



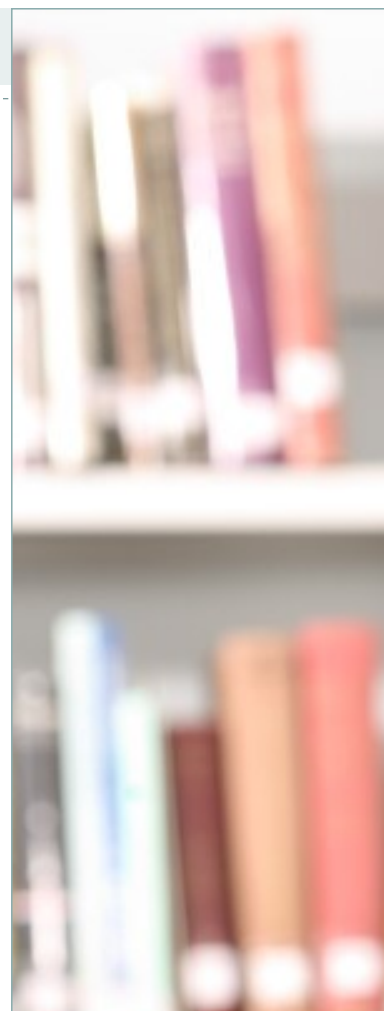
Student Wellness Program

In the midst of graduate school demands and the dynamics of our evolving world, it can be easy to overlook the value of self-care. The purpose of this article is to examine the value of self care, the battle of urgent vs important tasks, and tips and strategies to help you prioritize you own needs and taking care of yourself. In a national survey, Americans cited the benefit of self care: as enhanced self-confidence, increased productivity, and happiness. From a physical health perspective, self-care also reduces heart disease, stroke and cancer.

The Tyranny of the Urgent, is a story used by Charles E Hummel to explain what happens when people allow the important things in life to take a backseat to the urgent tasks. Our job to navigate life's unexpected happenstances and urgent tasks becomes problematic when they interfere with people completing more important tasks. Charles Hummel discusses how when this happens, urgent tasks become "tyrants" in our work day and keep us from being the productive goal achieving people we all want to be-thus the term the tyranny of the urgent. It's important to give priority to the important things like self case because so many times, we only prioritize the urgent tasks,.

Information is moved from our working memory into our long-term memory more successfully if we have a powerful sense of self as learners. We can't separate our ability to retain information from how we feel about ourselves from within the setting with which we learn from. It can't be stored or contained if we don't feel good about ourselves. To get the most out of studying, we must make sure we feel good about ourselves. Get dressed, wash our hair, if we love sipping a latte, we should get one before class, if we feel more scholarly studying in a particular corner of library, we should go there. Our brain only wants to remember things that give us a strong self concept. People do better when they feel better. Let's work smarter not harder.

Our brains primary job is to take care of ourselves by keeping us alive, and then to keep us feeling good. So, our brains won't prioritize anything when we feel miserable. If we want to learn in a smart and efficient way, we have to prioritize feeling good about ourselves as people. If we don't value ourselves and think we have worth then we are just swimming upstream the whole time. If we feel bad when we learn things, the information is less likely to be retained. If we want to do well, we need to make sure we prioritize our self concept. Positive self concept makes us more efficient learners!



RUTGERS HEALTH

Student Wellness Program

Piscataway (732) 235-5933

Newark (973) 972-5429

Voorhees (856) 770-5750

<http://ubhc.rutgers.edu/swp/index.html>

Student Counseling
Educational Training
Consultations
Psychiatry Services
Orientations
Crisis Debriefing

Here are some tips:

1. Move to a different location, so your brain has something else to think of.
2. Try to incorporate deep abdominal breathing exercises or meditation.
3. Give yourself a movement break .
4. Identify areas you can delegate to others.
5. Ask yourself if something can be eliminated on your to do list.
6. Take an inventory of what excites you, calms you, and nurtures you. And don't wait to feel good, do something about it right now.

SWP SERVICES

The Student Wellness Program (SWP) is available to you and any family members residing in your household, should you be experiencing any stress related to personal or academic concerns.

All services are free and confidential. Your school has already provided this as another benefit to you. No information is shared with your academic program without written consent from you.

Not only is the SWP available for concerns related to stress, we also work with individuals, couples and families for reasons such as personal difficulties, relationship concerns, grief, anxiety, parenting issues, time management, and substance abuse assessments. Whatever your concerns, we are here for you. Currently the SWP is providing telehealth services via telephone or video. Feel free to reach out to us by telephone if you have any questions, concerns or would like to schedule an appointment.

We are a phone call away...



Piscataway:

(732) 235-5933

Newark:

(973) 972-5429

Stratford/Camden:

(856) 770-5750