Toilet Talk

December 2014—Issue 29

Surviving Finals

Healthy Habits During Finals Week

- Get organized!
- Get 8 hours of sleep
- Exercise to relieve stress
- Eat good & healthy meals
- Stay hydrated with water
- Double check your exam times
- Get rid of distractions
- Manage your caffeine intake
- Go places where you know you will actually study
- Take advantage of “Dead Day”
- Don’t procrastinate!

Study Break!

Studying can get exhausting so it’s only natural to take breaks here and there. Below are some beneficial study break tips to help put your mind at ease.

- Stretch—Bust out the old high school stretches such as overhead stretches, lunges, touching your toes, or just anything to stretch out your muscles after being hunched over your books all day.
- Go for a walk—Take a quick walk around the library or wherever you are studying. Some quick breaks from reading, typing, or writing will only help you get more done in a day.
- Stray away from social media—Although most of our phones are attached to our hands at all times, don’t let the social media world take over your studying.
- Schedule your breaks—Set goals such as “once I finish this chapter, I can take a quick break” to keep yourself on schedule while studying if you are starting to feel bogged down.

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Upcoming Events

APB -
Midnight Breakfast / Chill Out
12/9 @ 9 p.m. at The Loft

USI Textbook Rentals Due
12/19—All day

Brain Food

Blueberries
Avocado
Dark Chocolate
Green Tea
Apples