



Student Health Services
invites you to...



Take a Minute *for your mental health*

**How are you coping? Are you taking time to breathe?
Are you finding ways to manage your stress and anxiety?
Here are a few helpful ideas for you!**



A HOT CUP OF POSITIVI-TEA: HOW TEA CAN AFFECT YOUR MENTAL HEALTH

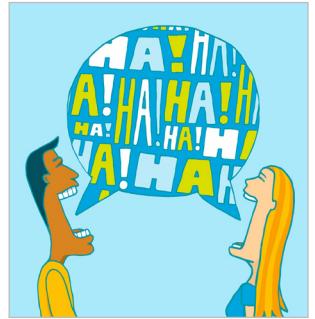
For many people, having a cup of tea is an excellent way to start the morning, or it can help to provide comfort in the afternoon to relax your body and mind. Whatever works best for you, the benefits of tea are truly notable: tea reduces stress, acts as a natural soothing for depression, is useful to help you feel calm before falling asleep, and improves mood and memory.

Herbal teas particularly are used to promote relaxation and mental health. Herbs like chamomile, lavender, and jasmine are all contributors to tranquility. In fact, many of these are the main ingredients in sleepy-time teas, or teas that are suggested for use before bed to bring about an easy and deep sleep. And since these teas are all herbal, none of them contain any caffeine, which makes them great for an afternoon drink.

LAUGHTER IS THE BEST MEDICINE

And there's lots of evidence that laughter does lots of good things for us:

- Laughter reduces pain and the ability to manage discomfort by reducing the levels of the stress hormone cortisol.
- Laughter reduces blood sugar levels, increasing glucose tolerance in both diabetics and non-diabetics.
- Laughter improves job performance, especially if your work depends on creativity and solving complex problems.
- Laughter establishes a positive emotional feeling and a sense of connection between people. Researchers believe one of the major functions of laughter is to bring people together.
- Laughter helps your blood vessels work better by relaxing and increasing blood flow. In other words, it's good for your heart and brain, two organs that require the steady flow of oxygen carried in the blood.



A few minutes of laughter everyday can help you to see things in a more positive light, adjust mood and help our immune system. So keep on laughing, it's good for you!

Knock knock Who's there? Tank! Tank who? You're welcome!

STAY-AT-HOME SCAVENGER HUNT

A day spent inside is anything but boring with an indoor scavenger hunt. Look for these items inside your home! Find something...



- | | |
|--------------------------|--------------------------|
| ...blue | ...red |
| ...to sit on | ...you can see through |
| ...that opens and closes | ...with a pattern |
| ...round | ...rectangular |
| ...shiny | ...that holds things |
| ...to write with | ...made of metal |
| ...you can eat | ...that makes you smile |
| ...with buttons | ...that uses electricity |
| ...to read | ...that brings comfort |
| ...that smells | ...yellow |
| ...that makes noises | ...that turns on and off |

TAKE A BREAK!

Many times taking a 5-10 minute break from a task we are working on is more likely to help us stay focused and get back to our work with more purpose and a fresh mind in the long run.

Take a break, you deserve it!