

# MY student newsletter

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## The Secret to Feeling Good All Day

**S**tart the morning by completing an important task that you would normally procrastinate about doing—while it weighs on your mind all day. This approach to work management takes practice because it does not conform to the way your mind likes to work, which is to postpone the pain. It is a success secret used by many productivity pros to reduce burnout and accomplish more. The technique allows you to escape the gnawing sensation of what you know you eventually must do. You will enjoy your job more, and it could make the rest of the day feel like a breeze.

## Stress Tips from the Field: Make Stress Management Routine

**L**ife naturally includes various forms of stress, whether from challenges, responsibilities, or unexpected events, but you don't have to feel stress before practicing stress management. Regular stress management practices can help you maintain a calmer state of mind, help prevent stress from building up, and allow you to handle challenges with greater ease. And stress management goes further. Effective stress management can enhance connections with family, friends, and colleagues. How? Reduced stress fosters greater patience, empathy, and presence in your interactions, promoting more harmonious and supportive relationships. Why? An improved emotional state fosters deeper connections, enhances communication, and helps resolve conflicts more amicably!

## Feeling Bullied, But Not Sure?

**I**f you're bullied at school but unsure about how to respond, questioning your reaction, or wondering whether you should do anything about it, talk with a counselor or visit your SAP. This intermediary step can help you get clarity so you can follow the procedures your organization wants you to take. Don't suffer in silence. Use resources that can help you get the positive environment you deserve.

## Xylazine – Worsening the Fentanyl Crisis

**A** drug called xylazine, which is an animal tranquilizer, has been found mixed with the illicit opioid fentanyl in drug busts throughout North America. The Drug Enforcement Administration wants the public to be aware of this deadly mixture because it may undermine the effectiveness of life-saving opioid medication given to reverse an opioid overdose. Principally, this is Narcan®, a nasal spray available over the counter in places like drug stores, convenience stores, and online. Xylazine is not an opioid; hence drugs like Narcan® may not be effective, and it may undermine the overdose treatment. The message is don't give up on administering the intervention until emergency help arrives. Follow instructions of first responders.

Source: [www.fda.gov/drugs/drug-safety-and-availability/fda-alerts-health-care-professionals-risks-patients-exposed-xylazine-illicit-drugs](http://www.fda.gov/drugs/drug-safety-and-availability/fda-alerts-health-care-professionals-risks-patients-exposed-xylazine-illicit-drugs)

## A Closer Look at Resilience: Practice Self-Compassion

**B**uilding resilience is a popular wellness topic. Almost anything that helps you develop physical and emotional strength, and the ability to face adversity and overcome it, can be lumped into this life skill. One resilience-building skill you may have overlooked or never heard mentioned is practicing self-compassion. Self-compassion is not just avoiding being self-critical or treating yourself with kindness and understanding like you would a friend. Its purpose is more far reaching. People who practice self-compassion are less overwhelmed by negative emotions when faced with adverse events. They develop more positive reflex responses. This mindset in turn links to an ability to maintain a balanced perspective, not lose their cool, and more easily troubleshoot problems. Positive self-talk habits are patterns of reacting to what we see and hear around us, so self-compassion will be a new skill if you frequently do not engage in positive self-talk. The action step of course is to avoid berating yourself when mistakes happen and try speaking to yourself kindly. Acknowledging that everyone makes mistakes and realizing daily life frustrations are inescapable surprises we all face are key. Ironically, practicing self-compassion is essential if your initial attempts to build this new habit of personal resilience don't come quickly. Keep trying.

## Helping a Friend with an Eating Disorder

**L**ike those with other health conditions, eating disorder sufferers often seek treatment with the encouragement of loved ones. Are you concerned about someone's relationship with food, their body image, or behaviors that indicate the likelihood of an eating disorder? There are tips recommended by the National Eating Disorders Association for helping a person you care about. You'll find them at [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org). The first and most important recommendation is to learn as much as possible about eating disorders. Skipping this step is why many interventions and discussions focused on convincing someone to get help—for any behavioral/health problem—end in disappointment. Why? When you have accurate information, your responses to any naturally defensive statements are more effective, educational, and helpful. This facilitates your loved one's ability to self-diagnose. Shame and stigma reduce quickly. Less defensiveness is observed, emotions may be calmer, your loved one is likely to listen more readily, and the acceptance of help is more likely. Beyond this key step, rehearse what you want to say. Set a private time and place to talk. Be honest, direct, and use "I" statements, not accusations (i.e., "I have noticed..." vs. "You must/need to..."). Learn more about the steps to helping a loved one or a friend at [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org).

## Get an Energy Boost from Decluttering

**H**as clutter affected your workspace, and are years piling it higher and deeper? If you speak with coworkers who finally took the declutter plunge, most will tell you they experienced renewed energy, more excitement about coming to work, more creativity, and a mental release with an increased desire to engage with the work culture. That's a lot to promise from decluttering, but try a decluttering experiment if you're not convinced. See if the above benefits or the following ones here don't accrue to you: streamlined workflow, more focus, clearer thinking and "thinking outside the box," reduced visual distractions and mental overload, a more serene environment, cleaner air, a better sense of control and order, less depressive feelings, reduced accumulation of stress, improved professional image. Tip: Using a kitchen timer, at the end of each day declutter for five minutes until you achieve your declutter goal.

## It is hard to Out-Train a Bad Diet

**A**wesome, you've decided to get healthier by exercising more and training for improved fitness, but wait, are you changing your diet? A common misconception is that exercise can out-train a bad diet. If you are still eating high-calorie foods, fats, and prepared foods, and hitting restaurant buffets, you are fighting a losing battle. You might feel a bit less guilt about your diet, but even a daily two-mile jog can't put a dent in a bad diet. The opposite is also true. A diet without enough carbs or calories can cause you to lose muscle rather than burn fat for the energy needed in your exercise program. So what's the solution? Talk to your doctor about exercise. Get a referral for nutritional guidance. Your health provider may only recommend a great book. Perhaps an experienced nutritionist is better. Either way, overlooking diet as you seek improved health will place you at risk for giving up on the new life habit of building a better you.