Do you feel like your brain is melting under the crush of books, classes, new classes/schedules and papers? Here are some stress-management tips to help relieve the pressure.

1. **GET ENOUGH SLEEP.** It may be tempting to hit the hay at 4am and then attend and 8am class, but shortchanging yourself on rest can increase your stress level. Winging it on not much sleep has a profound effect on how we experience the stress of the day. Also, insufficient sleep can put you at risk for serious illnesses, such as diabetes, obesity, and depression. Adults typically need seven to nine hours of sleep a night for best health.

2. **EAT WELL.** A steady diet of pizza and vending-machine fare can decrease energy levels in the body, leading to a lower threshold for stress. You end up feeling very tired and looking for the same (junk food) to kick you back up. Follow a diet rich in vegetables, fruits, and whole grains.

3. **EXERCISE.** When you're stressed, moving around may be the last thing you feel like doing. But as little as 20 minutes a day of physical activity can reduce stress levels. Three or four half-hour sessions can lighten stress considerably. Try something that you enjoy doing, like swimming or yoga.

4. **AVOID UNNATURAL ENERGY BOOSTERS.** Artificial stimulants like caffeine pills, energy drinks or prescription meds may help you stay awake for that all-night study session, but putting off your body’s need to sleep will ultimately result in an energy crash, resulting again in a greater susceptibility to stress.

5. **GET EMOTIONAL SUPPORT.** Adjusting to college can be difficult, and venting your frustrations to a trusted friend can go a long way in fighting stress. Choose a friend or family member who won’t be judgmental or try to give lots of advice. Or seek the help of a professional counselor or psychologist. Check with your Simpson Wellness Center for recommendations, confidential appointment with our trained and experienced staff.

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*Are your immunizations up to date?*

Students should have 2 MMR Vaccines, a TDAP Booster within the last 10 years, and a meningitis vaccine when starting college. Please see Nurse Connie for any questions.

*Outdoor Heat:*

Please drink plenty of fluid each day. For those new to our 110 degree days, please keep in mind your body will deplete much needed fluids quickly. Drink 10-12 glasses of water each day and more when exercising.