



Volume 2 . . . Issue 6



Bladder Chatter

TRU student health & wellness newsletter

Exam Time is Here...

The Wellness Centre wants to offer you some tips on how to stay healthy during a time that can be very stressful for students.



Stress Management

Although we can't always control what happens in our day-to-day lives, we can learn how we react to and cope with stressful events. The better we become at adapting and coping with situations, the better we are able to manage the stress in our lives.

Coping Tips

The following are some tips you can use to help you cope with and manage your stress more effectively:

- Seek guidance from peers and colleagues (i.e. study group)
- Take care of your health (i.e. get enough rest, exercise and nutritious foods)
- Seek support from faculty
- Maintain positive relationships with family and friends
- Learn how to improve your time management skills. (The Counselling Department offers Time Management workshops, call 828-5023 for more info.)
- Review activities you participate in to see what is bringing you up and what is bringing you down
- Set boundaries and learn to be assertive. This may mean learning how to communicate your feelings in a more clear and productive way.
- Set limits - learn to say no without feeling guilty
- Take frequent time-outs to rejuvenate yourself (i.e. power naps, exercise breaks, breathing, meditation, music, snacks, social time)
- Choose to make room for leisure activity

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7 Tips For Surviving Exam Time:

1 - SCHEDULE YOUR STUDY IN ADVANCE

Most students know that cramming the night before never works -but somehow, we end up doing it anyway!

- Start thinking about what you're going to need to study BEFORE the exam
- Set up a timetable for yourself
- Use checklists, try different study techniques, and test yourself frequently

2 - DON'T SKIMP ON YOUR SLEEP

With so much studying to do sleep is a common casualty of exam time. It's also one of your best allies for a clear mind, so if you care about your exam results, make sure you don't let it slide.

Aim to get 7 hours a night minimum leading up to exams (more if you're feeling tired), and ensure you get an early night before each exam, even if your exam isn't until the afternoon.

3 - WATCH YOUR DIET

Perhaps more than at any other time of year, nutrition levels are critical during exam time. Our brains simply can't function optimally if we're not supplying them with enough of the nutrients they need. Make sure you're eating plenty of fresh fruit, vegetables and whole grains. If you're eating out while you're studying, remember that there are healthy fast-food choices available - it's just a matter of finding them. Eat something rich in complex carbohydrates an hour or two before you go into the exam as well to avoid a blood sugar slump while you're trying to concentrate.

4 - KEEP MOVING

As the exams draw closer, it can be easy to lock yourself in the library (or your room) and not come out for hours at a time. The trouble with this is that when we stop moving, our brains get sluggish. If you want to make sure you're taking in what you study, it's important to get some form of exercise - even just a walk around the block - at least once a day.

5 - EXPERIMENT WITH RELAXATION

There are a number of different relaxation methods available - how many have you tried? Meditation, listening to soothing music, hypnosis, burning relaxing essential oils, yoga, tai chi, hot (or cool) baths, journaling and walking through somewhere green are all possibilities.

6 - DON'T FORGET TO BREATHE!

Both before and during exams, oxygen is your friend! Focussed deep breathing is a relaxation technique you can use regularly during the time leading up to the exam, and it's also a great tool to have during the exam itself. If you're stressed, consciously take slower, deeper breaths and watch yourself start to relax, your thoughts begin to clear as you do.

7 - REMEMBER HELP IS AVAILABLE

We have a Counselling Department on campus for a reason! If you are really stressed or experience test anxiety please make an appointment by calling 828-5023.

www.studentzona.com

For more information about campus wellness activities and events please see our website at www.tru.ca/wellness or check the "wellness info boards" on Student Street

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Last Class Bash '06

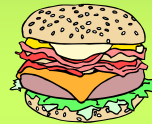
Live Bands



PRIZES!

Thursday, April 13
12-5 pm

Indy Lounge



Barbeque



DODGEBALL

...and so much more!!!

Schedule of Events - 12-5 pm

BARBEQUE - Noon (while food lasts)

- Outside Campus Activity Centre (CAC)
- Hot dogs & hamburgers

GLADIATOR CHALLENGES

- Outside CAC
- Inflatables: sumo wrestling, jousting, boxing, bungee run

INDY LOUNGE

- Independent Centre
- DE-STRESS booth, air hockey, driving simulator, photo booth, dance simulator, DJ International & Top 40 Hits

TRUSU LIVE BANDS

- Outside CAC
- Celebrate and enjoy live music

DODGEBALL TOURNAMENT (3:30pm)

- Outside Old Main
- Faculty vs. Students
- To register e-mail: prusso@tru.ca or krussell@tru.ca
- Registration deadline: April 10, 2006
- PRIZES!!

FREE FOOD & Activities!

Organized By:



TRU ORIENTATION



TRU Wellness Center
Live "TRU-ly" Well



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What if I PANIC During an Exam?

If you start panicking in the exam, and you find that the harder you try to work the worse you feel, practise "Stop the Wasp":

STOP - the self-defeating thoughts that are buzzing around like wasps - tell yourself instead that you are going to survive this experience, come what may. Go through the following "W-A-SP" squashing procedure, which you'll need to practise during milder forms of anxiety in the revision period (so you can learn to recognize the early stages of panic, which are easier to neutralize).

Familiarity with the procedure, through practice and mental rehearsal is essential emotional preparation.

WAIT - switch off and unwind for a few moments. Focus on breathing and then relax with eyes closed. This will help you return to the task afterwards with a calmer, clearer mind and a more constructive perspective.

ABSORB - taking in the relaxation, flood your mind with constructive self-talk (ideally from a repertoire of previously prepared and practised phrases); then slowly open your eyes and calmly bring yourself to face the exam situation.

SLOWLY PROCEED - get going again with the paper, as best you can, calmly, a step at a time...

This newsletter is sponsored by the TRU Wellness Centre and this issue has been published by TRU Wellness Coordinator Chelsea Corsi, RN, BSN, BSc



www.tru.ca/wellness/