



next inSTALLment



a campus wellness letter

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An inSTALLment classic



DECEMBER IS . . .

research papers, final exams, cold weather, and home for the holidays.

Although the Whittier College Wellness Coalition has long been an advocate of stress management, tension, and burnout are still common complaints of students, faculty, and staff alike. On account of these holiday season tensions, we have come to the following conclusion:

YOU REALLY WANT TO STAY STRESSED!!!

Are you worried about how to stay stressed throughout Finals Week? You'll have no trouble if you practice the following clinically proven methods:

How To Stay Stressed:

- NEVER EXERCISE** Exercise wastes a lot of time that could be spent worrying.
- EAT ANYTHING YOU WANT** Hey, if cigarette smoke can't cleanse your system, a balanced diet isn't likely to.
- TAKE PLENTY OF STIMULANTS** The old standards of caffeine, nicotine, sugar, and soda will continue to do the job just fine.
- THROW OUT YOUR SENSE OF HUMOR** Staying stressed is no laughing matter, and it shouldn't be treated as one.
- DISCARD GOOD TIME MANAGEMENT SKILLS** Schedule in more activities every day than you can possibly get done and then worry about it all whenever you get a chance.
- PROCRASTINATE** Putting things off to the last second always produces a marvelous amount of stress.
- WORRY ABOUT THINGS YOU CAN'T CONTROL** Worry about the stock market, the war in Iraq, natural disasters, and you know.... all the big issues.
- BECOME NOT ONLY A PERFECTIONIST, BUT SET IMPOSSIBLY HIGH STANDARDS.....** and either beat yourself up, or feel guilty, depressed, discouraged, and/or inadequate when you don't meet them.

Adapted from: De Anza Health Center Internet Newsletter, 1994.

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