

WELLNESS WEEKLY

25 MAY, WEEK 11

Wellness Tips | Upcoming Events | Win a Prize!

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Hello all,

It's the *final* week of semester — we've made it!

For some of us, hearing this may be exciting — no more online learning (hopefully)! For others, this may be a daunting realisation given that exams are now just around the corner.

Exams can be a scary time for everyone. Whether you're in your first or final year of study, the preparation process can be very stressful. Around this time, many of us may fall into trap of cramming too much and putting essential things like sleep, diet and exercise on the back burner.

But it's important that we maintain good health and mental wellbeing if we are to perform well in our exams. With that in mind, this week we have a number of tips and tricks to help you survive the upcoming exam period and be your best self in the weeks to come.

Don't forget your weekly dose of cute furry friends, sweet tunes, delicious recipes and more!

Enjoy!

UPCOMING ONLINE WELLNESS EVENTS

HBA LEGAL PRES. WELLNESS WEEK

1. TAI CHI

Come join us at **12:00pm Tuesday, 26 May** for a session of Tai Chi with Nick, a qualified expert in the field! Tai Chi stems from the roots of Ancient Chinese philosophy, medicine and martial arts. It is a fundamental practice used to improve and enhance the health and vitality of

individuals through the cultivation of Qi (energy). Through specific movements coordinated with breath and intention, Tai Chi can boost the immune system, improve cardiovascular and respiratory function, and promote peace and calmness in our minds.

2. STRAVA CHALLENGE

For all of our Strava members — Blackstone is hosting a competition on Strava for Wellness Week! Whoever has been active for the most hours by **Sunday, 31 May** will win a **\$25 Uber Eats voucher!** If you haven't already, join the UWA Blackstone Sports Club on [Strava](#) now for your chance to win!

Stay tuned on the Blackstone Facebook page for more events TBA!

Workout of the Week

Five-Minute Abs

- Knee crunches (30 secs)
- Cross crunches (30 secs)
- Rest (30 secs)
- Leg raises (30 secs)
- Cycling cross crunches (30 secs)
- Rest (30 secs)
- Flutter kicks (30 secs)
- Heel touches (30 secs)
- Rest (30 secs)
- Plank (30 secs)
- Supermen (30 secs)

STUDY TIPS

1. Avoiding last minute cramming

Good revision can be key to success in exams. Knowing this, we may force ourselves to cram more and more up until the very last moment. Sometimes though, no matter how much we revise, it doesn't feel like enough. And in the process, often we will sacrifice a good night's sleep. What harm will a few all-nighters do, right? Well, actually, the harm can be significant!

The effect of poor sleep is that the hours of effort we just spent learning material may go to waste.

This is because sleep is *essential* to memory recall. Research has shown that sleep is key to the consolidation of long-term memories, and that this information is transferred during deep sleep.

What's more, the research shows that even *one* sleepless night will lower the speed at which your brain processes information. When we don't

get enough sleep, it disrupts the neural pathways in our brain that ensure the smooth passage of information. Our working memory — that which we utilise in problem-solving and decision-making — is limited, and so we take longer in our search for answers.

So, folks, you may want to reconsider pulling an all-nighter and just call it a night. It's likely we've done what we can at that point anyway. Instead, revise ahead of time (it's never too late) — you'll be better off for it!

2. Yep, you guessed it — exercise!

We hear this one all the time. But if we appreciate the science behind exercising, and the effect it has on our brain, we may be more willing to give it a shot!

Have you ever felt your brain getting foggy after studying at your desk for hours? You wouldn't be the only one!

A simple cure for this is to exercise. Evidence suggests that exercise — no matter how minor — actually enhances our cognition. This is because when we exercise, we increase the blood flow in our body. In fact, that blood carries more energy and oxygen to our brain and allows us to perform better as a result!

So next time you feel sluggish or you're having a mental block, consider doing a quick exercise for a mental boost. Even something as simple as a set of crunches will do! Check out our *Workout of the Week* for some ideas!

3. Eating well

When we're busy trying to prep for exams, eating well may become less of a priority for us. But a poor quality diet during exams could end up affecting our quality of study.

For instance, research shows that processed carbohydrates like sugary breakfast cereals can actually lead to brain fog and leave you feeling lethargic.

So even though it may seem like an easy sacrifice to make, we may be putting ourselves at a disadvantage when we place our diets on the back burner. Plan your meals ahead of time and opt for healthy food and snacks that will boost your energy!

4. Working in short bursts

Often by the end of semester the work has well and truly piled up and we have a lot to get done.

With not long left until exams, we may spend hours at a time cramming on a single topic as we try to play catch up.

But this may not be as wise as we may think. Studies suggest that spacing out your study and switching between different topics is more effective than focusing for hours on end on one topic. So consider switching it up instead of forcing yourself to finish a big topic in one night!

5. Rewarding yourself

Humans are motivated by rewards. As students, we learn better and even recall what we've learned more easily if we are motivated in our study.

At this stage of the semester, there is a lot to get done as we prepare for all of our units.

Even despite exams looming, we may find our minds wandering and notice that we are more tempted to procrastinate than

usual.

The tasks with which we procrastinate are often small ones like cleaning up our desk space.

Tasks like these offer us more immediate rewards — because we are able to finish them quicker, we feel that satisfaction sooner. In contrast, passing an exam — although a *bigger* reward — is not as immediate.

Evidence suggests that humans are more motivated when a reward is immediate as opposed to long-term.

So in planning your study sessions, it may be useful to schedule in short-term 'rewards' that motivate you to get your work done.

For example, tell yourself that after completing an hour or two of study, you will treat yourself with an episode of a show or a YouTube clip.

Even having something to look forward to after exams could help motivate you and make the exam period a more positive experience overall. So why not plan a night out or a weekend away with some friends after your last exam — motivate yourself to get through to the finish line!

If you have any content requests for the next edition, please contact

wellnessofficer@blackstone.asn.au

MEET HENRY!



Two-year-old Henry loves to chew on socks and is always getting up to mischief!

Thanks for sending in this cutie, Courtney!

Send us a photo of your furry friend for next week's edition!

QUARANTUNES

For this week's *Quarantunes*, our very own President, Andrew McDade, has kindly offered us a playlist of his favourite tunes!

Don't miss out – head to Spotify now and have a listen!

1. **Prince** – Purple Rain
2. **David Bowie** – Modern Love
3. **Billy Joel** – Vienna
4. **Gerry Rafferty** – Baker Street
5. **Electric Light Orchestra** – So Serious
6. **Paul Simon** – Me and Julio Down By the Schoolyard
7. **Queen** – Millionaire Waltz
8. **George Michael** – Freedom '90
9. **The Rolling Stones** – You Can't Always Get What You Want
10. **ACDC** – Thunderstruck

Cooking Corner

Vietnamese Rice Paper Rolls



1. Mix the ginger, chilli, fish sauce, garlic, lime juice and sesame oil
2. Pour 2 tsp over prawns and leave to marinate for at least 10 minutes
3. Dunk rice paper wrappers in a bowl of warm water for a few seconds, one at a time until no longer brittle
4. Pile a few coriander leaves, a few prawns, avocado slices, carrot, noodles and spring onion onto each wrapper
5. Fold in the sides and roll up tightly
6. Decorate with sesame seeds and crushed peanuts
7. Serve with chilli sauce

Enjoy!

Ingredients

- 1x thumb-sized piece of ginger, peeled and finely chopped
- 1x red chilli, seeded and diced
- 1 tsp fish sauce
- 1x garlic clove, crushed
- 2x juiced limes
- 2 tsp sesame oil
- 9x cooked and peeled prawns
- 6x halved rice paper wrappers 6, 22cm
- Handful of coriander leaves
- 1/2 avocado, finely sliced
- 1x carrot, peeled and shredded
- 40g rice noodle vermicelli, rinsed and drained
- 2x shredded spring onions
- Sesame seeds
- Crushed peanuts

Riddle me this...

Congratulations to last week's winner, Courtney McVeigh!

Get in QUICK for your chance to win a \$25 Uber Eats voucher! Email your answer to wellnessofficer@blackstone.asn.au

If it took 6 people 9 hours to build a barn, how long would it take 12 people to build the same barn?

ADDITIONAL RESOURCES

- [Three-minute exercise](#) to improve memory and brain power
- The [benefits of hand-written notes](#) in studying
- How [exercise and healthy diet improve cognitive performance](#)

EDITION 1

EDITION 2

EDITION 3

EDITION 4

EDITION 5

EDITION 6

 **BLACKSTONE SOCIETY**

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