Hi Everyone,

With summer break (and graduation) right around the corner, you have a lot to look forward to. But, finals first… Please remember to take care of yourself this time of year; eat right, get enough sleep, and manage your stress in a positive way. We offer some tips for managing stress later in this newsletter. May is National Fitness Month, and exercise is my personal favorite for managing stress.

We hope you have a wonderful summer!

Yours in Health,

Karen

When you're feeling stressed, these strategies may help you cope:

- **Take a time-out.** Practice yoga, listen to music, meditate, get a massage, or try relaxation techniques. Stepping back from the problem helps clear your head.

- **Eat well-balanced meals.** Don’t skip meals. Keep healthful, energy-boosting snacks on hand.

- **Limit alcohol and caffeine**, which can aggravate anxiety.

- **Get enough sleep.** When stressed, your body needs additional sleep and rest.

- **Exercise daily** to help you feel good and maintain your health.
• **Take deep breaths.** Inhale and exhale slowly.

• **Count to 10 slowly.** Repeat, and count to 20 if necessary.

• **Do your best.** Instead of aiming for perfection, which isn’t possible, be proud of however close you get.

• **Accept that you cannot control everything.** Put your stress in perspective: Is it really as bad as you think?

• **Welcome humor.** A good laugh goes a long way.

• **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.

• **Talk to someone.** Tell friends and family you’re feeling overwhelmed, and let them know how they can help you. **CAPS counselors (Counseling and Psychiatric Services) are available to meet with you.** Their office is located in Gewirz L102-G. To schedule an appointment, call (202) 687-6985. After hours and on weekends, a CAPS clinician can be reached by calling (202) 444-7243.

**Some more tips before finals…**

• *Deep breathing gives you health benefits similar to aerobics.*

• *Moderate exercise 20 minutes a day, 3 times a week, can be enough to help combat fatigue.*

• *Foods containing tryptophan help you sleep. These include milk, poultry, tuna, bananas, oats and honey.*

• *A 60-minute "power nap" can reverse the mind-numbing effects of information overload and help to better retain what you have learned.*

• *Drink your water. Dehydration makes you feel fatigued.*

• *Be prepared -- stock up on healthy food and snack options before finals begin.*
May is National Fitness Month...

According to the American Council on Exercise, there are five mistakes that people make in the gym. They are:

1) Not stretching enough.  
The best time to stretch is immediately following an aerobic activity while your muscles are warm and pliable. Flexible muscles are far less likely to be strained or pulled than tight ones.

2) Lifting too much weight.  
The best way to guarantee yourself an injury is to try to lift more weight than your muscles can handle. Gradual, progressive resistance is a far more effective and safe way to increase muscle strength.

3) Not warming up prior to aerobic activity.  
Muscles need time to adjust to the new demands aerobic activity places on them. Rather than hitting the treadmill running, for example, take a few minutes to walk, build it up to a light jog, and then hit your stride.

4) Not cooling down after any type of workout.  
Too many people wrap up their workouts, and head straight to the showers. Instead, take a few minutes to lower your heart rate and stretch your muscles. This not only improves flexibility, but also helps prepare the body for the next workout.

5) Exercising too intensely.  
Don’t try to fit a week’s worth of exercise into a single afternoon. It’s more effective to sustain a moderate workout for longer periods of time rather than to exercise intensely for only a few minutes. The expectation that a workout must be intense to be effective can lead some to burnout, while others abandon their training altogether.
If you’re moving out of Gewirz and find yourself overwhelmed with too much stuff, drop off your unwanted and lightly-used belongings to Gewirz 110 from May 11th through the morning of May 23rd.

Your lightly-loved items will be donated to several organizations in the area. We will accept unopened, non-perishable food, as well as clothing, furniture, bedding, lamps and appliances.

**Thought for the Day...**

LOOK FOR SOMETHING POSITIVE IN EACH DAY, EVEN IF SOME DAYS YOU HAVE TO LOOK A LITTLE HARDER.

RECOVERYEXPERTS.COM