

THE STALL STREET JOURNAL

Start Small: Achievable Health and Wellness Goals for the New Year

The start of a new year often inspires ambitious resolutions, but the pressure to revolutionize your lifestyle can feel overwhelming. Here's a better approach: **focus on small, actionable changes that are easier to manage and more sustainable.** Incremental goals not only reduce stress but also help build lasting habits over time. Think of it like planting seeds. Each small change is a step toward a healthier you, and as these habits grow, they create a foundation for bigger transformations. Here are a few examples to help you start small.

1. Boost your nutrition with one daily addition. Instead of overhauling your entire diet, **start by adding just one serving of fruits or vegetables to your meals each day.** An apple with breakfast or a side of carrots with lunch can make a big difference. Once this becomes second nature, move on to another goal, like drinking an extra glass of water daily to improve hydration.



2. Improve your sleep hygiene. Sleep is the foundation of wellness, but improving it doesn't require dramatic changes. **Start by setting a consistent bedtime and cutting off screen time 30 minutes before bed.** Struggling to wind down? Try replacing late-day caffeine with an herbal tea or reading a book instead of scrolling on your phone.



3. Replace less healthy habits with mindful alternatives. Reducing alcohol or nicotine use doesn't have to be all-or-nothing. If you rely on caffeine or nicotine to manage stress, **experiment with alternatives like deep breathing exercises or a short walk.** If social drinking is a challenge, consider mocktail options or limiting your intake to one drink per outing.



4. Commit to just 10 minutes of movement daily. A short walk, some stretches, or a quick workout can leave you feeling more energized. Over time, this small commitment can build into a more active lifestyle.



Remember, meaningful progress happens in small steps. Start with one goal, master it, and then move to the next. Tulane Campus Health is here to support you on your wellness journey with resources tailored to your needs. **Visit our website** to see all we have to offer to help you make 2025 your healthiest year yet!

Mental Health and Wellbeing during Finals

Finals season can be challenging for many of us at Tulane. Here are some quick tips from your peer health educators to help you get through finals as smoothly as possible!

Avoiding Burnout

Take Breaks: Regular breaks, even for just 5 minutes, can help you retain information and stay focused longer.

Sleep: Avoid all-nighters when possible. Quality sleep is crucial for memory retention and overall well-being.

Stay Connected: Lean on supportive friends, family, or mentors. Talking to others can help relieve stress and reduce the sense of isolation that can come with burnout.

Study Tips

Pomodoro Method: Study for 25 minutes with intense focus, then take a 5-minute break!

Animedoro: Prefer longer breaks? Try 40 minutes of study, then a 20-minute break to enjoy an episode of a short show, like an anime.

Teach-Back: Explain concepts as if you're teaching a friend or even a stuffed animal. This can clarify confusing material and boost retention.

Spaced Repetition: Spread out review sessions over days or weeks. This technique can make long-term retention easier.

Post-Finals Tips

Take a Real Break: It's tempting to dive into new projects over winter break, but give yourself time to rest and recharge.

Focus on Hobbies: Reconnect with hobbies or interests you enjoy. Working on small goals outside of academics can help maintain motivation and lift your mood after finals.



TUPHE FEATURE



ASK US ALL YOUR "TUPHE" QUESTIONS.

TUPHEs are certified peer health educators who are health education, prevention, and harm reduction leaders on campus.

Ask us your "TUPHE" (tough) questions on our topic areas: **Mental Wellbeing, Alcohol and Other Drug Use, Sexual Violence Prevention, Sexual Health, and Nutrition.**

Questions will be answered via our Instagram @tulaneTUPHEs. To submit a question, scan the QR code to the right.

