

Total Wellness in 3 Steps: Holiday Edition

We know how crazy the college lifestyle can be and we're here to help!

1. Stress Relief, Finals and You

- **If you don't get eight hours of sleep, make sure you take a nap during the day**
- **Use pictures, anagrams, and mnemonic devices to help memorize facts.**
- **Try explaining concepts from your classes to a roommate or friend.**
- **Eat a lot of fruits and veggies**
- **Take time to RELAX during finals week!**

3. New Years Safety 101

If you catch a buzz, catch a ride -- designate a sober driver before all holiday parties

Friends Don't Let Friends Drive Drunk. Take the keys and never let a friend leave your sight if you think they are about to drive while impaired.

If you are hosting a New Year's party, remind your guests to plan ahead and designate their sober driver

Keep your distance at intersections. Drunk drivers tend to cut the corners short or wide.

Beer and wine are just as intoxicating as hard liquor. A 12-ounce can of beer, a five-ounce glass of wine, a 12-ounce wine cooler and an ounce-and-a-half of liquor contain the same amount of alcohol.

2. Holiday Gifts

Top 5 Gifts That Won't Break the Bank!

1. iTunes Gift Cards
2. Personalized Picture Frames
3. Mixed CD's
4. Donation to charitable organization
5. Favorite assortment of candies or cookies

STRESS-FREE ZONE!

Join us for some fun holiday-themed events and de-stress before finals.

- **Coloring**
 - **Play-Doh**
 - **Hot Cocoa and Cookies**
- and much more!**

Friday December 11th
2 to 5 pm
faculty lounge

s.w.e.e.t. Peer Educators are SHU students equipped with information and resources to help lower the risk of eating disorders, alcohol poisoning, depression, and other wellness-related issues, and to promote a safer, healthier, happier campus community through various fun and educational programs. If you are interested in learning more about s.w.e.e.t. or becoming a Peer Educator, e-mail Karen Flanagan at flanagank879@sacredheart.edu. This message has been approved by the Student Wellness Education and Empowerment Team.