

Tiger Scoop



HEALTH CENTER NEWS
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Good luck with finals!

Study drugs?

The term "study drugs" refers most often to drugs like Adderall and Ritalin, which are stimulants. Legally, prescription stimulants are used to treat disorder such as Attention Deficit Hyperactivity Disorder (ADHD). Recent research has shown that the illegal use of prescription medications has risen in college students.

So what?

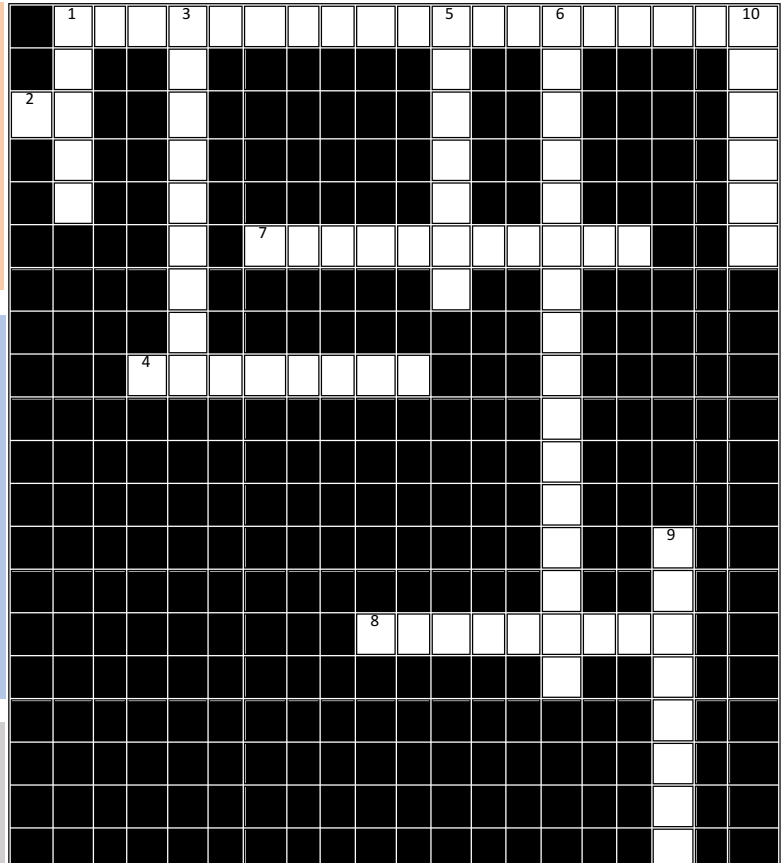
Misusing or abusing prescription stimulants can cause a range of problems including:

- Difficulty sleeping
- Anxiety or paranoia
- Unhealthy weight loss
- Increased blood pressure
- Increased heart rate
- Increased body temperature
- Addiction



What Can I Do Instead?

- **Catch those Zzz's:** The best way to increase alertness is by getting a good night's sleep. It is recommended that college students get between 8-10 hours a night.
- **Eat more protein:** Foods such as meats, eggs, cheese, and beans increase dopamine and norepinephrine making you feel more alert
- **Take breaks when studying:** Short periods of studying with breaks in between can help you avoid getting tired and losing motivation
- **Make a to-do list and/or reminder:** Keep track of everything that you wish to accomplish and check items off the list as you go!
- **Make time for fun:** Having fun is an important part of being healthy. Take time out to catch a movie or spend some time with friends. It will relax and rejuvenate you!



Across

1. Where you can come for health information and free condoms
2. I need some ____ time
4. The day after last day of class and before exam period
7. Opportunities to relax and rejuvenate yourself
8. The last hurdle before you are finished for the semester

Down

1. You need 8-10 hours of this...
3. A category of students in a college or university who achieve high grades during an academic term
5. Where many people study
6. Where you can come to get help coping with stress, anxiety, and other mental health issues
9. A message to ensure you remember things you need to do
10. What most students do to prepare for their finals



With the stress of final exams and projects weighing on your mind, it can be hard to feel centered. Try this mindfulness tip for a way to gain some much-needed peace of mind in just 5 minutes! *Give your mind a break!* Sitting or lying in a quiet place, turn your attention to the in and out of your breathing. Imagine a place, word, or song that you find soothing and restful. Feel your body and mind relaxing. If your mind wanders, gently bring it back to your breathing