STRESS AWARENESS MONTH
Whether it’s related to an issue at work, a fight with a friend, or problems with family, everyone feels stressed sometimes. Long-term solutions include therapy and medication, but what can be done in the next five minutes to reduce and prevent stress? Here’s a list of 23 scientifically-proven ways to decrease stress right now.

1. **Progressive Relaxation**: Tense and then release each muscle group in the body all the way from the fingers and toes. Once the body is relaxed, the mind will soon follow.

2. **Light Yoga**: The combination of deep breathing techniques and poses work together to reduce stress.

3. **Meditate**: The “mental silence” that goes along with meditation has positive effects on stress. Try meditating twice a day (morning and night) for 20 minutes at a time.

4. **Breathe Deep**: Taking a deep breath has been shown to lower cortisol levels, which can help reduce stress and anxiety. Studies suggest deep breathing can also cause a temporary drop in blood pressure.

5. **Aromatherapy**: Certain aromas (like lavender) have been consistently shown to reduce stress levels.

6. **Listen To Music**: Research points to multiple ways in which music can help relieve stress, from triggering biochemical stress reducers to assisting in treating stress associated with medical procedures.

7. **Laugh It Off**: Laughter can reduce the physical effects of stress (like fatigue) on the body.

8. **Drink Tea**: Studies have found that drinking black tea leads to lower post-stress cortisol levels and greater feelings of relaxation.

9. **Exercise**: The post-exercise endorphin rush is a great way to sharply cut stress.

10. **Guided Visualization**: Visualizing a calm or peaceful scene may help reduce stress and ease anxiety.

11. **Join A Religious Community**: Surveys have shown a major underlying reason people practice religion is for stress relief.

12. **Chew Gum**: Studies suggest the act of chewing gum can reduce cortisol levels, helping to alleviate stress.

13. **Get A Massage**: Massages not only alleviate physical pain, but fight stress as well.

14. **Take A Nap**: Napping has been shown to reduce cortisol levels, which aids in stress relief.

15. **Hug It Out**: Hugging may actually reduce blood pressure and stress levels in adults.

16. **Hang With Your Pet**: Pet owners have been shown to be less stressed out.

17. **Write It Out**: Keeping a journal may be one way to effectively relieve stress-related symptoms due to its meditative and reflective effects. A gratitude journal can really help us put things in perspective, so pick a time every day to write down a few things that make you happy.

18. **Take A Walk**: A quiet, meditative stroll can do wonders for stress relief, especially when we step outdoors.

**Click here** for more details and the final five ways to decrease and prevent stress immediately.
Wellness Center parking permits for the 2013 – 2014 year are available in the Sales Office. Permits have been prorated to $48 and are valid through August 15, 2014. Visit the Sales Office on the 2nd floor for more details. You must have your license plate number with you at time of purchase. Students and Coral Gables employees are not eligible to purchase a Wellness Center permit.

Whether physical, psychological, financial, interpersonal, or communal, these wellness dimensions are essential to your well-being. Advance your overall well-being by attending the University of Miami’s second annual Week of Well-Being.

*Registration is required for some events. For registration information and a complete schedule, visit miami.edu/wellcanes.

The Week of Well-Being will take place April 7-11

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**Health:**

**Stress Induced Health Problems:** Stress isn’t just in your head, it’s a built-in physiologic response to a threat. When you’re chronically stressed, those physiologic changes, over time, can lead to health problems. Click here to learn the 10 most significant health problems related to stress.

**App of the Month:**

**Relax Melodies:** Sleep deprivation is a common cause of stress because your body is not rested enough to handle daily stresses. This free app is the number one sleep aid. It features sleep zen sounds & white noise for meditation, yoga and relaxation.

**Beauty:**

**Stress and Beauty:** Click here to learn how stress can affect your looks and for ways to combat this.

**Fitness:**

**Exercise and Stress:** Virtually any form of exercise can act as a stress reliever. Exercise pumps up your endorphins, improves your mood, and is meditation in motion. Click here to learn more.

**Random Facts about Stress**

1. Stress has been called “the silent killer” and can lead to heart disease, high blood pressure, chest pain, and an irregular heartbeat.

2. While it is a myth that stress can turn hair gray, stress can cause hair loss. In fact, telogen effluvium (hair loss) can begin up to three months after a stressful event.

3. Laughing lowers stress hormones (like cortisol, epinephrine, and adrenaline) and strengthens the immune system by releasing health-enhancing hormones.

4. The stress hormone cortisol not only causes abdominal fat to accumulate, but it also enlarges individual fat cells, leading to what researchers call “diseased” fat.

5. Stress is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, liver cirrhosis, and suicide.

6. Scientists suggest that stress is part of the evolutionary drive because it has enabled humans to survive. Specifically, stress temporarily increases awareness and improves physical performance.

7. The hyper-arousal of the body’s stress response system can lead to chronic insomnia.

Click here for more facts about stress.

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**# What’s Trending**

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TOP 3 CAUSES OF STRESS IN THE UNITED STATES

1. JOB PRESSURE
2. MONEY WORRIES
3. HEALTH CONCERNS

TIPS FOR A HEALTHIER

**Super Simple Salmon**

This is a very simple but delicious way to prepare fresh salmon using just a few ingredients from your pantry. Salmon is full of Omega 3 essential fatty acids, which help to boost serotonin production. The DHA (docosahexanoic acid) in Omega 3 fats help to nourish the brain while mitigating stress hormones. Plus, the Omega 3 in salmon can reduce inflammation and promote healthy blood flow, both of which are compromised with chronic stress. **Click here** for more foods that combat stress.

**Ingredients:**

- 1 tablespoon garlic powder
- 1 tablespoon dried basil
- 1/2 teaspoon salt
- 4 (6 ounce) salmon
- 2 tablespoons butter
- 4 lemon wedges

**Directions:**

1. Stir together the garlic powder, basil, and salt in a small bowl; rub in equal amounts onto the salmon fillets.
2. Melt the butter in a skillet over medium heat; cook the salmon in the butter until browned and flaky, about 5 minutes per side. Serve each piece of salmon with a lemon wedge.

**Source & Nutritional Information**

JUMPSTART YOUR ROUTINE

**Tate Press**

Muscles worked: triceps primarily, chest and shoulders additionally

Step 1: Lie down on a flat bench. Hold a pair of dumbbells above your shoulders, palms facing your feet. Your arms should be a little wider than shoulder width apart. This is your starting position.

Step 2: Inhale while keeping your upper arms stationary and bending your elbows until the dumbbells reach your upper chest.

Step 3: Exhale and reverse this motion while keeping the dumbbells even as you extend your arms back to the starting position.

Repeat for the desired number of repetitions. Do not drop your dumbbells at the end of this exercise as doing so may cause damage to your rotator cuff muscles.

**Click here** to watch a YouTube video of this exercise.
STUDIO CYCLING AND YOGA

Get unlimited access to Studio Cycling and Yoga classes with a semester pass! Passes have been prorated again for both Studio Cycling and Yoga. Prices are listed below:

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<th>Studio Cycling</th>
<th>Yoga</th>
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<tr>
<td>Student Member</td>
<td>$12</td>
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<tr>
<td>Non-Student Member</td>
<td>$20</td>
<td>$48</td>
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Not sure if you are ready to commit to a full semester? Pay for a one-time pass and come back to the Sales Office within 7 days to credit that pass towards the purchase of a full semester pass!

Cycle 101

Want to try a studio cycling class but you don’t know where to start? Now you can try a FREE afternoon beginner class! You must be a Wellness Center member or a paying guest to participate. Classes are every Wednesday from 12:00 – 1:00 p.m. and Thursday from 11:15 – 12:00 p.m.

Meditation Classes

There is more to fitness than cardio and weightlifting. Take advantage of a free meditation class to work on your overall mental health and stress reduction. Registration for this class is required. Contact the Sales Office for details (305-284-5433) or register online.

Join us for our upcoming class:
Tuesday, April 15th from 7:30 – 9:00 p.m.

CPR and First Aid Classes

We offer basic CPR, AED and First Aid training as well as a more advanced CPR for Health Care Providers. Class dates listed below:

Basic Life Support for Healthcare Providers:
Friday, 4/4  3:30 – 7:30 p.m.
Tuesday, 4/22  3:30 – 7:30 p.m.

The above classes have limited space and are available for online registration. You must pay at time of registration. If you wish to cancel, you must do so at least 24 hours in advance. No refunds will be given for cancellation within 24 hours.

IN NEXT MONTH’S ISSUE

• Information on parking for the summer
• Special events and Graduations at the Bank United Center that may affect your routine
• Summer Membership for students
Hi. I’m a freshman here and very happy to have survived (almost survived) my first year at the U. I can’t believe the semester is almost done especially since it feels like I just got here. I’m starting to get a little stressed out because it seems like all of my professors have decided to have everything due at the same time and all of my finals are comprehensive. I don’t know where to begin and I’m freaking out. My roommate told me that she studies and works out at the same time and says it really helps her out. I don’t feel like I’m coordinated enough to do this (maybe I am) but I’m willing to try anything. Where do I begin? I know exercise is supposed to help with stress but this feels like it may stress me out more. Help!

Congratulations on (almost) surviving your first year of college! It is a major accomplishment so you should be very proud of yourself. Sometimes the thought of exercise alone stresses people out and that is not what is intended. Exercise is something that people should do for health and stress relief. I can’t tell from your question if you’re stressing out because of a fear of falling off equipment or how to incorporate exercise into your busy life so I will address both issues.

If your concern is falling off of the equipment, I would suggest starting on our seated equipment. Either our upright or recumbent bikes would be the best option for you. Each of those pieces of equipment is lower to the ground and has places for you to put your books or tablet. If for some reason your book doesn’t fit on the holder provided on the machine, we do have larger magazine holders available to check-out from the Equipment Desk. Once you get more comfortable and are feeling more confident, you can try the Arc Trainer, elliptical or Stairmaster machines. Walking on the treadmill would be fine as long as you’re holding on to the side rails. I’ve found that when walking or running, people tend to drift (laterally or backwards) and that can end badly for the user.

In regards to incorporating exercise into your life, it’s not as difficult as you may think. The American College of Sport Medicine recommends getting 20-60 minutes combination of moderate and vigorous exercise in a single exercise session or in bouts of ≥10 minutes throughout the day. I’m pretty sure walking from one class to another may take 10 minutes depending where it is on campus. It may not be moderate intensity so you may have to walk at a faster pace. If you do this a few times a day, guess what? You’ve reached your cardiovascular goal. Depending on your fitness goals you may need to make additional time during the week to do a longer session or more intense session, but this is an easy adjustment to make. There are benefits to participating in regular cardiovascular exercise. From stress management, to weight control, to improved self-esteem, the benefits are endless. Most recently, studies have shown that exercise helps with memory. Here’s the technical stuff: when you exercise, you change your blood chemistry and make nutrients more available to the brain. The increase in circulation enhances energy production and waste removal. As a result of your exercise, the hormone epinephrine increases your awareness and therefore your ability to concentrate.

As you can see, exercise is definitely beneficial for the mind and body in the long run. Good luck with your exams and remember when you need a de-stresser, come over to the Herbert Wellness Center!
NATIONAL EATING DISORDERS ASSOCIATION

NEDAWALK
Save a life.

Miami, FL
NEDA Walk

Sunday, April 27th, 2014
Peacock Park-
Coconut Grove

9:00AM Registration/Check-In
10:00AM Opening Ceremonies

Form a Team • Celebrate Recovery
Support a Loved One • Bring Your Pup

Find us:

Register online or in person at the walk!

Register: WWW.NEDAWALKS.ORG/MIAMI2014