

The Bennington Bi-Weekly

March 2021 Issue

In this Issue, Let's Talk About Self-Care



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“A poem begins with a lump in the throat; a homesickness or a lovesickness. It is a reaching-out toward expression; an effort to find fulfillment. A complete poem is one where an emotion has found its thought and the thought has found words.”

— Robert Frost

Let's Talk About Self-Care

Self-care means different things for different people. For some, it's getting outside and taking a walk, for others it's curling up inside with some entertainment and a warm drink. Whatever it means for you, being mindful of your mental, physical, and emotional needs will help you destress and relax.

What do you do to destress and relax? Consider journaling if you haven't found something that works yet.

POSITIVITY

LAUGHING HELPS REDUCE STRESS HORMONES. MAYBE THERE'S A STAND-UP THAT ALWAYS MAKES YOU SMILE OR LAUGH? THINK ABOUT WHAT MAKES YOU SMILE.

"UNPLUG"

TAKE 10-15 MINUTES OUT OF YOUR DAY TO COMPLETELY STEP AWAY FROM MEDIA, EMAILS, AND ELECTRONICS. ALLOW YOURSELF TO STEP OUT OF THE NECESSITY OF BEING AVAILABLE AND SIMPLY FOCUS ON YOU.

ACTIVITY

WHAT'S AN ACTIVITY YOU DO IN YOUR FREE TIME TO RELAX? FREE TIME YOU DON'T SEEM TO HAVE AT THE MOMENT? TRY TO MAKE TIME FOR THAT ACTIVITY THIS WEEK! BLOCK OUT A DAY AND AN HOUR OR TWO THAT'S YOURS TO SPEND HOWEVER YOU'D LIKE! SEE IF YOU CAN MAKE THAT TIME EVERY WEEK!

MEDITATE

DEEP BREATHING AND IN-WARD FOCUSED THOUGHT IS KNOWN TO DECREASE BLOOD PRESSURE (HARVARD HEALTH).

EXERCISE

PHYSICAL ACTIVITY RAISES YOUR HEART RATE AND CAUSES YOUR BRAIN TO RELEASE ENDORPHINS WHICH HELPS RELIEVE STRESS (HARVARD HEALTH).

Maintaining Good

SLEEP HYGIENE

- 01** Go to bed and wake up at the same time each day
- 02** Avoid daytime naps
- 03** Don't stay awake in bed for more than 5-10 minutes
- 04** Don't watch TV, use a computer/tablet/phone, or read in bed.
- 05** Have a quiet, comfortable bed room.
- 06** Avoid drinking caffeine in the late afternoon or evening
- 07** Create a comfortable pre-bedtime routine



How can I Get Restful Sleep?

*Keep in sync with your
natural sleep/wake cycle
(Health Guide)*

*Manage your
exposure to light*

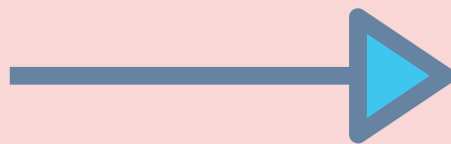
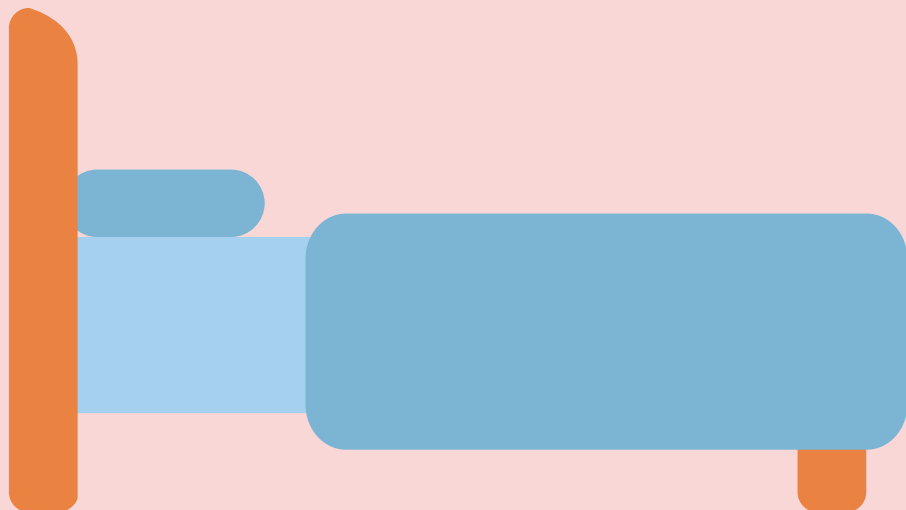
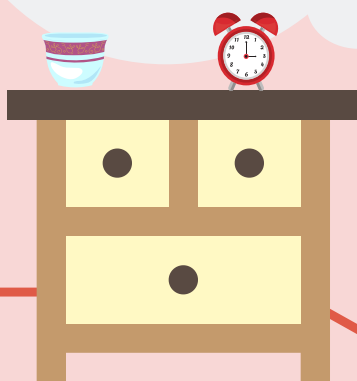
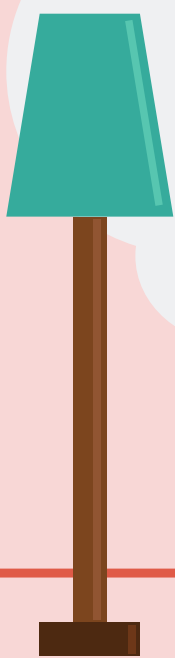
*Learn methods of falling
back to sleep*

*Exercise during
the day*

*Be aware of what
you're eating and
drinking and when*

Check out "How to Sleep Better" at Health Guide, healthguide.com, for in depth details on how to achieve the tips above!

Why is getting restful sleep important? I am tired a lot of the time, but isn't that common for most people?



Sleep Deprivation Can Lead To:

Attention Lapses

Reduced Cognition

Delayed Reactions

& Mood Shifts

It is possible to develop a tolerance to chronic sleep deprivation. This sustained lack of sleep can lead to medical conditions such as:

"Obesity, Type 2 Diabetes, High Blood Pressure Heart Disease, Stroke, Poor Mental Health, and Early Death"
(Sleep Foundation).



WOMEN'S HISTORY MONTH

To honor a woman who inspires you this month, write her a thank you note



Upcoming Events and Information

Health Observation Days for Your

Calendar:

**National Sleep
Awareness**

Week :

3/14/2021 -

3/20/2021

**Epilepsy
Awareness,
Purple Day**

3/26/2021

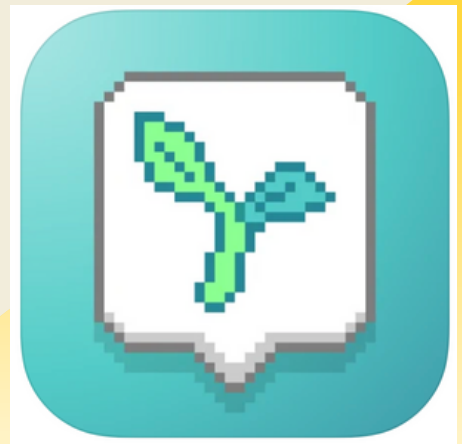
**Multiple
Sclerosis**

**Education and
Awareness Month**

Aloe Bud is a free, gentle reminder app that helps you keep on track with your self-care necessities! It also has a useful journaling function which creates a unique two-in-one experience.

Let us know if you check it out over on our social media!!

App Spotlight



Check out our Weekly
Themes below to see what
type of content will be up on
our social media!!



Bennington
Student
Health
Promotion



bennington
student
healthpromo



btonhealth
promo

Weekly Themes!



MIND
FUL
MON
DAY

An orange square graphic with a white oval on the left containing a line drawing of a hand holding a sprig of a plant. To the right of the oval, the words "MINDFUL MONDAY" are stacked vertically in a white, serif font.

TEMPERAMENT



TUESDAY



wellbeing
WEDNESDAY

A circular graphic with a green, brush-stroke-like border. Inside the circle, the word "wellbeing" is written in a cursive font, and "WEDNESDAY" is written below it in a smaller, green, sans-serif font.



THROW
BACK
thursday

A square graphic with a black background and white text. The words "THROW BACK" are stacked vertically in a white, sans-serif font. Below them, the word "thursday" is written in a smaller, lowercase, white, sans-serif font. There are small, colorful dashes between "THROW" and "BACK". The graphic is framed by a white border and has yellow tape-like corners.



FEEL GOOD
FRIDAY

A square graphic with a white background. At the top is a colorful cassette tape icon. Below it, the words "FEEL GOOD" are written in a large, bold, black, sans-serif font, and "FRIDAY" is written below that in a smaller, bold, black, sans-serif font.



SAFER
SEX
Saturday

A square graphic with a light purple background. The words "SAFER SEX" are stacked vertically in a white, sans-serif font. Below them, the word "Saturday" is written in a smaller, white, cursive font. To the right of the text is a white line drawing of a bunch of grapes.



SLOW IT
DOWN
SUNDAY

A circular graphic with a light pink background and a thin black outline. The words "SLOW IT DOWN" are stacked vertically in a white, sans-serif font, and "SUNDAY" is written below them in a smaller, white, sans-serif font.

Resources and Sources

- Publishing, Harvard Health. "5 Ways to De-Stress and Help Your Heart." Harvard Health, Harvard Health Publishing, www.health.harvard.edu/heart-health/5-ways-to-de-stress-and-help-your-heart.
- <https://www.helpguide.org/articles/sleep/getting-better-sleep.htm>
- <https://www.sleepfoundation.org/articles/why-do-we-need-sleep>



3 B Deliveries Link:

<https://forms.gle/16QM1U52MHqwmZSH8>

Thank you for reading!

Keep your eyes out for
our next issue!



Take care!

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