**Study Drugs?**

The term “study drugs” refers most often to drugs like Adderall and Ritalin, which are stimulants. Legally, prescription stimulants are used to treat disorders such as Attention Deficit Hyperactivity Disorder (ADHD). Recent research has shown that the illegal use of prescription medications has risen in college students.

Here at UR, about 4% of our students indicated that they have used a prescription stimulant without a prescription in the last 30 days. Because these drugs are available as a prescription, many students are unaware of the potential side effects and problems that can come from continued use of them.

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**So what?**

Misusing or abusing prescription stimulants can cause a range of problems including:

- Difficulty sleeping
- Anxiety or paranoia
- Mania
- Unhealthy weight loss
- Increased blood pressure
- Increased heart rate
- Increased body temperature
- Addiction

Remember, what you really need for finals time is a healthy brain, not one affected by stimulants!

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**What Can I Do Instead?!**

- **Catch those zzz’s**
  The best way to increase alertness is by getting a good night’s sleep. It is recommended that college students get between 8-10 hours a night.

- **Eat more protein**
  Foods such as meats, eggs, cheese, and beans increase dopamine and norepinephrine making you feel more alert.

- **Take breaks when studying**
  Short periods of studying with breaks in between can help you avoid getting tired and losing motivation.

- **Make a to-do list**
  Keep track of everything that you wish to accomplish and check items off the list as you go!

- **Make time for fun**
  Having fun is an important part of being healthy. Take time out to catch a movie or spend some time with friends. It will relax and rejuvenate you!

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**Across**

1. Be sure to stock up on lots of these for brain power!
2. Here to help!
3. You need 8-10 hours of this...
4. The day all health breaks loose.
5. That fluffy white stuff that will be coming soon!
6. The season that lasts forever in Rochester.
7. Where many people study.
8. The last hurdle before you are finished for the semester!

**Down**

1. Where you can come for health information and free condoms.
2. Opportunities to relax and rejuvenate yourself.
3. How do you spell relief?
4. What every student will do before their final.

With the stress of final exams and projects weighing on your mind, it can be hard to feel centered. Try this Healthy Monday mindfulness tip for a way to gain some much-needed peace of mind in just 5 minutes!

**Give your mind a break.**

Sitting or lying in a quiet place, turn your attention to the in and out of your breathing. Imagine a place, word, or song that you find soothing and restful.

Feel your body and mind relaxing.

If your mind wanders, gently bring it back to your breathing.

**Feeling stressed? Need someone to talk to?**

UCC has therapists available to assist students during this stressful time!

To make an appointment, call: **585.275.3113**