SEASON’S GREETINGS

UPCOMING EVENTS

Stress Management for the Holiday Season
Meet, Eat, & Learn
Wednesday, December 5th
12-1 PM
International Centre

Stephanie Freed, Psy.D. from the UND Counseling Center will be discussing what stress is, how we get stressed, and ways to manage stress. You will also have the opportunity to engage in two stress management activities: mindful eating & learning to play.

De-Stress Fest
“Come De-Stress at the Carnival Fest”
Wednesday, December 5th
Memorial Union Loading Dock
11AM-3 PM

This Issue:
- Upcoming Events
- Calm Your Body
- Vegetarian Chili Recipe

Hours:
Monday-Friday
8:00am-4:30pm
Or
visit our website at:
http://und.edu/student-life/womens-center

Kay Mendick, Director
Patty McIntyre, Program Associate

Find us on Facebook for Event Updates and Information:
Search UND Women’s Center

Happy Holidays
As November ends and finals draw closer, many of you may be feeling more stressed and anxious than usual. As stress increases, our level of anxiety also rises. There are two ways we experience anxiety- in the body and in the brain. My mantra? Calm your body to calm your mind. Imagine this scenario: a close personal friend comes into your room crying and very shaken up. What’s the first thing you intuitively do? You hold her, embrace her, lightly rub her back, maybe get her a glass of water. You help her to be calm physically. As you do this you see a change in her emotional state. She has calmed down and is no longer in extreme emotional distress. Now, this intuitive need to give physical comfort is exactly what you should bring to your self.

I can’t stress enough (pun intended) how important it is to take time to deep breathe everyday. Again, calm your body to calm your mind. Try this deep breathing exercise. Get in a comfortable position. You will need to count to five by physically tapping your foot or hand (if you count in your head you run the risk of counting too fast). While you slowly count, breathe in using your nose, mouth, or both. Breathe in slowly all the way to 5, filling your lungs. Now breathe out slowly to the count of five. Your stomach and rib area, not shoulders, should be rising and lowering with each deep breath. Repeat this exercise 3 times, various times throughout your day (even when you do not feel overly stressed).

Another great relaxation technique is Progressive Muscle Relaxation. This technique involves starting at your head or feet and progressively tightening then loosening the muscles of your body. It trains you to know the difference between tight stressed muscles and loose relaxed muscles. I have found that by the end of this practice I am in a relaxed meditative (and sometimes sleepy) state. Look up Progressive Muscle Relaxation videos on YouTube and give it a shot.

In the end, it is important to remember to enjoy life. To remind yourself of your amazing and special qualities that make you the great human that you are. Yes, I said human, not student. Your academic status does not define you. It is your strengths and weakness, triumphs and failures, in all aspects of life that make you special. Treat your body and brain well. Remember to keep things in perspective. Spread kindness and caring. And last, take time to enjoy this beautiful life.
Thick and Hardy Vegetarian Chili

1 package portabella mushrooms
1 small zucchini
1 small sweet potato
1 can corn
2 cans kidney beans
1 can black beans
1 of red pepper and green pepper
1 medium yellow onion
1 ½ cup brown basmati rice
2 large cans crushed tomatoes
2 large fresh tomatoes
1 package vegetable broth
2 tablespoons olive oil
3 garlic cloves
1 tsp lime juice
2-3 tablespoon chili powder
1 heaping tablespoon cumin
1 heaping tablespoon oregano
1 heaping tablespoon basil
Hot sauce (to taste)- I use Cholula Chili Garlic Hot Sauce
½ tablespoon yellow mustard
Salt and pepper (to taste)

Place olive oil in pan. Heat over medium-high. Sautee onion until they begin to caramelize. Add chopped garlic. Stir. Let cook for a couple minutes. Now add freshly chopped and canned tomatoes. Stir and let this cook while chopping up the rest of the vegetables.

Add sweet potato, zucchini, and mushrooms. Stir. Add vegetable broth and rice. Let cook. Add all spices now (besides salt and pepper).

Add all canned goods and stir thoroughly. You’re going to want to let chili sit for about an hour, stirring occasionally. May need to add more broth or water if rice begins to suck up too much water.

Add lime juice, hot sauce, and mustard. Taste. If needed, add more spices and salt/pepper.

Chili is done when rice is done cooking and sweet potato chunks are soft!

**Note: don’t be afraid to add more garlic, spices, and vegetables**
7 Study Tips for Finals Weeks

1. **Take Time to “Time Manage”**: Organize what you need to study and create a routine.

2. **Set Realistic Study Goals**: Don’t overwhelm yourself and give yourself plenty of time to study for each exam.

3. **Take Lots of Breaks**: Try not to study for more than an hour at a time.

4. **Plan Where You Will Study**: Make a plan for where and when you will be studying.

5. **Don’t Bring Food with You**: Food can create distraction. Bring a beverage to keep you hydrated and focused.

6. **Reward Yourself**: Once you have mastered a chapter, book, etc. treat yourself to a movie, lunch, something other than studying.

7. **Ask for Help**: If you aren’t getting the material, ask your professor or classmate to help explain it to you prior to the exam.

http://www.simmons.edu/blogs/300thefenway/2011/12/7-awesome-study-tips-for-finals.php

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Where to Find Us:

Have a SAFE & HAPPY Winter Break!