

DECEMBER 2019

Check-out what's going on at Health & Wellness

unh.edu/health or [#BeWellUNH](https://twitter.com/BeWellUNH).



Intellectual Wellness

As the semester draws to a close, your intellectual wellness will take up a significant amount of your energy. Use this month's calendar to help find balance between academics and self-care.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 World AIDS Day </p> <p>We unite in the fight against HIV and to remember those who have died. We offer HIV testing, PrEP, PEP, and education. Learn more: http://www.unh.edu/health/wad</p>	<p>2 Mental Clarity </p> <p>We'll be offering guided meditation through December 13. New meditators welcome. Monday-Friday from 12:30pm-1:00pm at Health & Wellness.</p>	<p>3 Rx Plan Ahead</p> <p>If you are on medication, visit the Health & Wellness Pharmacy to get your refills for winter break. Learn more: http://www.unh.edu/health</p>	<p>4 Woof-Reshments </p> <p>Take a break and relax in our cafe-like environment with refreshments, relaxing activities and the therapy dogs/cat. 11-3, Thrive @HRC</p>	<p>5 Stimulants Not Needed</p> <p>Create a study schedule to help manage your time so you don't need to rely on Juuls/nicotine or other stimulants to stay alert to get things done.</p>	<p>6 Forget All-Nighters!</p> <p>Science shows that sleeping well after learning a new skill is important for improving memory and performance. After a day of studying, get 7+ hours of sleep.</p>	<p>7 Don't Forget Carbs!</p> <p>Give your brain the fuel it needs by eating carbohydrates which can improve cognitive and physical performance.</p>
<p>8 NEW! Study Spot!</p> <p>Our Thrive location in HRC is an ideal place to study. Hot tea, aromatherapy, a space to nap or meditate, and overall good vibes. Open December 9th - 11th from 11am-8pm.</p>	<p>9 Winter Blues?</p> <p>This week! You can borrow our light therapy lamp for up to 45 minutes while you study in the library. Visit the reserves desk. Light therapy always available at Health & Wellness.</p>	<p>10 Digest, Move, Rest</p> <p>Every 50 minutes: Take a break from studying to allow your body to rest. For additional mental clarity, be sure to eat balanced meals, avoid skipping meals, and move your body.</p>	<p>11 Survive & Thrive Finals </p> <p>Our Wellness Ambassadors want to help you not be frazzled. They'll be giving out free hot chocolate and adding a little inspiration to your day. 1-4pm, UNH Library</p>	<p>12 Stress is Good </p> <p>Your stress response will help you rise to the challenge by focusing attention, increasing motivation, and mobilizing energy.</p>	<p>13 Tend & Befriend</p> <p>Your tend and befriend stress response will help you with finals by dampening fear, increasing courage, and encouraging desire for social connection.</p>	<p>14 Exam Nerves?</p> <p>Try this: remind yourself that the stress you're experiencing could help you do well on your exam. Trust yourself. You got this.</p>
<p>15 Relaxation Tip</p> <p>Inhale a deep breath for 4 seconds Hold the breath for 4 seconds Exhale the breath for 4 seconds Hold the breath for 4 seconds Repeat, as needed.</p>	<p>16 School Nerves?</p> <p>With exams/grades, worry is a natural experience this time of year. Worry usually occurs when there is something at stake. What's at stake for you?</p>	<p>17 Get Lost in Memory</p> <p>Take a few minutes to look through photos from a time this semester when you felt happy. Make one of the moments your phone's welcome screen.</p>	<p>18 Congrats, Wildcat!</p> <p>You made it through the semester. Reflect on the last four months. Write down what you did that helped you complete the semester.</p>	<p>19 Notice What You Did Well</p> <p>Celebrating when you excel helps the brain rewire itself to look for more good things. Reflect on what you did well this semester, or even today.</p>	<p>20 Continue Learning</p> <p>Intellectual wellness happens in AND outside the classroom. What are you going to do this winter break to spark your curiosity?</p>	<p>21 Winter Solstice </p> <p>Tonight is the longest night in the northern hemisphere. Tomorrow, the days start to become longer with more daylight.</p>
<p>22 Rest and Digest</p> <p>After the semester, your body and brain go through a process called <i>rest and digest</i>. The body is recovering and the brain is processing what you learned.</p>	<p>23 Your Choice</p> <p>Wow. What a month. What would you like to do today?</p>	<p>24 Increase Happiness</p> <p>Gratitude increases happiness. Write 3 things you are grateful for. Do this everyday during winter break. Start today. Check-in with how you feel.</p>	<p>25 Reconnect</p> <p>Enjoy time seeing friends and spending time with family. Social connection is a key component of being well.</p>	<p>26 Transitions</p> <p>Take your time settling in and reacquainting yourself with being home (or wherever you are.)</p>	<p>27 Digital Detox</p> <p>Turn off your phone and other distractions. You choose the amount of time. Observe what else you may have energy for.</p>	<p>28 Energy Check</p> <p>Consider how you are spending your time; are you happy with the balance you've created? Does anything need adjusting?</p>
<p>29 Self-Worth ≠ Grades</p> <p>Your value isn't contingent on you getting good grades. Use this time to write down all your strengths, outside school.</p>	<p>30 Be a Book Worm</p> <p>What book have you been wanting to read? Enjoy reading for pleasure and the excitement of getting lost in your imagination.</p>	<p>31 New Year Choices</p> <p>It's a legit choice to celebrate without booze. If you choose to drink, plan how much you want to drink, share your plan with friends, and make an effort to stick to it.</p>				

= WELLNESS EVENT, opportunity to meet new people, relax with friends or calm your end-of-semester nerves

WHY SLEEP?

Sleep helps your body and mind rest and repair and is essential to obtaining the energy necessary to do well in class and cope with stress. Based on research, quality sleep may be as important to your health and well-being as nutrition and body movement.

College students need 7+ hours sleep/night.

Many students are getting much less. UNH students report sleep as a top concern negatively impacting academic success. The good news is that with a little education and some lifestyle adjustments, you too can sleep well.

SLEEP AND HEALTH

Want to be healthy? Get a good night's sleep.

- Poor sleep has been linked to chronic health conditions, including diabetes, cardiovascular disease and hypertension, anxiety and depression.
- Lack of adequate sleep over time has been associated with a shortened lifespan.

Sleeping well helps boost the immune system to combat colds and flu

MEMORY AND CONCENTRATION

Want to get good grades? Get a good night's sleep.

- Sleep helps your brain process information and boosts memory. Not getting enough sleep makes it difficult to remember information you may have just learned in class today or earlier this semester.
- Concentration is needed to perform well (in and out of the classroom). Lack of sleep makes it difficult for your brain to focus.

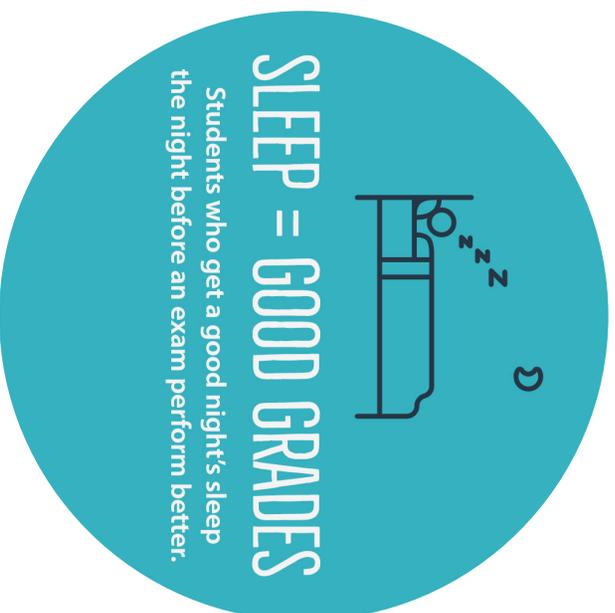
Students who took a 20-minute power nap before an exam performed better than students who relied on caffeine

JUDGMENT

Want to make good choices? Get a good night's sleep.

- Just one sleepless night can impair performance as much as a blood-alcohol level of 0.10 percent, beyond the legal limit to drive.
- Like alcohol, sleep deprivation also affects judgment, making it harder to assess how impaired you are when you're tired.

Sleeping well the first night after learning a new skill is important for improving memory and performance



ALCOHOL & SLEEP

Going to bed intoxicated can disrupt sleep for days. Alcohol suppresses REM sleep, the deep sleep stage needed to feel rested and refreshed. Lack of REM sleep interferes with mood regulation, cognitive functioning, and physical performance.

How Drinking Impacts Sleep

It takes at least 3 days to recover from alcohol intoxication

SATURDAY NIGHT

You go to bed intoxicated.

Although you sleep ten hours, your brain doesn't enter REM sleep (or enters it during the final few hours of sleep).

You wake up feeling sluggish.



SUNDAY NIGHT

You plan to catch up on sleep.

However, your sleep deprived brain enters REM REBOUND, staying too long in REM.

You wake up tired and struggle to focus on studying for Monday's mid-term.



MONDAY NIGHT

Your brain returns to a normal sleep cycle.

You wake up on Tuesday feeling rested, but it's too late for your exam.



ALL-NIGHTERS ARE A BAD IDEA

ALL-NIGHTERS AFFECT PERFORMANCE AS MUCH AS ALCOHOL

Being awake for 22 hours straight can slow your reaction time more than four alcoholic beverages. Like alcohol, sleepiness impairs judgment, so you don't realize just how impaired you are.

Adapted from Boston University Wellness & Prevention Services