 hours before bed
- Exercise regularly
- Try a light snack before bed such as warm milk or a banana
- Don't take your worries to bed
- Try not to fall asleep with the TV on

For more information, please visit
<http://umm.edu/programs/sleep/patients/sleep-hygiene>

*"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."
-Carl Bard*

There will be **late night library hours** for the main library area and the computer lab the week before and of finals for students who need to study. Wilbur's Lounge (not the Café) will also be open 24 hours December 3rd through December 12th! Snacks and Study breaks including popcorn (after 9 pm), tea, coffee, or water (after 9 pm), puzzle-rama, coloring books, jenga blocks, and origami will also be an option during this time.

Brought to you by Wellness Services! ☺

Questions? Comments? Please e-mail us at HealthServices@manchester.edu