

STUDENT ENGAGEMENT

Weekly Newsletter

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Women's History Month & Self-Care!

This week, in celebration of Women's History Month, we want to share some essential self-care tips that will help you stay healthy in body, mind, and soul.



1 Prioritize Sleep - When we aren't getting enough sleep, our quality of life is affected in all areas. Our mood dips, our blood pressure rises, and our concentration wavers. During sleep, our body cycles through deep sleep and REM sleep, and it is during the deep sleep portion that blood flow to the brain is reduced and the pituitary gland releases hormones that stimulate cellular repair and immune system activation. In short, we can't be the best version of ourselves if we don't give our body the recovery time it needs at night! The average amount of sleep needed is about 8 hours, but you may need more depending on your personal threshold.

2 Eat
Nourishing your body is a vital part of life. We can easily get caught up in our work, which makes it easy to not adequately listen to our hunger cues. Taking the time to fuel your body is important, as it helps to balance everything from electrolytes to sugar levels. Without the right nutrients, your brain is not able to process information as efficiently as it does when you have consumed food - leading to lower concentration levels which could impact how well you may learn your course material, your social connections, and even your grades. Hydration is also key to maintaining a healthy lifestyle, so listening to thirst cues and carrying around a bottle of water is a helpful idea. If you suffer from food insecurity, MassBay Community College has some fantastic programs to solve hunger at school. Feel free to grab a snack from one of the SNACC bins located around campus, or get a frozen free meal or two in the cafeteria from Student Development!

3 Love Yourself
With all of the stress and expectation of our daily lives, it's easy to become bogged down with feelings of inadequacy or burden. Accepting this discomfort, however, is the first step in cherishing yourself, according to both author Luvvie Ajayi and research professor Brené Brown. All of the things we are scrutinized for - our appearance, our identity, our failures - become easier to ignore when we embrace our imperfections not as indicators of our worthlessness but as indicators of our uniqueness in a spectrum of possibility. Loving yourself - not in a selfish way but in a nurturing and forgiving way - lies at the heart of all self-care.

4 Make Time for Play
Work without play makes for quite the boring day! Taking time that's truly for yourself to unwind creatively is extremely important for your mental health. Whether it be playing with a beloved pet, engaging in a hobby, or socializing with friends - unplugging from classwork, even for a small break, will help you focus better as well as elevate your overall mood; making your day much more enjoyable.

5 Move Your Body
You may know that sitting at a desk for the majority of the day in one position is not good for your mind, but it is also important to note that this can cause harm to the body as well. Taking time to engage your body in whatever way you perceive as fun and enjoyable movement will benefit your overall health. Consider making use of MassBay's free gymnasium on the Wellesley campus, dancing with friends, or just wiggling your body when you feel like you have been idle for too long. Getting your oxygen moving and blood pumping will help your body produce endorphins that will make you feel happier, calmer, and ready for whatever life has to throw your way.

6 Listen to Your Body
Perhaps the most important tip of all is to be in tune with your body. Everyone is different and will have different needs when it comes to maintaining balance. One piece of advice might work for some but not for others, so trying different self-care practices based on your personal threshold is something to consider. If something doesn't feel right, whether physically or emotionally, try smaller practices first - like drinking a glass of water or eating a snack - and see if it alleviates any initial discomfort.

All images used in this portion of the newsletter belong to @lauraheartlines on Twitter.



Other things to keep an eye out for this month in the celebration of women:

- Check out book displays in the libraries throughout the month
- Look for the board on campus that will be recognizing important women in the MassBay community
- Attend the event:
Road to Vote
Wednesday, March 25 | 1-2pm | Wellesley Library Atrium
Celebration of the 100th anniversary of women gaining the right to vote

Also, make sure to check out all the Midterm Study Break events happening THIS week:

Midterm Week Study Break Events

Monday, March 9	Stress-Free Zone
SGA Sponsored Pizza Study Session 11:30am - 1pm Ashland Lounge	
SGA Sponsored St. Paddy's Day Cereal Bar 11am - 1pm Wellesley Café	
Traveling Coffee & Snack Cart 4-6pm Framingham Campus	
Tuesday, March 10	
SGA Sponsored St. Paddy's Day Cereal Bar 11:30am - 1pm Framingham Café	
Coffee & Pastries 9-10am Ashland Lounge	Wednesday, March 11
Traveling Coffee & Snack Cart 4-6pm Wellesley Campus	Traveling Coffee & Snack Cart 9-11am Wellesley Campus
	Traveling Coffee & Snack Cart 10am-12pm Wellesley Campus
	Build-Your-Own Terrarium 11am-1pm Wellesley Café
	SGA Sponsored Pizza Study Session 3-5pm Wellesley Atrium
	Thursday, March 12
	Video Game Truck 12-2pm Wellesley Campus
	Traveling Coffee & Snack Cart 8:30-10:30am Wellesley Campus
	Friday, March 13
	Pizza Lunch 11:30AM Ashland BMW Building

