



Heading home for the Winter Break?

Each year, the holiday season brings eating, drinking and endless gatherings, while sleep and stress-management routines take a back seat. Here are some tips to remember while you enjoy your favorite holiday foods:

- Savor your meal without judgement, discussion of nutritional value, or exercise needed to burn it off.
- Tune in to your body's feelings of hunger, satisfaction, or fullness, and honor those feelings.
- It is important to still eat regular meals. Skipping a meal to "save" your calories typically leads to overeating.
- Even if it's just a walk after dinner, make sure you get some physical activity in your day.
- The holidays are a time of celebration and relaxation! If you eat more than you planned, try to get back to your healthy eating habits as soon as you can.

New year, healthier you?

The new year can be an exciting time, brimming with the promise of fresh starts and new beginnings. It's also an opportunity to recommit to your health and well-being. Creating these resolutions is easy enough. Sticking to them beyond the month of January, however, is another story. Whether you're feeling inspired or overwhelmed, here are some tips to help you stay on track:

- Practice mindful eating. It's common to eat while watching TV or working on a computer, but eating when you're distracted often leads to overeating. Take time to slow down and pay attention to your food, pausing to put down utensils between bites.
- Keep your room cold at night. Knocking the thermostat down to 68 degrees or lower before you tuck into bed can help you sleep better.
- Avoid having an all or nothing mentality. If your eating or exercise didn't go as planned, don't let it derail you from continuing to pursue your goals.
- Find an exercise you enjoy. Pick an exercise that makes you feel good. All movement is good for your mind and body, regardless of how much time you have to fit it in.

TUPHE FEATURE

Tips for finding healthy food options

Hi TUPHEs! I'm getting sick of eating at the LBC or the Commons every day. I'm trying to eat healthier, but all I can think of doing is ordering take-out. What other healthy(ish) food options do I have?

Great question! Eating in the same locations can definitely get exhausting. Have you tried the food trucks on campus? That might be a good start!

If you're looking to include foods you don't see on campus, I suggest cooking yourself. Every residential building has access to either a private or community kitchen. Tulane Dining Services hosts farmers markets twice a month on the uptown campus from 10 a.m. to 2 p.m., which is a great place to start buying local fruits and vegetables. If you'd like to head to a local food store, you can take the Orange Line, Elmwood Line, or Metairie Entertainment Line shuttle offered by Tulane! You can find the schedule for each at shuttles.tulane.edu.

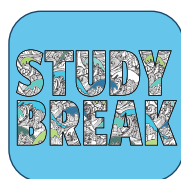
If you're interested in bringing healthy cooking to your student org or res hall, you can request a demonstration with our Campus Health dietitian! Our dietitian also provides one-on-one nutrition counseling, medical nutrition therapy, and can help students navigate eating on campus. Check out campushealth.tulane.edu/nutrition for more information.

live well Highlights



The Line

When you want to talk to someone right away, call or text our crisis line at 504-264-6074, any time, day or night, for confidential support.



Take a Study Break

Dec. 5 | LBC Stibbs (Room 203) | 3-5 p.m.
Free chair massages, brain food, and self-care activities.



Winter Kick-Off!

Jan. 22 | LBC Pedersen Lobby | 11:30-1:30 p.m.
Join us for snacks, activities, and giveaways from The Well and our campus partners!