Are you feeling the PRESSURE?

Feeling stressed around finals and worried how they will impact your grades and GPA? You would be surprised at just how many of your peers are feeling the exact same way. Lehigh students report stress as the number one impediment to academic performance (Lehigh NCHA Spr, ‘17).

If you are using alcohol to manage your stress you may want to rethink that strategy. Alcohol can relieve stress when consumed in limited amounts, for certain people in specific situations. Alcohol is a depressant meaning it can contribute to depression and anxiety and actually make it harder to manage stress. Bottom line, using alcohol as a coping strategy for stress may hinder more than help you.

Pulling all-nighters? Burning the midnight oil by staying awake all night and cramming feeds the misconception that it’s what it takes in order to get the best grade when in fact staying up all night is one of the worse things you can do for your body. A good night sleep helps to reboot your brain.

Are you using prescription stimulants, such as Adderall and Ritalin to improve focus and motivation to study? For some, these medications are necessary, but it’s never a good idea to take medication that is not prescribed for you. The misuse and abuse of such drugs can be dangerous especially when used regularly or combined with alcohol and other drugs. Remember, misusing prescription drugs, with or without a prescription, is illegal, as is passing out these substances to others. In addition, if you mix it with other drugs such as caffeine and/or alcohol you increase the risk of serious adverse side effects.

Imagine you’re done with finals, now what?

It’s normal to want to party and celebrate your accomplishments. Be sure to do so wisely. If you go to a holiday party that is serving holiday-themed drinks, be careful because you will not know what type(s) of alcohol is in the mixture and the strength of the drink. Hard alcohol consumption has led to dangerous situations and consequences for our Lehigh community. If you party to celebrate, be smart and keep safe.

Whether it is during finals or during the wind down at the end of the semester, how you manage stress matters. Here are some strategies to manage the pressure this time of year.

- Logout of Facebook, Instagram and/or Snapchat and study without the internet
- Take a walk, go to Taylor Gym, move to get the tension out of your body
- Take a few deep breaths
- Get plenty of sleep
- Eat less junk / eat healthy foods
- After your last final, call your family and friends and share the news...you made it through the semester!

Reminder: #HawksFlyTogether | Best of luck and have a safe and healthy winter break!

Events

Lehighton After Dark:

Thursday Night Trivia
Every Thursday
Hawk’s Nest, 10PM - 12AM

Taylor Gym Open Late
Most Fridays
Taylor Gym, 10PM - 2AM

Thursday, November 30
De-stress After Dark
Williams Hall, 9PM - 12AM
Late Night Break-Fest
Rathbone, 11PM -1:30AM

Friday, December 1
Zorb (Bubble) Soccer
Grace Hall, 9PM - 12AM
Condom Bingo
UC 308, 9PM -12AM

Saturday, December 2
Mr. Burgundy and Grey
Lamberton, 8PM -12AM
Skyzone
Bethlehem, 9-11PM

Saturday, December 9
Wingo
Lamberton, 10PM -12AM

Friday, December 8
Winter Wonderland
Lamberton, 8PM - 12AM

Lamberton Live:

Thursday, November 30
Fifa Tournament
Lamberton, 8PM - 12AM

Saturday, December 2
Hawk’s Nest Live
Hawks Nest, 10PM - 1:30AM

Friday, December 1
Family Feud
Lamberton, 10PM - 12AM

World AIDS Day
Wednesday, Nov 29, 12:10PM • Pride Center

In commemoration of World AIDS Day, the Pride Center is hosting a special screening of Alternate Endings, Radical Beginnings, a video project that discusses Black narratives within the ongoing AIDS epidemic.

Flu Shots | Thursday, Nov 30, 3-5PM • Taylor Gym

Flu vaccine conducted by Walgreens for students, staff, and faculty. Cost is $40.00 (possible insurance reimbursement)

If unable to make this clinic, please visit your primary care practitioner or a local pharmacy for your flu shot!

*An emergency fund can be used to assist students with medical costs such as eye care, medical or dental bills or university health insurance costs. Learn more here: lehigh.edu/financialaid/undergo/empayaid