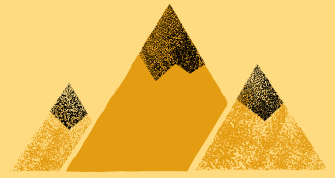


# November Newsletter



WELLNESS AND PREVENTION | FALL 2020

## LAST FULL MONTH OF THE SEMESTER

Ready or not finals are upon us! Congratulations on making it this far through one of the most challenging semesters yet. Celebrate your success and commitment and let that fuel your motivation for this last push.



### How to stay motivated and Productive

- Get enough ZZZs
  - Lack of sleep can interfere with your mood, memory, and ability to process information
- Eat a well balanced diet
  - Food fuels the mind! Skipping meals and living off of iced coffee won't help your brain power or grades.
- Schedule your study time.
  - Set aside at least 1 hour a day to dedicate to studying—it's harder to put off this way and can help you stick with it!

## WINTER SQUASH

Winter squashes are a group of annual squash species.

Compared to summer squash, these are harvested and eaten when they are fully mature: their skin has a tough, hard rind and the seeds inside are fully mature as well. They come in a variety of beautiful, rich colors ranging from orange to dark green.

### Nutrition in Winter Squash:

These squash species are high in beta-carotene, vitamin C, and fiber! They're also very filling with relatively low calories; 45-90 calories per cup.



### Acorn Squash Recipe:

- 1 acorn squash, washed
- 2 tbsp olive oil
- 1/4 cup grated parmesan
- 2 tsp garlic powder
- pepper and salt to taste

1. Preheat your oven to 400 degrees.

2. Halve the squash, scrape out the insides, and slice into 1/2" half moons.

3. In a large bowl, toss together the squash, olive oil, cheese, garlic powder, and pepper.

4. Lay the squash out on a baking sheet.

5. Bake for 30 minutes until super tender and the cheese has kinda crisped up.



## FINISH STRONG

This has definitely been a unique semester full of new challenges we never thought we would have to overcome, but you made it this far! In order to finish the semester strong reflect on these things in regards to your classes:

- Goals you have accomplished
- Things that contributed to your success
- Mistakes you have made
- 1-3 things that you want to improve at the end of this semester (or next semester)
- Something new you learned about yourself

---

If you would like someone to talk more in depth about goal setting, take advantage of our WE COACH program. It's a peer-to-peer program that offers coaching session on a variety of topics such as time management, self-care, relationships, studying, and more.

website: [wellness.appstate.edu](https://wellness.appstate.edu)  
instagram: [appstate\\_wellness](https://www.instagram.com/appstate_wellness)  
tiktok: [wellness.appstate](https://www.tiktok.com/@wellness.appstate)

