



## How to Beat Holiday Season Woes

Alongside fun and happiness, the holidays can also often bring in worry and stress. Time away from friends during the holidays can sometimes cause feelings of loneliness and isolation, while food pressures from family members at gatherings can be especially troubling and detract from the holiday spirit. Here are tips to help deal with these sources of worry and stress in a healthy way and help make this festive season more enjoyable.

### Beat Holiday Loneliness:

- **Take care of yourself.** Healthy habits like exercising, eating nutritious meals, and getting good sleep boost your mood by making you feel connected to your body.
- **Give back:** Volunteer to support a cause you believe in. Helping others raises dopamine and can become the key to your own happiness.
- **Reach out:** Remember, you're not alone. Connecting with others (in person, chat or call) can help make you feel less lonely.

- **Get creative:** Engage in wholesome activities like writing holiday cards for loved ones.

### Fight Food Pressures:

- **Respect your body:** If you are trying to eat more healthily, it's okay to prioritize your health goals and say "no" to foods you may not want to eat.
- **Set goals and meet them:** Understand your personal food goals and ease yourself into meeting them.
- **See food as fuel:** No food is "bad". Eating what you like has emotional benefits. If it's delicious, allow yourself an occasional pleasure. Everything is good in moderation.



## Keeping Stress Low and Final Grades High

Avoiding stress is never easy, but there are different things we can do to prioritize ourselves and mitigate the feeling of burnout at the end of the semester. Here are a few ways to make finals season even a little easier!



**Plan your schedule!** Whether its for the week, or the whole month, having future tasks and events laid out makes it easier to prioritize plans and activities.

**Meet with professors.** Whether it's to ask a question about the course material, or just to

talk through how the semester went, professors are a great resource for everyone to have someone to talk to and get advice from.

**Prioritize your wellness:** Do your best to sleep for a full 8 hours every night that you can, go for a walk, take breaks throughout your day, and try to have full meals especially in stressful times. Taking care of ourselves makes it easier to be fully prepared for tests as the semester comes to an end.

Regardless of whether this semester has been the best one yet, or maybe one that didn't go as planned, continue to be patient with yourself as we wind down and prepare for the spring!

### TUPHE FEATURE



## Mardi Gras: What You Should Know

The most anticipated holiday of many Tulanians is fast approaching, and we want to provide important reminders to stay safe and healthy this carnival season. These tips apply to everyone, whether it's your first or fourth Mardi Gras.

- **Mardi Gras is a marathon, not a sprint.** A variety of parades and festivities take place in the weeks leading up to Mardi Gras. Have fun, but don't feel pressured to go to more than you're able to! There will be plenty of opportunities to experience them all throughout your time at Tulane.
- **Stay hydrated.** Make sure to stay hydrated by drinking plenty of water and replenishing electrolytes.
- **Make a plan, and stick with friends.** New Orleans is its busiest during Mardi Gras. To stay safe, travel with a friend or group of friends at all times. We recommend making a plan for festival season ahead of time. Consider transportation and meet-up spots.
- **Keep your phone charged.** You'll want your phone to look up directions and communicate with people. Be sure to charge it before you head off campus!

## CREATING HEALTHY NEW YEAR'S RESOLUTIONS

The New Year is always rung with an underlying expectation to have a long list of resolutions for the next year. Although New Year's resolutions help us stay motivated to reach our goals, they can oftentimes be a source of guilt for people who feel like they are not "doing enough" or not meeting the expectations they set for themselves. Here are some tips to create positive, sustainable resolutions, especially ones about body image:

- ▶ Try to make goals that are about how you *feel* physically and mentally, rather than how you *look*.
- ▶ Celebrate small steps towards achieving your resolutions, because goals take time to achieve. Remember to pat yourself on the back for putting in the work!

- ▶ Do not compare yourself to other people; your resolutions are for you and no one else!
- ▶ Tell trusted people in your life your resolutions, so they can support you. You deserve to have someone tell you that you're doing great and that you can keep going. (You got this!)
- ▶ Be kind to yourself - you're human, and resolutions are not everything. Your mental and emotional health are more important than any goal.

Remember, your resolutions can be fluid, and it is never too late to make up a new goal or to throw out goals that no longer fit you and who you are. At the end of the day (or year), your resolutions are all about you!