



## The Guidance and Counselling Unit

*We are living in unprecedented times. The current pandemic is causing many people to feel stressed. Stress is a precipitator to many mental and physical health challenges including chronic breakdown of the immune system, anxiety and depression. Here are some things you can do:*

- 1. Take a break in watching, listening, or reading the news, including social media. Seeing that updates can be upsetting, schedule a limited amount of time for news updates.*
- 2. Fit short and regular exercise sessions into your daily routine.*
- 3. Get adequate sleep.*
- 4. "... whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue or praise, think on these things" Philippians 4:8.*
- 5. Filled with antioxidants, try our "Do It With Thy Might" Green Juice and boost your immune system.*



### "Do It With Thy Might" Green Juice

*Ms. Amanda Berry*

*Lecturer, Human Ecology and Hospitality Services*

- 3 stalks celery
- 1 cup parsley or kale leaves and stems
- 1 medium green apple, rinsed with core removed
- 1 large cucumber, rinsed
- 1-inch length piece fresh ginger, scrubbed clean
- 1 yogurt
- 2 tbsp. dried cranberries or raisins
- 1 tsp. flax seeds
- 1 tsp. poppy seeds
- 2 cups coconut water

#### **Method**

Makes approximately two servings

1. Wash and chop all ingredients.
2. Pour 2 cups of coconut water in a blender.
3. Add all ingredients and blend
4. Serve with ice. **Enjoy!**



## The Science of Food and Mood

There is a strong correlation between mood, food and mental health. This connection between diet and emotions stem from the close relationship between the brain and gastrointestinal tract, often called the “second brain.”

Studies have found that healthy diets can help with symptoms of depression, anxiety, sleep problems, irritability and other issues. However, unhealthy diets have been linked to an increased risk of physical and mental illnesses including dementia and stroke.

Eating healthy food promotes the growth of “good” bacteria, which in turn positively affects neurotransmitter production. A steady diet of junk food, on the other hand, can cause inflammation that hampers production. When neurotransmitter production is in good shape, the brain receives positive messages and our emotions reflect it. However, when production goes awry, so might our mood. Do note:

1. Start paying attention to how eating different foods makes you feel — not just in the moment, but the next day.
2. Stay hydrated.
3. Eat at least 3 hours before going to bed.
4. Try not to skip meals and be mindful of especially caffeine, alcohol and sugar intake.
5. Increase and balance the intake of whole foods, fiber, antioxidants, folate, Vitamin D, magnesium and fermented foods (in moderation) which are packed with probiotics.
6. You can never get enough foods of dark green leafy vegetables.
7. Food colorings and other additives may cause or worsen hyperactivity and depression.
8. A mineral deficiency can hurt the bacteria in the gut and cause depression and anxiety-like symptoms.
9. Frequently do a mood check. Ask, why am I feeling this way? Be honest with yourself. Keep adjusting both diet and mood until they work well for you.

Gomstyn, A., (2021). Food for your mood: How what you eat affects your mental health. Aetna. <https://www.aetna.com/health-guide/food-affects-mental-health.html>. Retrieved on Friday, November 12, 2021.

Selhub, E., (2020). Nutritional Psychiatry: Your brain and food. Harvard health publishing. <https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>. Retrieved on Friday, November 12, 2021.



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*“A healthy outside starts from the inside.”*

Robert Urich



\* Diet balanced ✓

\* Mood checked ✓

*This ship will not be wrecked.*

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods



## Stress, Study and Sweet Treats

“Hi there!” “Hi!” “How are you today?” “I am feeling **STRESSED**.” Breaking news: “Stress Has Gained Wings.” The word stress has become very commonplace in everyday life. It is a sad fact that it is now a part of the greeting of many persons. According to Elshurbjy & Ellulu (2018), stress is defined as any general response of the body that either overwhelms or threatens to overwhelm the body and its ability to maintain homeostasis.

Studies have shown that complications associated with stress have grown two times higher than what is considered safe (Haupt, 2012). Consequently, stress does not exclude itself from university life and is often manifested through financial challenges, a lack of social support, poor family relationships, loneliness and loss of face to face friendships, managing online studies, sleeping less and eating poorly, with symptoms compounded by the challenges of living in a pandemic.

According to the recently published Natwest Student Living Index and other studies in the United Kingdom, between 64-82% of university students rated the stress of studying for their degree at seven or above out of ten. Additionally, the National Union of Students reports that the top three sources of stress among students are, coursework deadlines, exams, and balancing study with other commitments.

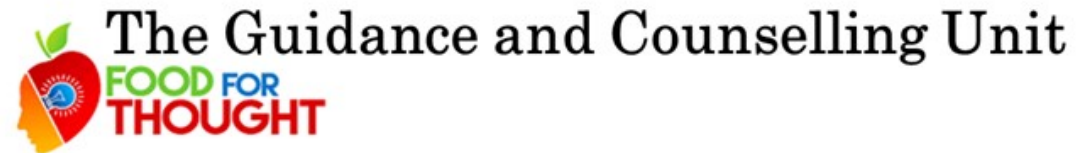
Similarly, change in diet patterns is a health behavioural response to stress observed among students in universities. The impact of stress on students may be evident in the types of food selected as well as the amount of food consumed. This could possibly play a role in obesity. The intake of snacks, ready-to-eat foods and sweets such as chocolate, cakes and ice-cream, was found to increase among students experiencing stress. However, the intake of healthy food such as vegetables tended to decrease (Elshurbjy & Ellulu, 2018).

The thing to do before stress becomes chronic is:

1. Be aware of your own triggers of stress.
2. Develop a balanced lifestyle with attention given to self care.
3. Be careful not to compound stress issues with an unhealthy eating pattern.
4. Develop an effective study plan for your exams. Be positive. Try group study.
5. Take breaks that will not affect your grades, but will also secure your mental health.\*
6. Learn specific relaxation techniques. Exercise daily.
7. Gain perspective on problems by discussing them with a trusted friend or counsellor.

Elshurbjy & Ellulu, (2018). OAT: Association between stress and dietary behaviours among university students: Mini Review. <https://www.oatext.com/association-between-stress-and-dietary-behaviors-among-university-students-mini-review.php>. Retrieved Monday, November 29, 2021.

Haupt, A. (2012). US News: Try one of these quirky stress busters. <https://health.usnews.com/health-news/articles/2012/10/29/forget-yoga-try-one-of-these-quirky-ways-to-de-stress>. Retrieved Monday, November 29, 2021.



*The one thing that is common in achieving academic success and reducing stress is:*

- B** – believe in yourself
- A** – ask for help
- L** – learn from your mistakes
- A** – acquire self control in food selection
- N** – never give up
- C** – cultivate good study habits and self care
- E** – evaluate your progress and errors



Exam is just around the corner. Please visit the Guidance Counselling Unit Moodle page to see a PowerPoint presentation on **Study Skill Techniques**. *You may find it very useful.*

