



December 2024
NEWSLETTER

Stress Management

It's the time of year when the stresses of taking final exams, submitting projects, and writing lengthy papers begin to peak. Having some stress is an expected part of life, but it's important to consider how we approach handling it. The fact is: there are plenty of healthy ways to cope with end-of-year stress and to prevent it from becoming overwhelming.

Mindfulness

Mindfulness, a concept derived from Buddhism, involves practices that help us be present in the current moment and react more calmly in stressful situations. Practicing mindfulness techniques have been shown to improve both physical and mental health. Familiarizing yourself with being mindful can be easy and inexpensive. Try an online or on-campus gentle yoga class or download a meditation app. Another free mindfulness practice is a body scan- a region by region, nonjudgemental assessment of sensations throughout the body.¹

Nourishment

Thinking, studying, remembering, test taking, and writing all require energy input. Carbohydrates are the brain's primary source of energy but it's vital to incorporate a variety of nutrients into balanced meals and snacks during this time. Think: apple slices with peanut butter, whole grain crackers with cheese, trail mix, or chia pudding with fruit. Don't forget to hydrate; water helps move nutrients throughout the body- including to the brain! Dehydration has been shown in studies to decrease alertness, mood, calmness, and concentration and to increase effort needed in task completion.^{2,3}

Movement

Taking time to incorporate movement into your day is crucial for stress resiliency. Any type of activity that you enjoy can help release feel-good hormones and help you disengage from the worries of everyday life. Take a walk, free skate, head to the gym, or do some Pilates at home!

1. Worthen, M., & Cash, E. (2023, August 14). *Stress Management*. In StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Retrieved from <https://www.ncbi.nlm.nih.gov/books/NBK513300/>

2. Pross, N. (2017, June 15). *Effects of Dehydration on Brain Functioning: A Life-Span Perspective*. *Annals of Nutrition & Metabolism*, 70(Suppl. 1), 30–36. <https://doi.org/10.1159/000463060>

3. Armstrong, L., et al. (2012, February). *Mild Dehydration Affects Mood in Healthy Young Women*. *The Journal of Nutrition*, 1(2). Retrieved from [https://jn.nutrition.org/article/S0022-3166\(22\)02889-9/fulltext#secsect0005](https://jn.nutrition.org/article/S0022-3166(22)02889-9/fulltext#secsect0005)

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Cold Foam Peppermint Mocha



INGREDIENTS

Chocolate Peppermint Syrup

- 3 Tablespoons cacao powder
- 3 Tablespoons warm water
- 2 teaspoons maple syrup
- 2-3 drops peppermint extract

Cold Foam Peppermint Mocha

- 7/8 cup fat free milk, divided
- 2 shots hot espresso or 1/4 cup strongly brewed hot coffee

*Nutrition Facts: Calories: 190, Carbs: 32g, Protein: 11g, Fat: 2.5g,
Sat. Fat: 1.5g, Cholesterol: less than 5 mg, Sodium: 115mg, Fiber: 5g*

INSTRUCTIONS

To Make Chocolate Peppermint Syrup

1. Whisk cacao powder, warm water, maple syrup and peppermint extract until well blended. Set aside for use.

To Make Cold Foam

1. Place 2 Tablespoons skim milk in a blender. Turn on and process for 15 to 30 seconds or until foamy.
NOTE: If not using a blender, place milk in a tall, narrow container. Place hand blender or mixer with whisk attachment or milk frother. Process until foamy.
NOTE: You might need to make more cold foam than needed for the recipe depending on the method used to make foam.

To Make Chocolate Peppermint Syrup

1. Warm 3/4 cup fat free milk
2. Place 1/4 cup chocolate peppermint syrup in bottom of latte or coffee cup
3. Add 2 shots of espresso. Stir to combine.
4. Add warm milk. Stir well.
5. Top with cold foam. Serve immediately.