

Keys to a Successful and Happier Semester!

Quiet Time: It will help you relieve stress and have a closer walk with God if you can do this every day. It is not how long (as short as 10 to 15 minutes) but how close you are on a regular basis.

Stress Triggers: By identifying what triggers stressful events in your life you can have a plan to relieve the results.

Sleep: This is a BIG factor to having a good semester. You should get at least 6 to 7 hours of sleep every night. The key is getting up at the same time every day!

Sleep Plan: Do you have a plan that will help you get things done so that you will not have to stay up late to get caught up, which means less sleep.



Say No: When you eat say no to sugar, fried foods and white flour as much as possible and reduce your pasta portion sizes. Remember, one serving size of pasta is the size of a tennis ball.

Every Meal or Snack: You should try and eat a lean protein and a fruit or vegetable with every meal or snack.

Eat Breakfast: Do not skip any meals or snacks especially breakfast. After breakfast eat or snack every three hours. Eat at least 3 meals and 2 small snacks (100 to 200 calories) a day.

Physical Activity: You should do something every day that moves your body. These can be fun activities like dancing, intramurals, ultimate frisbee, hiking, or walking. A goal of 5,000 to 10,000 steps a day.

Structured Activity: You will need to do a minimum of 2 days of weights and aerobic activity (three days is better) with at least a day off but no more than two between the sessions.

Workout Buddy: One of the ways to make sure you workout well during the semester is to have a workout buddy. Find one now!

Slip Up: If you slip up one day get back on track the next day without fail. This will help you stay in the habit and keep the semester on a good track.

Driving Your Car: Remember, who is driving your car? Is it you or the Holy Spirit?