

Feeling Well at Xavier

Volume 44 Issue 9

COUNSELING & WELLNESS

Feb/Mar 2018

Midterms and Finding Ways to Deal with Your Stress

It can be stressful being a college student. Also, being a high achiever adds additional stress on the college student. Particularly, students who strive to be a high achiever will experience exam stress. According to Andrea Leyden, “stress exists for a reason and you can choose to let it be your downfall or use it to drive you to improve your overall work.”

To reduce stress from exams/quizzes or assignments, first you have to understand the causes of this heightened anxiety. Then you can establish methods to reduce the pressures you feel by looking at the following:

- Low motivation levels
- High expectation from others
- Competition from peers

Stress, especially during midterms will not go away and sometimes can motivate you to get through your finals and pass on to the next course level and year. To overcome stress, you need to reflect and plan throughout the entire semester to ensure you are able to stay focused and on the best path to succeed not only in academic but in your personal endeavors.

10 Healthy Ways to Beat Stress:

- Listen to Classical music
- Take a quick walk
- Plan your study routine
- Put exercise in your life
- Try to get enough sleep
- Use mobile apps
- Give your mind space
- Plan and eat balanced meals and snacks
- Let it all out
- Break free from distractions

Adapted from: Leyden, Andrea. How to Beat Exam Stress in 10 Easy Ways. (2015). <https://www.goconqr.com>

Remember stress is a part of our daily life. You want the stress that will help you maintain balance in your life and where you will be able to obtain your academic goals.

**Be Well,
CWC Staff**



Editor: Bracely Williams

These are the “Breaks”

Kyelajuan Bolding

Senior Psychology Major

During the spring semester, our schedules are bombarded with multiple breaks, but who’s to complain. As much as we want to lounge around, and catch up on our favorite television series, we must come to realization that first and foremost we are students. Moreover, as students return to campus, we have to face reality that assignment deadlines are approaching, presentations have to be completed, or midterms/finals are near. With that being said, here are some tips to keep our brains stimulated and alert during these various mini vacations.

- Get Physical Exercise. A great way of keeping our minds functioning and active is to exercise for at least 30 minutes a day. Some activities may include a brisk walk, bicycling, or dancing.
- Get mental stimulation. Basically a “workout” for your brain. You can catch up on missed reading assignments, begin thinking analytically for that case study critique that has to be submitted after break, or working on a cross word puzzle.

- Get enough sleep. Catch up on sleep. This is another primal part of keeping our brains and bodies functioning. Make sure to get a full 8 hours each night.
- Be creative. Go to a paint or cake demonstration workshop. Try to achieve a DIY look that caught your attention.

Ok Xavierites, let's remember to open our books, work on assignments, and to study!



Did You Have a Stroke? – Identifying the Warnings Signs

Jordan Alonzo, Jasmin Eugene, and Taylor McBride, 2018 PharmD Candidates

According to the Centers for Disease Control, a stroke occurs approximately every 40 seconds in the United States and about 140,000 Americans die from a stroke each year.¹ A stroke is a severe brain injury that is the result of lack of blood supply to the brain (known as ischemic stroke) or bleeding in the brain that damages the surrounding tissue (known as hemorrhagic stroke).¹ A stroke is the fifth leading cause of death and the main cause of long-term disability in adults.^{1,2} Higher stroke death rates have been seen in the southeastern region of America, particularly among minorities, including African Americans and Latino Americans.²

Overall, studies have shown that African Americans are almost twice as likely to have a stroke compared to Caucasian Americans.²

The most common type of stroke is ischemic stroke, which is caused by blood clots or atherosclerosis, and fatty deposits in the blood vessels.⁴ These clots or deposits obstruct the blood flow to the brain.³ Further, it is important to know stroke preventative measures, because a stroke can have lasting effects. General approaches to stroke prevention are rooted in healthy lifestyle choices.⁴ Maintaining an appropriate body weight, incorporating regular exercise into weekly routines, smoking cessation, and having a diet that restricts sodium, cholesterol, and alcohol are all interventions to prevent stroke occurrence.⁴ Other risk factors for stroke include: having diabetes with uncontrolled blood sugar, high cholesterol, atrial fibrillation, peripheral artery disease, carotid artery disease and sickle cell disease.⁴

Quick identification of a stroke may be a matter of life or death for a person who is experiencing a stroke. Untimely identification may also lead to severe, possibly permanent paralysis.⁵ “FAST” is a short mnemonic used for the recognition of stroke symptoms. FAST stands for Face drooping, Arm weakness, Slurred speech, and Time to call 9-1-1.⁵ Additional symptoms that someone may experience are dizziness, confusion, and sudden numbness on one side of the body.⁵ If someone you know is experiencing any of these stroke signs, call 911 and get them to the hospital immediately.⁵

References:

- Vital Signs: Recent Trends in Stroke Death Rates– United States, 2000-2015. *MMWR* 2017; 66.
- Benjamin EJ, Blaha MJ, Chiuve SE, et al. On Behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart Disease and Stroke Statistics – 2017 Update: A Report from the American Heart Association. *Circulation*. 2017; 135:e229-e445.
- American Stroke Association. Ischemic Stroke. Available at: http://www.strokeassociation.org/STROKEORG/AboutStroke/TypesofStroke/IschemicClots/Ischemic-Stroke-Clots_UCM_310939_Article.jsp#.WmIRm4WcHIU. Accessed January 24, 2018
- Centers for Disease Control and Prevention. Preventing Stroke: Healthy Living. Available at: https://www.cdc.gov/stroke/healthy_living.htm. Accessed January 23, 2018.
- American Stroke Association. Stroke Warning Signs and Symptoms. Available at: http://www.strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms_UCM_308528_SubHomePage.jsp. Accessed January 23, 2018.

CWC Upcoming Events:

- March 14th, Wellness Day
- March 22nd, HBCU Workshop
- April 25th, Denim Day