



Volume 4...Issue 6



Bladder Chatter

TRU student health & wellness newsletter

Got Exams? Got Stress?

Well, It's that wonderful time of the year... Exams are upon us and I'm guessing that everyone's stress levels are rising. So what can you do to keep them down and what are the resources available to help?

Quick Relaxation Technique:

- Loosen your clothing and get comfortable.
- Tighten the muscles in your toes. Hold for a count of 10. Relax and enjoy the sensation of release from tension.
- Flex the muscles in your feet. Hold for a count of 10. Relax
- Move slowly up through your body- legs, abdomen, back, neck, face- contracting and relaxing muscles as you go.
- Breathe deeply and slowly.



Reference: <http://wso.williams.edu/orgs/peerh/stress/relax.html>

The Time Leading Up to Your Exams:

Make a study schedule:

- Photocopy a calendar and put your exams on it
- Schedule time slots per subject per day
- Break up your subjects into topics, study one topic at a time
- If study cards work for you, make some... If they don't, don't bother because they take a while to make
- Try to break up your studying by taking 15 minute breaks every 45 minutes
- Make sure to keep your brain and body fuelled... Try fruits and vegetables instead caffeine and chocolate
- Organize a study group closer to the exam... If you can teach someone else the material it re-enforces your learning

Before Your Exam

Eat a good meal and get a good full night's sleep... All-nighters aren't a great idea.

Prepare some snacks like an apple, a water bottle, gum for the exam (Chewing gum has been shown to lower anxiety during exams).

Get all your exam materials ready: pencil, lead, eraser, pens, whiteout, calculator, abacus... whatever your exam requires.

Resist the temptation to talk to everyone about the exam before you take it. This can lead to stress & anxiety.

This is a great time for some positive self-talk: telling yourself affirmations such as:

- I've done this before and I know I can do it again
- I know the material

Check us out in another stall near you or at www.tru.ca/wellness

Comments or questions? Please contact Chelsea at the Wellness Centre at 828-5010 or ccorsi@tru.ca

Tips For the Exam...

Read the question in full... Don't stop when you think you know what the question is, it's very easy to make a mistake by not reading the question in full.

Start with questions that you know and are confident in.

Don't waste your time on questions you aren't sure of or can't find the answer to. You could remember it later or could get additional information from a different section in the exam.

Are you chewing gum? Give it a try.

Do what you're most comfortable with first. Short answer, multiple choice, etc. The exam can be written how you want it to be.

Breathe, take some time to relax between questions... It's as simple as taking a drink of water and a deep breath.

Have that snack you brought midway through the exam... It'll keep your brain going. An apple is metabolized slower than a banana or chocolate and will provide you with energy over a longer period of time.



Resources Available to You:

TRU Wellness Centre: OM2453, www.tru.ca/wellness or 828-5010

TRU Counselling Department: OM1651 or call 828-5023

TRU Health Services: OM1463 or 828-5126

PEER Support Team: OM1421, email: peer@tru.ca or call 371-5996

TRU Recreation: Gym 303 or 828-5126

Mental Health: 851-7450

After Hours Mental Health: 377-0088

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EVENTS NEXT SEMESTER...



Deconstructing Barbie:
Feb 08

If Barbie actually did represent a "real woman" what would she look like? That and other body image info during this Feb workshop.

3rd Annual Great Canadian Smoke-Out Challenge

Are you thinking of quitting smoking? The Wellness Centre will be promoting a 2-month challenge to help you quit and stay quit! Look for booths at Student Street during National Non-Smoking Week January 21-25, 2008.

Winners will receive \$100 in cash!!



Also:

- Yoga
- Sexual Health Week
- Reflexology
- Stress Busters
- Diversity Awareness
- And MORE!!

Act Now Wellness Fair - March 08

Following the provincial governments new direction, look for information about how to:
Increase exercise and your fruit and veggie intake
Decrease smoking and obesity
Have a healthy pregnancy

Look for more info in January!



TRU WELLNESS CENTRE
LIVE TRULY WELL

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