



## What is Sexual Assault Awareness Month and Why is It Important?



April is  
**Sexual Assault  
Awareness Month**

**SAAM Kick Off Event**  
4/10 | 12 to 2 p.m. | McAlister

**Sexual Assault Awareness Month**, otherwise known as **SAAM**, is a month-long campaign held every April by the National Sexual Violence Resource Center to encourage awareness and prevention of sexual violence. While SAAM officially began in 2001, Black women and women of color were doing sexual violence prevention and response work as early as the 1940s and 50s. Sexual violence prevention and response work began to grow rapidly in popularity in the 1960s when the first Take Back

the Night event was held in San Francisco, and later in the 1990s when the Violence Against Women Act of 1993 was advocated for and enacted. SAAM has evolved since its inaugural campaign in 2001, more specifically focusing on awareness of sexual violence and spreading information on prevention methods such as education about healthy sexuality, consent, and bystander intervention. This year's theme is "Drawing Connection: Prevention Demands Equity," which calls on all of us to focus on how we can alter the systems around us to advance racial equity to ensure that sexual violence prevention and response work is done using inclusive frameworks. There will be programming on campus by various organizations throughout the month of April to work toward the goals of SAAM on campus and to help students connect to resources.

### Why It's Not Good to Skimp on Sleep During Finals

With the stress of midterms barely in the rearview and the presence of finals looming, it can be really easy to fall into practicing unhealthy habits, especially when it comes to sleep. While most of us have heard that we need eight hours of sleep per night to function optimally, we are often not given details about why regular, good-quality sleep is important to our lives. Sleep is incredibly important to maintaining healthy brain function and physical health, especially when it comes to preventing the development of health issues such as heart disease and diabetes. In the broadest sense, sleep allows our bodies to rejuvenate and prepare to best function for another day. Although it can be easy to neglect sleep during finals, getting enough sleep can actually be key to us doing well on our finals and doing well in school generally. Sleep has been found to improve learning and memory, which is why some researchers recommend reading things you need to remember before going to bed to reinforce effective memorization. Sleep has also been shown to lower stress levels and improve creativity, contributing to better academic performance overall. Clearly, sleeping enough is integral to doing well, both academically and in terms of one's health. With that being said, we strongly encourage you to prioritize your sleep, even during the most stressful of times!

### How to Effectively Manage End-of-Semester Stress

The end of the semester can be a stressful time for everyone between finals, projects, papers, move-out, and graduation. Here are a few simple ways to make the stress that comes with the end-of-semester crunch more manageable!

**Self-Care:** Maintaining a healthy diet, sleep schedule, and making time (even 30 minutes) for brain breaks can make all the difference. Studies have shown that anxiety and stress are reduced by spending time outdoors, so try to get out at least once or twice a day.

**Relax:** Relaxation techniques such as breath work, meditation, and yoga have proven effective for temporary and long-term stress relief. Adding one of these into your daily routine is an easy way to gain a sense of calm.

**Reach Out:** Your professors, the Well, and your peers are here for you. You can find more resources on Campus Health's website, such as how to connect with the Counseling Center and find other mental health and stress-related support. (Visit [campushealth.tulane.edu/counseling](https://campushealth.tulane.edu/counseling) for more information.)

Please remember that managing stress is an ongoing and personal process; what works for one person may not work for you, and vice versa. Try different techniques and stick with what works best for you.

#### TUPHE FEATURE

### Time Management Tips for the Finals Crunch



Did you know that practicing time management can improve your study skills? This becomes increasingly true as we approach finals season. Time management strategies can help you achieve bigger goals, reduce procrastination, and increase productivity. Here are some tips for how to effectively manage your time during finals week.

- 1. Get organized:** Writing down important events, times, and due dates are a great way to visualize your week. This will help provide an overview for everything you need to get done.
- 2. Set manageable goals:** Remember that quality studying is more important than quantity. Having realistic expectations prevents burnout and allows you to check things off your list.
- 3. Stay focused:** Try working for 30 minutes then taking a 5-minute break to keep momentum going. This method can help improve focus and can help you switch up your study methods.
- 4. Schedule time to relax:** Finals can lead to a great deal of mental stress and often lack of sleep. Be sure to schedule down time or time with friends to take a brain break throughout the week. Brain breaks could also include working out, going on a walk, listening to music, or calling family.

#### NEED TO TAKE A NAP?

Visit the Campus Health website for more sleep tips and to check out the **Nap Map**, a list of ideal places for snoozing at Tulane.

[campushealth.tulane.edu/well/sleep](https://campushealth.tulane.edu/well/sleep)