

# installments

November 2024 –  
January 2025

LEHIGH  
UNIVERSITY

AS WE HEAD INTO THE LAST FULL MONTH OF THE SEMESTER, COLD & FLU SEASON, HOLIDAY SEASON, AND FINALS, WE WANT TO REMIND YOU OF RESOURCES AVAILABLE TO YOU, AND TO PRIORITIZE YOURSELF. WHETHER IT'S ACADEMIC SUPPORT AND TUTORING, PHYSICAL WELL-BEING, MENTAL HEALTH SUPPORT OR LEANING INTO YOUR COMMUNITY, KNOW THAT THERE ARE SPACES AND PEOPLE WHO WANT TO SEE YOU THRIVE!



- Headspace can help! The most-used Headspace program is "Managing Anxiety"
- ALL Lehigh University students have access to a free Headspace account!

To sign up:  
[go.lehigh.edu/headspace](https://go.lehigh.edu/headspace)  
or scan the QR code



## SLEEP



Maintain a sleep schedule



Avoid caffeine 4 hours before bedtime or drinking more than 300mg

Keep naps under 25 mins to not take away from necessary nighttime sleep


Study during the day to avoid late-night crams

## OFFICES

- UCPS: Johnson Hall 4th floor
  - mental health and well-being support via app, phone, or web
- Math Center: Chandler Ullmann 4th floor
- Center for Academic Success: Williams Hall
  - peer tutoring: group, walk-in, and residential tutoring
  - academic coaching, individual learning and study skills appointments, workshops, and study groups
  - contact [intutor@lehigh.edu](mailto:intutor@lehigh.edu) or scan the QR Code to set up an appointment
- Health & Wellness Center: Johnson Hall 2nd floor



## NUTRITION



*Food = Fuel*

Prioritize meals over snacks to keep you feeling fuller longer - even smaller meals!

Protein-rich foods keep you satisfied for longer

Stay hydrated with water too, especially if you are adding extra caffeine to your diet

*Nutrition/Wellness events through Lehigh Dining:*  
12/6: Cocoa and Coloring at Rathbone Hall 11:30-1:30  
12/8: Yoga Sip and Stretch event at Taylor Gym 10:30 am


## MOVEMENT

Movement means ANY activity that consists of moving your body, and specifically what feels good to you

It doesn't have to be something intense, forced, or something to feel guilty about

Exercise is proven to reduce negative effects of stress

Check @lehightaylorgym for hours during exams



## SAVE THE DATE

lehigh after dark

- 11/14: TRIVIA NIGHT 9PM @ LAMBERTON
- 11/15: GLOW SPIN 7PM @ TAYLOR GYM, 3RD FLOOR
- 11/21: RIVALRY FEST 7PM @ STEPS LAWN  
LIVE MUSIC BY THE WONTON SOUPS, FOOD TRUCKS, BEANIE GIVEAWAY, AND MORE! \*WE HAVE HEATERS!\*
- 11/23: WINGO 9PM @ LAMBERTON

THANKSGIVING WEEKEND: 11/28-11/30

- 12/6: LATE NIGHT BREAKFAST & ART NIGHT 7PM @ LAMBERTON

peer health advisors


- 12/3: DESTRESS WITH DOGS- FIND MORE TIPS ON BATTLING STRESS HERE! 11:30-1PM @ STEPS

health & wellness center

- 11/19 & 12/4: STI CLINICS 9-11AM, 1-4PM @ JOHNSON HALL, 2ND FLOOR



## STUDY TIPS



- Pomodoro Technique:** Study for 25-minutes then take a 5-minute break. After an hour, take a 30-minute break
- Feynman Technique:** Don't just memorize definitions, recall content like you are teaching it
- Mix it up!** Combine textbooks with online resources like YouTube or Quizlet

