# DECEMBER 2019
Check-out what’s going on at Health & Wellness
unh.edu/health or #BeWellUNH.

<table>
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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<td>1 World AIDS Day 🎀</td>
<td>2 Mental Clarity 😊</td>
<td>3 Rx Plan Ahead</td>
<td>4 Woof-Reshments 🐾</td>
<td>5 Stimulants Not Needed</td>
<td>6 Forget All-Nighters!</td>
<td>7 Don’t Forget Carbs!</td>
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<td>We unite in the fight against HIV and to remember those who have died. We offer HIV testing, PrEP, PEP, and education. Learn more: <a href="http://www.unh.edu/health/wad">http://www.unh.edu/health/wad</a>.</td>
<td>We’ll be offering guided meditation through December 13. New meditators welcome. Monday- Friday from 12:30pm-1:00pm at Health &amp; Wellness.</td>
<td>If you are on medication, visit the Health &amp; Wellness Pharmacy to get your refills for winter break. Learn more: <a href="http://www.unh.edu/health">http://www.unh.edu/health</a></td>
<td>Take a break and relax in our cafe-like environment with refreshments, relaxing activities and the therapy dogs/cats. 11-3, Thrive @HRC</td>
<td>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.</td>
<td>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.</td>
<td>Give your brain the fuel it needs by eating carbohydrates which can improve cognitive and physical performance.</td>
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<td>8 NEW! Study Spot!</td>
<td>9 Winter Blues? This week!</td>
<td>10 Digest, Move, Rest</td>
<td>11 Survive &amp; Thrive Finals</td>
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<td>13 Tend &amp; Befriend</td>
<td>14 Exam Nerves?</td>
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<td>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.</td>
<td>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 &amp; Wellness.</td>
<td>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.</td>
<td>Our Wellness Ambassadors want to help you not be frazzled. They’ll be giving out free hot chocolate and a little inspiration to your day. 1-4pm, UNH Library</td>
<td>Your stress response will help you rise to the challenge by focusing attention, increasing motivation, and mobilizing energy.</td>
<td>Your tend and befriend stress response will help you with finals by dampening fear, increasing courage, and encouraging desire for social connection.</td>
<td>Try this: remind yourself that the stress you’re experiencing could help you do well on your exam. Trust yourself. You got this.</td>
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<td>15 Relaxation Tip</td>
<td>16 School Nerves?</td>
<td>17 Get Lost in Memory</td>
<td>18 Congrats, Wildcat!</td>
<td>19 Notice What You Did Well</td>
<td>20 Continue Learning</td>
<td>21 Winter Solstice</td>
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<td>Inhale a deep breath for 4 seconds Hold the breath for 4 seconds Exhale the breath for 4 seconds Repeat, as needed.</td>
<td>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?</td>
<td>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.</td>
<td>You made it through the last four months. Write down what you did that helped you complete the semester.</td>
<td>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.</td>
<td>Intellectual wellness happens in AND outside the classroom. What are you going to do this winter break to spark your curiosity?</td>
<td>Tonight is the longest night in the northern hemisphere. Tomorrow, the days start to become longer with more daylight.</td>
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<td>22 Rest and Digest</td>
<td>23 Your Choice</td>
<td>24 Increase Happiness</td>
<td>25 Reconnect</td>
<td>26 Transitions</td>
<td>27 Digital Detox</td>
<td>28 Energy Check</td>
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<td>After the semester, your body and brain go through a process called rest and digest. The body is recovering and the brain is processing what you learned.</td>
<td>Wow. What a month. What would you like to do today?</td>
<td>Gratitude increases happiness. Write 3 things you are grateful for. Do this everyday during winter break. Start today. Check-in with how you feel.</td>
<td>Enjoy time seeing friends and spending time with family. Social connection is a key component of being well.</td>
<td>Take your time settling in and reacquainting yourself with being home (or wherever you are.)</td>
<td>Turn off your phone and other distractions. You choose the amount of time. Observe what else you may have energy for.</td>
<td>Consider how you are spending your time; are you happy with the balance you’ve created? Does anything need adjusting?</td>
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<td>29 Self-Worth ≠ Grades</td>
<td>30 Be a Book Worm</td>
<td>31 New Year Choices</td>
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<td>You’re value isn’t contingent on you getting good grades. Use this time to write down all your strengths, outside school.</td>
<td>What book have you been wanting to read? Enjoy reading for pleasure and the excitement of getting lost in your imagination.</td>
<td>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.</td>
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😊 = WELLNESS EVENT, opportunity to meet new people, relax with friends or calm your end-of-semester nerves.
WHY SLEEP?

How Drinking Impacts Sleep

**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.

It takes at least 3 days to recover from alcohol intoxication.

ALL-NIGHTERS AFFECT PERFORMANCE

**ALL-NIGHTERS ARE A BAD IDEA**

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