



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.

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 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.

Sleep Hygiene Tips to Finish the Semester Strong



Although the semester is winding down, now is the time to focus and finish the semester strong! Sleep is critical during this demanding period. With upcoming assessments, exams, papers, and everything else our programs are requiring of us, the pressure to overperform as graduate students might lure us into familiar but unhealthy sleeping behaviors. Therefore, it is important to practice healthy sleep habits, or sleep hygiene. Getting quality sleep can do wonders for our bodies and will only allow us to perform our best.

Sleep hygiene refers to good habits we can develop to help us fall and stay asleep. Here are 10 helpful tips to achieve quality sleep:

- 1. Be consistent!** Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- 2. Set a bedtime** that is early enough for you to get at least 7-8 hours of sleep.

- 3. Make your bedroom a quiet and relaxing environment.** Keep the room at a comfortable, cool temperature.
- 4. Establish a relaxing bedtime routine.**
- 5. Use your bed for only sleep and sex.**
- 6. If you do not fall asleep after 20 minutes, get out of bed.** Do a gentle activity and do not expose yourself to a lot of light, especially light from electronics. Then try again to go to bed.
- 7. Avoid** caffeine, alcohol, or having a large meal before bedtime.
- 8. Limit** exposure to bright light in the evenings.
- 9. Turn off** electronic devices at least 30 minutes before bedtime.
- 10. Exercise** regularly and maintain a healthy diet.

DOWNTOWN

Upcoming Events



- **National Minority Health Month Potluck** Hutchinson, Rooms 1521, 1525, and SoM Auditorium: Thursday, April 13, 11:30 a.m. - 1 p.m.
- **Build-An-Alex (Creating Stuffed Alligators)*** LBC, Pocket Park: Thursday, April 20, 11:30 a.m. - 1 p.m.

**For Uptown grad students or for those who missed the Downtown events!*

NEED MORE SLEEP?

Visit the Campus Health website for more sleep tips as well as eHealth Tools like apps with relaxing music, meditations and more that can help you get a good night's sleep.

campushealth.tulane.edu/well/sleep