One of our favorite areas of wellness to talk about and promote! With classes ending and exams coming up, it's important to take time to prioritize your mental health. Our mental health affects every part of our lives, whether it's preparing for an exam or engaging in physical exercise. Take time to be mindful and engage in self care.

Exam week
The phrase exam week can send chills down anyone's spine. It's the bane of every college student's existence. But there are healthy ways to cope and get through this time. First off be kind to yourself. Think of all the accomplishments you have made over the semester. Allow yourself to be proud of how far you've come so that you can adequately prepare for the exam.

- Get 7-9 hours of sleep each night. You need this to function your best.
- Put your phone away while studying. Notifications that pop up will distract you.
- Nourish your body! Your brain does not operate well when you have a lack of nutrients to sustain yourself.
- Study at chunks of a time. Study for 20 minutes, then take a 5-minute break, and repeat this process.
May is a beautiful time of year. Here in the high country we’re starting to see beautiful growth in the nature around us. More delicious foods are coming in season too! Here are a list of seasonal foods to look out for in May.
- Arugula
- Basil
- Beets
- Broccoli
- Cherries
- Cilantro
- Kale
- Mustard Greens
- Spinach
- Strawberries
- Summer Squash

Stop by your local farmers' market and see what they have available.

Not only will you being receiving delicious, fresh produce, but also supporting your local farmers! The Watauga County Farmer's Market starts in May and goes through November and is open every Saturday Morning. There are vendors that accept SNAP, WIC, and FMNP benefits, just stop by the manager booth first.

The Collegiate Recovery Center will be having its last BIPOC meeting this month for the Spring 2021 semester. Join them Wednesday, May 12 at 5:30 pm. For the Meeting Link visit the CRC linktr.ee:
https://linktr.ee/CRCAppState

website: wellness.appstate.edu
instagram: appstate_wellness
tiktok: wellness.appstate