

THE STALL STREET JOURNAL

TUPHE FEATURE

Recovering After Mardi Gras



Rehydration!

- Have a hard time drinking water? Try adding flavoring packets or citrus and other fruits to your water! Adding a little bit of flavor can help encourage you to drink more water. Making tea is another great method!
- Don't normally drink much water day-to-day? Try introducing it into your routine! Drink a glass of water with every meal or whenever you brush your teeth.
- Bring your water bottle around with you! Fill up your water bottle at the beginning of the day and challenge yourself to drink it all by the end of the day.

Nutrition!

- Eat protein! Foods rich in protein are often rich in B vitamins, vitamin E, iron, zinc, and magnesium. These are all great nutrients that are commonly deficient in people after they consume alcohol heavily.
- Carbohydrates, such as in whole grains, can provide fiber and B vitamins and can provide more energy, helping you recover!
- Rehydration is key, so try to consume foods with plenty of water in them, such as fruits, vegetables, and soups!

Movement!

- Opt for some gentle exercises, as opposed to anything too high-intensity while you're still feeling the effects of going out! Try walking around campus and Audubon Park or attend a yoga class!
- *Don't Sweat It!*: Dehydration is a major concern, so avoid intense workouts in warm environments that'll cause you to sweat too much!

Mental Health & Wellbeing!

- *Hangxiety*: Recovering from a hangover can come with some mental health effects and anxiety, so make sure to take time for yourself and to reflect!
- Make sure you have things to look forward to after Mardi Gras! Whether it's going home and reconnecting with family, taking a small vacation with friends, or staying on campus and relaxing, find some activities to keep you entertained and connected with others!
- Help your body recharge, and make sure you're getting enough rest!

Spring Forward: How to Adjust to Daylight Saving Time and Boost Your Sleep Hygiene

Daylight Saving Time begins on March 9 at 2 a.m. local time, meaning clocks will “spring forward” by one hour. While this shift signals longer daylight hours, it can also disrupt sleep schedules—especially for college students who are already balancing demanding academic and social lives.

The time change can lead to grogginess, difficulty concentrating, and even changes in mood. Losing an hour of sleep may not seem like much, but studies show that even small disruptions to sleep patterns can affect cognitive function, reaction times, and overall well-being.



How to Ease the Transition

To minimize the negative effects of the time change, consider these tips:

- **Start adjusting early.** A few days before the switch, go to bed and wake up 15 to 30 minutes earlier each day to gradually shift your schedule.
- **Get morning sunlight.** Exposure to natural light in the morning helps reset your body's internal clock.
- **Limit screen time before bed.** Blue light from phones and laptops can interfere with melatonin production, making it harder to fall asleep.
- **Avoid caffeine and late-night snacks.** Stimulants and heavy meals too close to bedtime can make sleep less restful.

Food Connects Us: Celebrating National Nutrition Month at Tulane



March is National Nutrition Month, and this year's theme, *Food Connects Us*, highlights how food ties into culture, community, and well-being. Whether you're grabbing a bite between classes, cooking in your dorm, or exploring New Orleans' diverse food scene, this month is an opportunity to make informed food choices that support your health and lifestyle.

Week 1 Theme: **Connect with Food**

- Take advantage of Tulane Hospitality's diverse meal options—try something new!
- Learn to cook simple meals in your dorm or apartment. Easy, budget-friendly recipes can help you eat well and save money.
- Visit the Crescent City Farmers Market, the Tulane Hospitality Campus Corner Market or local grocery stores to explore fresh, seasonal ingredients.

Week 2 Theme: **Connect with a Nutrition Expert**

- Tulane Campus Health offers nutrition counseling—students can meet with a registered dietitian for personalized guidance.
- If you have dietary restrictions or specific goals (athletic performance, vegetarian/vegan diets, etc.), getting expert advice can make a difference.
- Check if your health insurance covers dietitian visits for long-term support.

Week 3 Theme: **Explore the Connection Between Food and Culture**

- New Orleans is a food-lover's paradise—explore how local cuisine reflects the city's rich cultural heritage.
- Host a potluck with friends where everyone brings a dish from their cultural background.
- Try incorporating flavors from different cuisines into your meals—spice up your usual meals with new seasonings or ingredients.

Week 4 Theme: **Build the Connection Across All Stages of Life**

- Establish healthy eating habits now that will benefit you beyond college.
- Meal prep can help you save time and money while ensuring balanced meals.
- Balance is key—enjoy your favorite foods while incorporating fruits, vegetables, lean proteins, and whole grains into your diet.

National Nutrition Month is a great time to reflect on how food connects us—to our health, our communities, and our cultures. This March, take the opportunity to explore new flavors, build healthy habits, and learn more about how food supports your well-being!