



**STOP SAYING  
“I WISH”  
START SAYING  
“I WILL”**

**Health and Wellness**

**Managing Stress in  
College: Eating Well  
and Exercising**

**References & Resources:**

1. <http://www.onlineschools.org/science-of-study-breaks/>
2. [http://www.sparkpeople.com/blog/blog.asp?post=health\\_benefits\\_of\\_a\\_10minute\\_workout\\_last\\_for\\_1\\_hour](http://www.sparkpeople.com/blog/blog.asp?post=health_benefits_of_a_10minute_workout_last_for_1_hour)
3. <http://www.mayoclinic.org/healthy-living/stress-management/in-depth/exercise-and-stress/art-20044469>
4. <http://www.nerdfitness.com/blog/2012/10/18/a-college-guide-to-eating-healthy/>
5. <http://jdrf.org/life-with-t1d/college/top-10-tips-for-eating-healthy-in-college/>



This brochure was made by a postsecondary student with a learning disability as part of the CS<sup>3</sup>LD project.



This material is based upon work supported by the National Science Foundation under Grant No. HRD-1246587. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the National Science Foundation.

**UF UNIVERSITY of FLORIDA**  
The Foundation for The Gator Nation

## Common Misconceptions

**Myth:** If I take a study break I'll regret it during my exam

**Truth:** Studies have shown that students who took study breaks retained the material for longer periods of time than those who continued to study<sup>[1]</sup>. Taking a thirty minute break can help you find focus. Using that time to engage in physical exercise can even help reduce anxiety.

**Myth:** I don't have enough time to workout at school

**Truth:** You start reaping the benefits of a workout in the first ten minutes<sup>[2]</sup>. You can also add workouts into your day without losing time. For instance, you could take 15 minutes to walk to your favorite restaurant and get dinner, walk while on a phone call, or exercise during commercial breaks while unwinding with a TV show at night.

**Myth:** I can't afford to eat well

**Truth:** You can eat really healthy on any budget if you know what to look for. See the example recipe on the next page. For more tips on eating well on a budget check out [www.poorgirlleatswell.com](http://www.poorgirlleatswell.com)

## Improved Ramen Noodles:

Start by using half the flavoring packet or draining off half the broth at the end to avoid excessive sodium intake. Add 1-2 cups of frozen vegetables when you add in the noodles. Add 2-3 ounces of chicken, beans or tofu to add protein to the dish. The added food also means more portions!

Cost: \$2.22\* for a 12 count pack of Ramen (19 cents a pack or 10 cents a serving). \$1.96 for a 16 ounce bag of frozen vegetables (or 65 cents a serving). \$2.76 for a pack of 3 cans of pinto beans (92 cents a can or 30 cents a serving). That's a full meal for \$1.05!

\*all prices from Walmart



## Common Misconceptions

**Myth:** Adding a workout to my list of things to do will only increase my stress

**Truth:** It is true college students don't have much time. But the benefits of exercise outweigh the stress of getting to the gym. Exercising produces endorphins – you leave with that good feeling, often called a runner's high. Exercise can be meditative - it allows your mind to clear so you're ready to refocus afterwards. Regular exercise has been shown to increase self-confidence and lower depression and anxiety<sup>[3]</sup>. It takes as little as 2.5 hours a week of moderate exercise – that's just over 20 minutes a day.

**Myth:** It is impossible to eat well on a meal plan

**Truth:** Most colleges offer options such as grilled chicken, a salad bar – add hard boiled eggs and beans to make a heartier salad, stir-fry –go heavy on the veggies here, and omelets. Avoid sitting by the dessert bar. And yes, pizza is a well-rounded meal if you add veggies and some protein such as grilled chicken, just limit pizza to once every week or two. For more tips on eating well in college try [nerdfitness.com](http://nerdfitness.com).