



IN THIS EDITION:

- ACHE Resources
- Stress Management Tips
- Self-Regulation/Healthy Habits/Self-Awareness
- Resources



WELLNESS DOMAIN FOCUS: Academic/Intellectual

Date: March 30th 2020
Issue 2

Welcome to our Wellness Newsletter

This newsletter will focus on Academic Wellness. The domains of wellness will be interactive and ever evolving based on student's needs. We in the Wellness Department appreciate constructive feedback and information that you find helpful. Wellness is more than health; it is living fully. We believe wellness is conscious and inclusive, self-directed and evolving, holistic and multidimensional, positive and affirming. Wellness is fueling your body, engaging your mind, and nurturing your spirit. How we think about wellness is affected by our culture and our life experiences. Wellness is not passive; it requires active awareness, acceptance, and commitment through choices you make every day no matter how small. At this time our focus is on staying safe and healthy while maintaining academic success. Below are some resources to help you maintain your academic success while working through this current situation.

ONLINE WELLNESS WEEK MARCH 30TH-APRIL 4TH

Please email Carmelita.robertson@ache.edu if you would like to help with April's virtual wellness week. Games, stress management and information on April's topic of personal safety appreciated. All clubs are encouraged to pick a day and provide information. We will have links to online yoga and Tai-chi classes.

SUPPORT RESOURCES

ACHE Wellness department is prepared to support students and faculty that have anxiety or concerns related to Coronavirus. Understandably, you may have anxiety and concerns about COVID 19.

1. ACHE Wellness department is offering **online guidance 24/7 through WellConnect.com** (school code ACHE)
 2. Individual and Group counseling online through telehealth <https://doxy.me/achewellnesscounseling> using a HIPPA approved confidential platform. Taking appointments from 8:30am to 7:30 pm. Group counseling at 10:00am and 2:00pm online. Open groups for all students to support each other during this difficult time. Topics will vary.
 3. . Please schedule an appointment by emailing Carmelita.robertson@acheedu.org
- ACHE CARETEAM resources are always available as well for personal concerns or concerns of other students.



STRESS MANAGEMENT TIPS



Stress management is essential to maintain focus. Many resources are available to provide relief from stress that inhibits the ability to maintain academic success. Stress is a normal part of life and can be a motivator to excel. Stress can be from any change, positive or negative that a person must adapt to. The issue with unresolved stress is that it can lead to anxiety, depression, anger, difficulty concentrating, physical illness, fatigue, sleep issues and poor coping skills such as tobacco, drugs or alcohol and eating issues. Identifying and processing the causes of stress and the feelings related to them can help to reduce stress.

Ideas to help manage stress:

1. Healthy eating habits. Nutrition is important to maintaining physical and mental health. Healthy foods and plenty of water are essential to combat physical illness and fatigue.
2. Maintain daily routine. Managing time effectively will help alleviate some of the effects of stress.
3. Make sure you schedule time to eat and rest.
4. Schedule exercise in your routine. 10-15 minutes several times a day is just as effective as an hour a day.
5. Do things you enjoy. Take time to do the things that help you reduce your stress level. (art, music, dancing, nature)



Follow these tips to establish healthy sleep habits:

1. Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
2. Set a bedtime that is early enough for you to get at least 6 hours of sleep.
3. If you don't fall asleep after 20 minutes, get out of bed and do something boring.
4. Establish a relaxing bedtime routine. Ex: bath, herbal tea, reading (not textbook), guided meditation (see resources below)
5. Use your bed only for sleep and sex.
6. Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
7. Limit exposure to bright light in the evenings.
8. Turn off electronic devices at least 30 minutes before bedtime.
9. Avoid consuming caffeine in the late afternoon or evening.
10. Avoid consuming alcohol before bedtime.



SELF-REGULATION HEALTHY HABITS SELF AWARENESS



Self-regulation is central to effective human functioning. It allows us to act in our short- and long-term best interests, consistent with our deepest values. Self-regulation requires mental energy, and the brain is always looking for ways to conserve energy.

Healthy Habits require very little energy. As Duhigg, author of *The Power of Habit: Why We Do What We Do in Life and Business* says, “Any behavior that can be reduced to a routine is one less behavior that we must spend time and energy consciously thinking about and deciding upon” . With the cognitive economy and performance efficiency of habits the brain can conserve self-regulatory strength to focus on the important decisions in life, and free us to engage in our studies. Habits are powerful. With about 40% of our everyday behavior repeated in the form of habits, they shape our very existence, and ultimately, our future. Habits, in fact, are key to wellness. If you are striving to improve these, you need to think about habits, because if you change your habits for the better, you change your life for the better. To change a habit, you need to create new routines. We can maximize the probabilities for success with 2 essentials: self-awareness and strategies. Both are indispensable to successful habit formation.

Self-Awareness: Change becomes much more achievable if you establish routines that take advantage of your strengths, tendencies, and aptitudes. With self-awareness, you can cultivate the habits that work for you. Consider, for instance, differences in circadian rhythms. Circadian rhythms reflect our natural tendencies for sleeping and waking and influence our energy and productivity at different times in the day. The odds of success to improve your fitness won’t increase if, for example, you decide to rise an hour earlier to exercise each day when you happen to be a “night owl” rather than “morning lark.”

Self-awareness gives you the capacity to learn from your mistakes as well as your successes. It enables you to keep growing.

Lawrence Bossidy



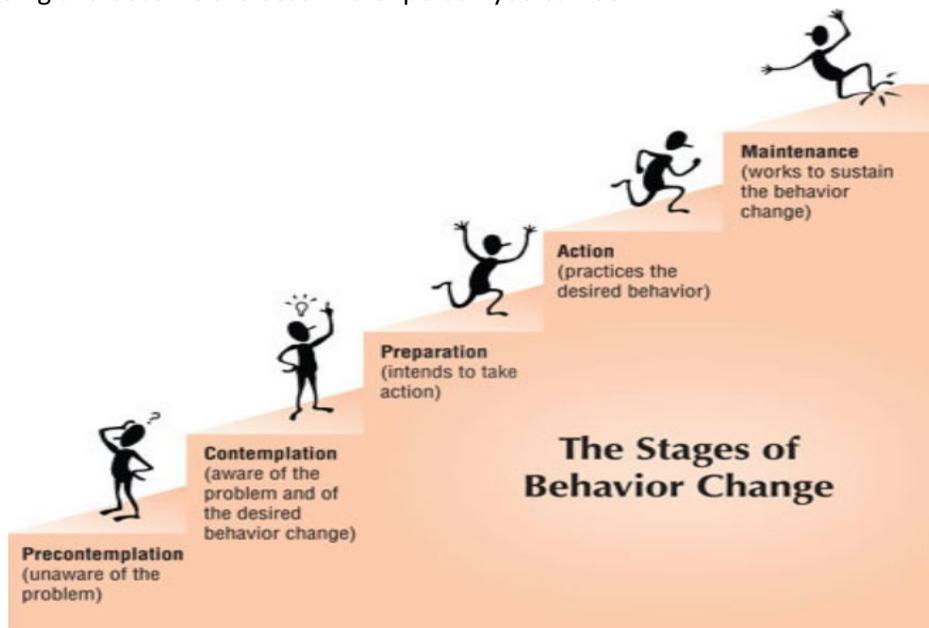
WE ARE HERE TO SUPPORT YOU: ACHE Wellness

Department

Carmelita.robertson@acheedu.org

Strategies

Change also becomes more achievable if you choose strategies that enhance your chance for success. Most successful habit change requires the coordination of multiple strategies to establish a single new behavior, and new habits, on average, take 66 days to form, so the more strategies used the better. Sometimes it requires repeated experiments and failures. But for ongoing betterment, the attempts are unquestionably worthwhile, and one success often leads to another. The choices you make today influence what your life will be in the future. Don't worry about getting it perfect; just get it going and become the best kind of person you can be.



ONLINE RESOURCES:

<https://student.korumindfulness.org/free-guided-meditations.htm>

<https://www.learningscientists.org/downloadable-materials>

<https://www.learningscientists.org/videos>

<https://www.rescuetime.com/>

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

<https://www.yogajournal.com/practice/beginners/how-to/office-yoga>

<https://www.sciencemag.org/careers/2020/03/working-home-because-covid-19-here-are-10-ways-spend-your-time>