

# STALL STREET JOURNAL

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## SLEEP & NAPPING

Sleep is the premier factor of all aspects of one's individual health and wellness. If you cannot focus on any other aspects of health, get to know the necessary facts about sleep. Seven to nine hours of sleep a night is the most beneficial amount for energy, memory, and rest. If you get less, your brain will not get the sufficient amount of time to recover, and you will end up feeling groggy and tired. Too much sleep could be a sign of possible medical problems such as headaches, depression, or back pain. Not only does sleep regenerate your muscles and physical attributes, but it also assists with the emotional and logistical aspect of the brain. REM sleep is the stage of sleeping where the brain transfers short term information into long term storage for more effective memory and information retention. Statistics have shown that sleep has a direct correlation to GPA. On average, students who sleep the recommended amount of 7-8 hours a night received an average GPA of 3.5. However, students who regularly slept 6 hours a night received a significant drop in average GPA to 2.5. Both physically and mentally, sleep is extremely crucial in the health and wellness of individuals. As college students, we all love to take naps. Beneficial naps should last between 20-30 minutes in length. This will allow your brain to rest enough so that alertness and energy will be restored when you awake. A nap shorter than 20 minutes will not allow for sufficient energy boost. A nap longer than 60 minutes will make your brain think that you are going to sleep. Therefore, you end up groggy and tired after longer naps. Stay away from taking naps late in the day as this will throw off your sleep schedule. There are great benefits to napping, which include a restoration of energy and increased alertness and awareness. Napping too long, however, can lead to feeling groggy, inattentive, and even more tired.

## "SEX STUFF": CONDOMS

For some of you, this is your first time away from home. So while you are here I'll provide you with some helpful information about sex. Yes, I said it, sex! We all know it's happening so why not make sure that everyone is being safe.

Here is some parental advice: condoms are 98% effective in preventing unintended pregnancies and STIs when used effectively. In order to use condoms effectively here are some condom don'ts:

- Don't leave condoms in hot places like your wallet or car. Cold places like the refrigerator are also a no go
- Don't use expired condoms
- Don't use a condom which out checking the package for holes or tears
- Don't use a female and male condom at the same time
- Don't unroll the condom before putting it on a the erect penis
- Don't use oil based lubricants, instead use water-based lubricants. These are available for free in Health Services!
- Don't forget to leave room in the tip for semen. Simply pinch the tip of the condom when you unroll it

## GETTING YOUR VEGGIES

I love to eat. Everything. Rather – almost everything. I don't like vegetables. I do not know why because I am willing to try almost any kind of foreign food, but there is something about the idea of sitting down to a big plate of vegetables that just turns me off. I'm also an athlete, and I have a family riddled with health issues, so I know the importance of having a good, balanced diet. This year I decided instead of choking down another bowl of steamed spinach, or exclusively eating the only vegetable I actually enjoy, broccoli, I would be creative in how I get my veggies in. Here are some different ways to get your three to five of vegetables that are sure to please any picky eater! If you don't like leafy greens, try them in a smoothie! You can put almost anything in a smoothie so be creative in how you mask the greens! I like hiding spinach under delicious bananas and berries with some skim milk. Another trick is to hide veggies in dips. While not technically considered a vegetable dip, guacamole is delicious on carrots and raw broccoli. Avocados, the base of guacamole, are also a brain boosting food, so this is the perfect snack for midterms study sessions! Another easy one you might already be doing is sneaking veggies in sandwiches and soups or on top of pizza! The important thing to remember is all veggies are not the same! While you may not like spinach, you might love carrots or peppers.

Try different kinds, and try them often. Just because you gave mushrooms the stink eye when you were 5 doesn't mean they won't be your favorite now.

## STAYING ORGANIZED

With midterms time upon us, it is important to stay on top of the various activities and assignments that fill your busy schedule. Before you find yourself lost in the semester, consider how you can effectively manage everything you are involved in. Staying organized is the key to many students' success. As someone that people may consider "over involved" I have come up with my own system to stay on top of my busy schedule. Here are some tips you will also find useful!

**Write everything down**

- Keeping everything written in one location, whether it is a planner or your phone calendar will keep you up to date on the busy days you have coming down the road! You don't want to double book meetings the weekend before your big accounting midterm!
- Writing things down will probably also help you remember them, without having to reference a syllabus every night to check your reading assignments
- I always feel more accomplished at the end of a task when I can cross it out in my planner. There is nothing like crumpling up my "URGENT" sticky note and throwing it away!

**Prioritize**

- No matter how organized you are, there will come a time where you feel overwhelmed. We all have a lot going on in our busy lives, so remember you are not alone. Take a deep breath. Vent to someone who is willing to listen.
- When you are ready to sit down and get started on what looks like will be an all-nighter, write down each assignment in order of importance. Delegate an amount of time you will be spending on each task that will not only allow you to do a good job on the assignment, but also will allow you to get a good night's sleep.
- Although school work is important, do not always prioritize it above other things you care about. Don't forget the importance of clubs, your friends and your own health when you schedule your busy days.

**Take time for the "little things"**

- Someone told me that by not making your bed every morning you are allowing chaos into your life and I could not agree more. The little things like making your bed start turning into big things like leaving clothes all over your room.
- Staying organized may seem tedious, but it is essential to maintaining a healthy stress level. You will be less productive in a messy room. If you are unsure where all of your problem sets are for a class, you are likely to feel more stressed about it. Take some time every week to relook and make sure you are organized. It may seem silly or like a waste of time, but it is the little things that will make the rest of your semester slightly less stressful.

Staying organized can be the key to stress prevention. No matter how many activities we have on our plates, it can be difficult to give 100% to any of them if we're too overwhelmed to concentrate. Remember, it's important to take time for you! Just setting aside 15 minutes a day to decompress can do wonders for your stress level. Take deep breaths!

**Have wellness questions?  
Email [wellness@babson.edu](mailto:wellness@babson.edu)**

## #HAPPYHEALTHY HALLOWEEN

Halloween is almost here! For some of us that means enjoying fun size Snickers and hours of Hocus Pocus, but for others it might mean a week full of costumes and friends. No matter the way you celebrate, we should all be safe while doing it!

- **Choose a safe drink limit.** If you're choosing to drink, plan ahead. Remember, just because it's a holiday doesn't mean your body can magically handle more alcohol.
- **Candy does not equal dinner.** Eating before we spend long nights with friends, regardless of whether or not we're drinking, means we need energy, and that comes from food. Think lean protein and healthy fats!
- **Drink plenty of water.** Ever hear the phrase "If you're thirsty, you're already dehydrated?" Be prepared by keeping a water bottle (full of water) by your side throughout the night.
- **Be respectful.** First, be respectful in your costume choices. If your Mom wouldn't like it, it's probably not a good idea. Be respectful to your peers; remember that some students will be studying for midterms this week and need the quiet. And lastly, be respectful to your professors. Not attending class or attending intoxicated because its Halloween are not valid excuses.