How to Manage Stress Before and After Midterms

By: Tayla Jenkins McCullough

We have all been there before! Whether it be an increase in your heart rate, constant jitteriness, or the all too familiar act of overthinking, stress seems to play a role in all of our lives. While there are certain aspects of our life that inevitably cause us to stress more than usual, such as an important exam or a holiday budget, luckily there are just as many ways to balance this stress. Listed below are a few tips on how to manage stress before and after midterms, which can also be applied during other stressful points in your life.

1. **Get organized. Get Prepared.** The more prepared you are, the more likely your intended result will end in success. This means jotting down important dates and/or information, valuing your time & utilizing it wisely, and most of all staying on task.

2. **Identify Stressors in Your Life.** We all stress over different things. Therefore it is important to identify the things that make you feel most stressed and the reason why so that you can work on the root causes.

3. **Maintain a healthy lifestyle.** Eating habits and activity level are important when it comes to managing stress levels because a lack of either could negatively affect mental and physical wellbeing. Thus, it is essential to get enough rest and find time to relax.

4. **Replace unhealthy coping methods with healthy ones.** We all have various habits that we use to deal with our stress that may not be the best for our health, such as smoking or procrastination. Replace this with a healthier habit such as exercising.

5. **Enjoy yourself & Connect with others.** It is important to make yourself laugh and spend time with those who comfort you. During your most stressful period, take away from routine and go catch a movie, get some ice cream, or watch your favorite TV show.

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**Tips for Staying Healthy During Flu Season**

1. **Wash your hands.** We tend to use our hands in most of our daily activities and it is often times unconscious. Therefore it is important to keep them as clean as possible to avoid spreading germs. If you are on the go, hand sanitizer is a great alternative, but should not totally replace soap and warm water.

2. **Avoid touching eyes, nose, and mouth.** In the event that your hands are not clean, avoid the areas that are prone to spreading germs in efforts to not get sick.

3. **Keep your surroundings sanitized and clean.** Germs like to hide out in our favorite and frequently used places, so keep these areas sanitized in order to minimize the risk of spreading.

4. **Practice good health habits.** Keeping a balanced diet full of vitamins, minerals, and nutrients is a great way to make sure you assist your body in fighting off illnesses during this season. It is also important to stay active and keep your body moving.

5. **Rest.** Allowing your body to recuperate when tired will give it the break it needs to continue fighting off any sickness.

6. **Avoid contact with those already sick.** Considering that most common colds and flus are spread from person to person, it is important to try and avoid those already infected in order to fight potential exposure.

7. **Cover the cough.** If you do in fact get sick, remember to steer clear of others to avoid infecting them. This means to cover your coughs and sneezes, and to properly dispose of any contaminated materials, such as used tissues.

Stay Well!
How to Stay Involved on Campus While Living in the Townhouses or Apartments

By: Ariel Gipson

Transitioning from living at home to living on a college campus can be a big adjustment. Although this transition can be difficult, there is a lot of support for students moving in the dorm. For example, your Residence Assistants live nearby and your Resident Director lives right below you. They both are there to keep you informed about events on campus and to make your transition into college life a little easier.

When you move out of the dorms and into a townhouse, or apartment you still have all of these people to help you out, however, it can be difficult to get into contact with them. When living in the dorms, oftentimes, there are posters everywhere letting you know what is going on around campus, and your RA’s, and RD will let you know about events on campus and to make your transition into college life a little easier.

When you move out of the dorms and into a townhouse, or apartment you still have all of these people to help you out, however, it can be difficult to get into contact with them. When living in the dorms, oftentimes, there are posters everywhere letting you know what is going on around campus, and your RA’s, and RD will let you know about events also.

However, once you move out of the dorms, there is a lot less support, and it is up to you to find out about most events happening on campus. One way to do this is to download the UIS mobile app, which always has both fun and academic events posted. In addition, UIS campus announcements sends an email every morning informing you of the events happening for day, and upcoming events. Lastly, there is always a ton of flyers posted around campus in the cafeteria, the library, and UHB informing you of upcoming events. Doing these things will make it easier to find out about events and will make campus life a lot more fun for you.

Useful Dates and Events:

Friday, Nov, 3rd: Senior Symposium

Spring Class Registration: Priority registration begins on November 6th

Tutoring Times

Cap Studios: Tuesdays 6pm-8pm
Fridays 11am-1pm

*All studios/tutoring takes place in the LRH Great Room

Contact Information

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