Health & Wellness Tips from IU McKinney

Wellness tip- focus on your health all year

Looking to save time cooking meals? Try this recipe from the Today show that boasts, “You can cook 1 big pot of food to make 2 fresh and filling dinners.”

https://www.today.com/food/cook-1-big-pot-beans-make-2-fresh-filling-dinners-1207509 (Links to an external site.)

Focus on your health all year round. Schedule and attend your regular wellness checks and screenings and dentist appointments.

Fruits and Vegetables are important to eat daily: They are packed with essential vitamins, minerals, fiber, and disease-fighting phytochemicals. Because of this, eating plenty of fruits and vegetables everyday can help reduce your risk of:

- Heart disease
- High blood pressure
- Type II diabetes
- Certain cancers

Importance of getting enough sleep:

Sleep allows your body to rest, restore, and rebuild. Inadequate sleep increases the accumulation of toxic metabolic debris in the brain and creates stress in the body. The cortisol levels all lead to a less than lovely mix of increasing appetite, weight gain, and fatigue, as well as suppressing immune function. From an immune perspective, less than 7-8 hours of sleep decreases the production of immunoprotective cytokines (Links to an external site.) (proteins released by your immune system that help fight against illness). By going to be early one can avoid the late evening cortisol bump. Some doctors say winter is one of the best times to start the habit of going to bed earlier.

Wellness tips- ways to combat zoom fatigue

Between Zoom classes, Zoom meetups, Zoom game nights and all the other things we Zoom about, it's no wonder many of us are feeling fatigued by virtual socializing. If this sounds familiar, it may be time to unplug and find alternative ways to meet people or connect with friends and family. Here are a few ideas to try:

- **Snail mail.** Sending letters, postcards or small care packages in the mail can be a great way to connect with friends, family and other loved ones. It can also give you something to look forward to.
- **Imagine that you have a landline.** Video calls have swiftly replaced face-to-face interactions. While this can be a great way to see and chat with friends or family, it can be fatiguing to be on
video all day. If you dread video chats, try making an old fashioned phone call instead. You may be surprised by the difference.

- Find a cause that you care about and explore volunteer opportunities. This can be a great way to get more involved in your community (in person or online) and meet new people who have similar interests.
- **Socialize at a distance.** Opt for activities that allow you to see friends while maintaining a safe distance. For instance, outdoor activities like hiking or biking are a great way to enjoy social time while still following public health orders. Remember to check the current state health guidelines before heading out.

At the end of the year, many people start to make New Year Resolutions. One suggestion is to make small changes instead of trying to overhaul your life. The small changes can have a snowball effect. Here are a few examples of small changes one can make, that when you stick with them, can have a big impact:

- Switch out your sodas (or at least one) for water
- Put a few more vegetables on your plate
- Skip the extra condiments
- Cut down on fried foods
- Try a new fruit you have never had

U Health has an article on How to Cope with Holiday & Covid-19 Stress. Here are some steps to recognize and relieve stress:

1. Walk away from what you’re doing for a minute or two, reflect on why you’re feeling that way and if you can do anything about it at that moment.
2. Take some deep slow breaths in a quiet space. If you can address the source of stress at that moment, deal with it. If not, write it down and prioritize what needs to be done first.
3. Ask yourself if what you’re feeling stressed about is even worth getting upset over.
4. Give yourself permission to not sweat the small stuff.


Feeling stressed? Please review the Stress Management packet and activities sent on December 2. There are puzzles and ideas to help you if you need a study break.

**As you study for finals, do not forget about your personal health.**

When we become preoccupied, it can be easy to forget to fulfill our most basic needs. During this time, it’s important to listen to our bodies and address our needs. You can do this by using the HALT method:

- **H:** Are you hungry? If the answer is yes, grab a snack or sit down for a meal to help relieve any “hangry” feelings you may be experiencing. Eating regular meals can also help you feel more energized, improve your mood and increase your concentration.
- **A:** Are you angry? If the answer is yes, identify why and ways you can address it. Take a step back and allow yourself time to process your emotions. Once you’ve identified the root of your anger or frustration, let yourself calm down and brainstorm ways to address it in a healthy way. This may mean you need to create space for yourself, take a walk, get more sleep or talk through things with a friend or family member.
- **L:** Are you lonely? Being lonely doesn’t necessarily mean you’re alone. Even if you’re around other people, you can still feel distant, isolated, withdrawn or disconnected. If you experience
any of these emotions, it may be time to reach out and have a conversation about what you’re going through with someone you trust. Look for ways that you can make connections with friends, family or peers. For instance, you may start to form virtual study groups in your class or schedule a weekly check-in or virtual game night with friends.

- T: Are you tired? Not just physically, but mentally and emotionally. If so, it may be time to take a break, do a quick meditation, stretch, take a nap or simply close your eyes and take a deep breath.

Hobbies are extremely healthy. Winter break is a great time to revisit your hobbies. Here is an article that discusses some of their overall benefits [https://www.marthastewart.com/8022738/healthy-hobbies-manage-stress (Links to an external site.)]. However, be beware of hobby burnout. The burnout stems from the pressure to be perfect. These leisure activities are meant to be relaxing and enjoyable and if one puts too much pressure on themselves it is no longer fun. [https://dailycampus.com/2020/11/18/hobby-burnout-when-leisure-activities-become-chores/]

Financial Assistance for Counseling Sessions at IUPUI CAPS for IU McKinney Students

In order to support students seeking counseling services, a fund was established in 2018 to help cover the cost of individual counseling at the IUPUI Counseling and Psychological Services (CAPS) office. If you are active in a degree program at the IU McKinney School of Law, you are eligible for this financial support.

If you would like to have IU McKinney assist with payment for your individual counseling fees at the IUPUI CAPS office, please note the following information:

- NO personal identifying information will be released from CAPS to the School of Law. CAPS will verify your enrollment through an independent process with the University Student Information System.
- When you check in, let the receptionist know you are a McKinney School of Law student so you are not billed for intake or counseling services.

This financial support is provided for the initial Intake session and Individual Counseling services ONLY. Fees for all other CAPS services are the responsibility of the student client.

JLAP Individual Counseling Sessions at IU McKinney

The Judges and Lawyers Assistance Program (JLAP) is here for you. To schedule an appointment, please contact Amy Spinks, JLAP Participant Services Specialist, directly at 317-232-7883 or amy.spinks@courts.in.gov. She will confirm the location and details when you schedule your appointment.