Try This Tip of the Month
Do you ever feel overwhelmed — your thoughts are racing and you can’t seem to reel them in? If so, TRY THIS:

Engage your senses. This grounding exercise can help bring you down and reset your racing thoughts. This can be done anywhere. Start by taking a few deep breaths.

1) Name five things you can see.
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2) Name four things you can hear.
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3) Name three things you can feel.
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4) Name two things you can smell.
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   •

5) Name one thing you can taste.
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How are you taking care of you?
Welcome back to Mercer Healthy Living at the Lake! This publication, written specifically for WSU-LC students, focuses on resources for physical, mental and emotional wellness.

As you work toward the end of the semester, prepare for finals and navigate this weird holiday season, we want to make sure that you’re taking good care of your own well-being. This edition of Mercer Healthy Living at the Lake focuses on overcoming burnout and prioritizing self-care — which can mean anything and everything from nourishing your body with healthy food and exercise, making safe choices, managing anxiety and stress, coping with the struggles you’re facing and finding and focusing on the positive.

Our hope is that as you take care of everything on your to-do list — classes, homework, finals, work — you take care of you, too.

STRESS: How to recognize and manage it
We recognize during this unprecedented time that your health and wellness might have been pushed to the back burner. But this is also a time that your physical, mental & emotional well-being are more important than ever!

Stress is your body’s way of responding to any kind of demand or threat (insert finals!). And stress sure can be sneaky. Often we don’t even recognize the effects it can have on our body:

Cognitive: memory problems, inability to concentrate, poor judgment, seeing only the negative, anxious or racing thoughts, constant worrying

Emotional: depression, anxiety and agitation, moodiness, irritability, anger, feeling overwhelmed, loneliness

Behavioral: eating or sleeping more or less, withdrawing from others, nervous habits, neglecting responsibilities

Physical: aches and pains, nausea, dizziness, diarrhea or constipation

It’s probably a safe bet that you have recognized one of those effects of stress in the last few weeks. Which is okay because it’s a normal body reaction! What’s most important is recognizing the stress and then managing it. Don’t let the stress take over. When you start to sense stress, try these tips:

Focus on your breathing. Inhale and pause. Exhale and pause. Repeat.

Practice mindfulness. Yoga, mindful walks, mindful imagery (picturing yourself in your favorite place and thinking of all the things you enjoy about it such as smells, feelings, sights, tastes)

Learn to Relax. Find time to unwind and engage in activities you find joy in such as reading a book, listening to music, or calling a friend

Get moving. Physical activity is great for combating stress!

Connect with others (6 feet apart of course). Call a friend or family member, write a letter in the mail, video chat, talk to classmate. The simple act of talking with another human can trigger hormones that relieve stress when you’re feeling agitated or insecure.
Are you thriving? Or just surviving?

We talked about how stress can be sneaky and sometimes difficult to recognize. It can also be difficult to “gauge” how you’re really doing when someone asks. We often default to “I’m okay,” or “I’m managing,” because it’s a simple, straightforward answer.

Take a few minutes to review this chart and see where you fall. What changes can you make—or what self-care practices can you implement—to help move yourself toward thriving?

If you currently rate yourself in the orange or red categories, there are resources available to help you! Don’t ever feel like you have to struggle or manage a crisis situation alone. Counseling for students is available. At this time, all counseling services will be taking place virtually. Please contact kim.altstaetter@wright.edu to set up a meeting.

Mercer Health now offers the Creating Opportunities for Personal Empowerment (COPE) program for patients up to age 21. COPE teaches coping skills, including positive self-talk, mental imagery, exercise, relaxation breathing and effective communication. If you would like to learn more, contact Mercer Health at 419-678-8446.

Healthy Smoothie Recipes

Smoothies are great for busy mornings. Mix one up the night before and keep it in the fridge, or make a big batch and freeze in single servings. Throw it in your bag and it will thaw by mid-day for a healthy snack. Try adding frozen greens to any of these recipes for an extra serving of veggies!

**Peach Mango Smoothie**
1 cup frozen peaches, 1 cup frozen mango, 1 cup greek yogurt or skim milk, 1/4 tsp turmeric, 1/4 tsp ginger

**Triple Berry Smoothie**
1 banana, 1 cup frozen strawberries, 1 cup frozen blackberries, 1 cup frozen raspberries, 1/4 cup almond milk, 1/2 cup greek yogurt

**PB&J Smoothie**
1 cup frozen strawberries, 1 banana, 1/4 cup peanut butter, 1 cup skim milk

Sometimes laughter is the best medicine

i didn’t even ask to be born and now i have to go to school and pick a career so i can earn money to survive and live

 Via Buzzfeed