Hello, everyone! I hope y’all are having a good start to the fourth week of school. With that being said, the beginning of the fourth week of school means more homework, more activities to attend, and more to do all around. Which means for us as college students that we are way busier and stressed out. Learning how to manage all these parts of our lives is difficult so here are a few tips to help you out!

1. Get a planner! This isn’t for everyone, but personally, I feel this is what best helps me out. At the beginning of each semester right down your assignments that are going to be due, those can be found in your syllabuses from class.
   - Color code events in your planner so you know the difference between classes, jobs, and extracurriculars.
   - A planner is what helps me keep myself accountable since I won’t mark anything off until it’s completely finished.
   - You know your days that you can relax or need to take more work on so you can hang out with friends.

2. Google calendar! It’s an online planner that you can look at on your phone!
   - It’s a planner basically, but on your phone
     - P.S. you can highlight things with google calendar as well
     - This helps keep your backpack feel lighter since it’s one less thing to carry around

3. Reminders! If you get nervous/feel more stressed by seeing all the work to do handle it day by day instead of week by week.
   - Use reminders on your phone to alert you when you have homework due that day.
   - You can set multiple reminders, that way your phone keeps buzzing and bothering you so makes you do your homework/study.
1. Remember to take of yourself!!!! As college students, we forget that in order to really strive and succeed we need to take care of ourselves first before attempting to help anyone else.

2. Exercise! As horrible as the thought of running can be, working out really helps me when I’m feeling overstressed and I need something to focus on rather than think of everything I need to get done.
   a. Also, working out releases endorphins which make you feel happy!

3. Schedule a hangout with friends! Study together in a small group so you can occasionally talk someone, but everyone is keeping each other accountable to work and you get to be with friends

4. Take a nap! A small nap sometimes is all you need to feel alive again.

Remember yall balance is key! So don’t overwork yourself with school, extra activities, and your social life. Above all, though you are a student before anything else so if you feel your grades are slipping reevaluate your time to make sure you’re using your time wisely.

Have a good rest of your semester!

- Gema
There are many things that come along with starting school these past couple of weeks, so always make sure to stay well-rested and stress-free for all of the events that have yet to come! Here are some quick and easy things you can do that can relieve any tension you may have . . .

Helpful Tips:
- Taking long baths that can soothe your mood for a night or two!
- Exercise daily or every other day to ease some tension in your muscles that may be building
- Organizing/redecorating many of your belongings in order to feel put-together

DIY BATH BOMB RECIPE

**Materials:**
- Citric acid
- Baking Soda
- Cornstarch
- Water
- Vegetable Oil
- Food Coloring
- Optional:
  - Epsom Salt
  - Fragrance
  - Circular mold

**Directions:**
1. Mix 1 and \( \frac{1}{3} \) tbsps of citric acid, 2 and \( \frac{2}{3} \) tbsps of baking soda and cornstarch.
2. In another bowl mix one tsp. Of vegetable oil, water, and two drops of food coloring. (add 15 drops of fragrance if using)
3. Mix both mixtures into a bowl partly and slowly until desired consistency.
   With this, you may now mold your desired consistency into a shape you like for a bath bomb!

Along with bath bombs, you may need to also check out a solid workout plan that can help you find a way to ease some of your tension throughout a period of time! Check out page 10 for some ways you can sweat your stress away!
MANAGE YOUR TIME
Using a planner or calendar can help you with managing your time. Putting down the time and location of meetings, events, or classes, can help you get an overview of what you’re doing for the day, and allow you to see when you have free time to either get work done or use the time to yourself. It will also help you remember when and where you need to be.

ORGANIZE/ PRIORITIZE YOUR TASK
Sometimes we jot down things we need to do for the day but realize we don’t have enough time or it may seem like it’s too much on our plate. Organizing your tasks by prioritizing them from the most important to the least important can help with that! I personally like to prioritize the tasks by their due dates. Whatever is due the soonest is the most important and then it goes down from there.

DELEGATE TASKS
Sometimes we take on tasks that someone else can do, and sometimes it’s better to ask someone else to do it instead. Whether it’s group work, an organization, or housework, ask others if they can either help you with your task or if they can do it instead.

SAY NO!
If you’re like me, I rarely say no to people when they ask me to do something, even though I may be busy, but in the end it leaves me stressed out. It’s okay to say no to people and decline tasks or events. Remember to prioritize yourself and your time before you help others!

JOURNALING
Journaling for me is a personal time for myself, and myself only. Venting to others feels great, but sometimes you just need time to yourself to go over your day and write about your problems without the worry of judgment. You can journal about anything you want, and also get creative with it!

MEDITATE
Sometimes we just need to get away from everything and clear our mind. Make sure there’s no distraction, and that you’re in a quiet, and calm location. Try to clear your mind of any thoughts and focus on your breathing. It can be hard when you’re beginning to meditate, but over time you’ll get used to it. Small sessions can help a lot!
Three easy, delicious recipes for when you’re tired of dining hall food or even meal prepping! All are pretty affordable and can feed you for a week (or more) if you prepare enough! All the ingredients can be found at Walmart, Safeway, or wherever you buy your groceries.
Sausage & Veggie Stir Fry

INGREDIENTS

- Any type of sausage or hot dog (I cook about 3 - 4)
- Veggies (I use bell peppers and onions but anything works)
- Garlic cloves (about 5 or more)
- Salt and pepper
- Paprika (OPTIONAL)

DIRECTIONS

1. Cut the sausages in slices (thick or thin)
2. Cut the veggies into bite-sized pieces
3. Mince the garlic cloves
4. Pour a little bit of oil into the pan to fry the sausage
   - Once the meat has cooked a little bit, add about half of the garlic you minced and cook a little longer
5. Once your meat has browned you can add in your veggies and the rest of the garlic
   - You can season with salt and pepper at this point
6. Dish is done once the veggies have softened and your meat is all cooked
Mushroom Chicken

INGREDIENTS

- Frozen/fresh chicken breast
- Garlic cloves (about 5 or more)
- 1 pack of mushrooms (any kind and more if you prefer)
- 2 Zucchinis
- Salt and pepper
- Soy sauce

DIRECTIONS

1. Cut your chicken into bite-sized pieces and set aside
2. Cut up your zucchinis into bite-sized pieces
3. Mince your garlic
4. Wash your mushrooms
5. Pour a little bit of oil into the pan and add your chicken once the pan has gotten hot
- Cook your chicken until all the pink is gone on the outside
6. Pour your veggies into the pot and stir it up
- At this point you can season with salt, pepper, and soy sauce
7. The dish is complete once the pinkness of the chicken is gone, it's firm, and the veggies have softened
Garlic Butter Chicken Tenders

INGREDIENTS

- Frozen chicken tenders (not the breaded ones)
- Garlic (preminced or fresh)
- Half a stick of butter
- Parsley (dried or fresh)
- Olive oil
- Apple cider vinegar (OPTIONAL)

DIRECTIONS

1. Defrost your chicken (at least overnight)
2. Chop your garlic if you bought it fresh
3. Chop your parsley if you got it fresh
4. Melt the butter and mix in your garlic and apple cider vinegar if you have
5. Marinate the chicken with the mixture for about 10 minutes

- Ensure that all the chicken is evenly coated
6. Heat up the oil in the pan and put in the chicken a few at a time not all at once to ensure that the chicken gets golden brown
7. Flip and wait for the chicken to brown
8. The dish is complete once the chicken is browned and cooked through. You can add the parsley at the end to top it off
SWEAT AWAY THE STRESS

By: Andrick Campos

Racquetball (2-3 players)

General Rules: Play starts with the server standing in the service zone (the area between two solid parallel lines in the middle of the court), bouncing the ball once on the floor, and hitting it towards the wall on the opposite side of the opponent. Do not let the ball bounce twice or else it’s your opponent's serve. Points can only be gained on your serve. There are three Racquetball courts at the REC and gear can be rented free of charge. Don’t forget to wear your eye protection!

Punching bag

The Chinook has a room full of punching bags of all sizes, along with speed bags and kick bags. Rent boxing gloves and hand wraps free of charge at the service desk. You want to punch the heavy bag for 60 seconds while keeping your legs at a lower stance. Make sure to munch firmly, meaning, keeping a strong form by squeezing your wrist, and thoroughly to avoid injury. After the 60 seconds or over, add a 30 second plank or wall squat for an extra sweat and then rest as needed. Make sure to wrap your hands to avoid a loose wrist and have your playlist ready because using your phone is really difficult when wearing boxing gloves.
Get away from the treadmill and take a dip instead! There are many different types of swim sets, so here are a few. I like to begin with a simple backstroke for 2x100 to get warmed up. If you're new to swimming 2x100 means two laps of 100 yards, for reference the REC pool is 50 yards in length. Grab a floaty and do 2x100 while holding the floating device close to your chest and only using your legs to propel you forward and then rest as needed. This kick swim is a great substitute workout for a leg day activity. Last but not least, freestyle swimming. Freestyle swimming is simple yet challenging. Freestyle swimming is described as one arm moving backwards in the water from an overhead position towards the hip and provides propulsion. The other arm recovers above water from the hip towards the overhead position. While your legs do the flutter kick, which means they are extended and kick downwards and upwards in the water with pointed feet. This is a very intense swim so make sure to take your time when resting.

I hope that these workouts will make your exercise routine more interesting. Remember, everyone starts somewhere and it's never too late to start exercising. Stay safe and see ya at the gym!