Harvest a Healthy Diet!

A healthy diet emphasizes fruits, vegetables, whole grains, and low-fat or fat-free milk and milk products; includes lean meats, poultry, fish, beans, eggs, nuts; and is low in saturated fats, trans fats, cholesterol, salt, and added sugars.

Avoid Unhealthy Eating Habits!

Unhealthy eating habits not only negatively affect your weight, but they can also cause major fluctuations in blood sugar. These fluctuations can lead to potential medical emergencies. Avoid fasting and eating irregular meals to help maintain a more constant blood sugar level. When studying for midterms and finals, remember to eat regular meals and snacks!

Build a Better Plate

Visit myplate.gov to learn about ways to build a healthier plate as well as receive guidance on eating healthy on a budget, how to incorporate more fruits and vegetables, and ultimately build a better plate. Need specific guidance for eating healthier on campus?

Visit: rochester.campusdish.com for menus, nutrition info, and dining details on campus.

Stress Busting Tips

Feeling overwhelmed? You’re not alone. According to the ACHA-NCHA II (2014) survey conducted on our campus...

91.8% of UR students reported feeling overwhelmed by all they had to do!

Looking for ways to reduce stress? Check out these tips from the American Institute of Stress...

1. Set a Stress Less Schedule. Build gaps into your day to take a break, relax, or do something that you enjoy.

4. Say "no" or "maybe." Practice being assertive and let others know when you really cannot add more to your “To Do List.”

3. Take Time Out. Set time aside to enjoy something or plan a little getaway with friends to take a break!

4. Find the OFF Button. Turn off your electronic devices & give yourself the chance to disconnect during the day or evening.

5. Talk and Walk. Ok, this is really two tips in one—but they really work together as a stress busting power house! This stress management technique includes psychological and physiological intervention—talking and walking. And as a bonus, both are simple and cheap.

Talk to someone about what is causing you stress. It does not have to be a professional; a friend or loved one will often do. Just the act of venting your frustrations makes them easier to cope with sometimes.

Walk. Get out and break a sweat. Physical activity is the best stress buster out there. Our bodies have a fight or flight response built in to either fight off “danger” or run away from it to safety. When under acute stress our bodies are flooded with adrenaline and other chemicals to help us escape the “danger.” If you can’t run away from the stress, you can take a brisk walk to blow off steam. You will greatly reduce your body’s stress response.

Need to talk to a counselor or therapist? UCC offers counseling services to students.

Call 585-275-3113 to make an appointment.

Worried about a friend, CARE offers a way for students to get help when it’s needed.

Visit: Rochester.edu/ CARE

Questions about the Monthly InSTALLment? mkelley@uhs.rochester.edu