

road trip

newsletter for commuter & off-campus students

September 2007

Welcome back, Dallas TWU Commuters! We hope you are ready for a great semester! This newsletter has some helpful tips to make your life a little easier as the stress of being back in school returns.



STRESSED??!

Most of our lives are filled with school, family, work, & community obligations, & at some point we feel as though we are "running on empty." Here are eight stress busters to help "fill up the tank!" So take a deep breath & read on.

1. Watch for the next instance in which you find yourself becoming annoyed or angry at something trivial or unimportant. Then practice letting go, making a conscious choice not to become angry or upset. Do not allow yourself to waste thought and energy where it isn't deserved. Effective anger management is a tried-and-true stress reducer.
2. Breathe slowly & deeply. Before reacting to the next stressful occurrence, take three deep breaths & release them slowly. If you have a few minutes, try out a relaxation technique such as meditation or guided imagery.
3. Whenever you feel overwhelmed by stress, practice speaking more slowly than usual. You'll find that you think more clearly & react more reasonably to stressful situations. Stressed people tend to speak fast and breathlessly; by slowing down your speech you'll also appear less anxious & more in control of any situation.
4. Jump-start an effective time management strategy. Choose one simple thing you've been putting off (returning a phone call, making a doctor's appointment), & do it now. Taking care of one nagging responsibility will energize & improve your attitude.
5. Get outdoors for a brief break. Our grandparents were right about the healing power of fresh air. Don't be deterred by foul weather or a full schedule. Even five minutes on a balcony or terrace can be rejuvenating.
6. Drink plenty of water & eat small, nutritious snacks. Hunger & dehydration, even before you're aware of them, can provoke aggressiveness & exacerbate feelings of anxiety and stress.
7. Do a quick posture check. Hold your head & shoulders upright & avoid stooping or slumping. Bad posture can lead to muscle tension, pain, & increased stress.
8. Plan something rewarding for the end of your stressful day, even if only a relaxing bath or half an hour with a good book. Put aside work, housekeeping or family concerns for a brief period before bedtime & allow yourself to fully relax. Don't spend this time planning tomorrow's schedule or doing chores you didn't get around to during the day. Remember that you need time to recharge & energize yourself. You'll be much better prepared to face another stressful day.

Back to school for parents means back to school for the kids as well. For some great tips on "Back to School Fun" recipes for lunches and after-school snacks, check out

<http://familyfun.go.com/>

They also have craft ideas, games, and other fun activities for you and your child to enjoy.



Eating is an important part of the day, but as school begins and schedules get hectic we often feel we don't have the time to do anything but grab a burger on the run. For easy recipes that take less time, visit <http://family.go.com/food/ms-quick-easy/>. They have meals you can prepare using only your microwave as well as healthy but quick choices. Also, <http://www.lifehack.org/articles/lifehack/over-100-quick-and-easy-healthy-foods.html> has a list of over 100 quick and easy healthy foods. Who can beat that?!



Looking for a cheaper, easier way to get around Dallas? Try the public transportation system known as DART. To find the routes closest to you, check out their website at DART.ORG It's also better for the environment! Help your wallet and feel good at the same time.



By all these lovely
Tokens September
days are here, With
summer's best of
weather And au-
tumn's best of cheer.
- Helen Hunt Jackson,
September, 1830-1885



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