

Extreme Makeov

Cobra Pose

*Helps relieve stress and fatigue

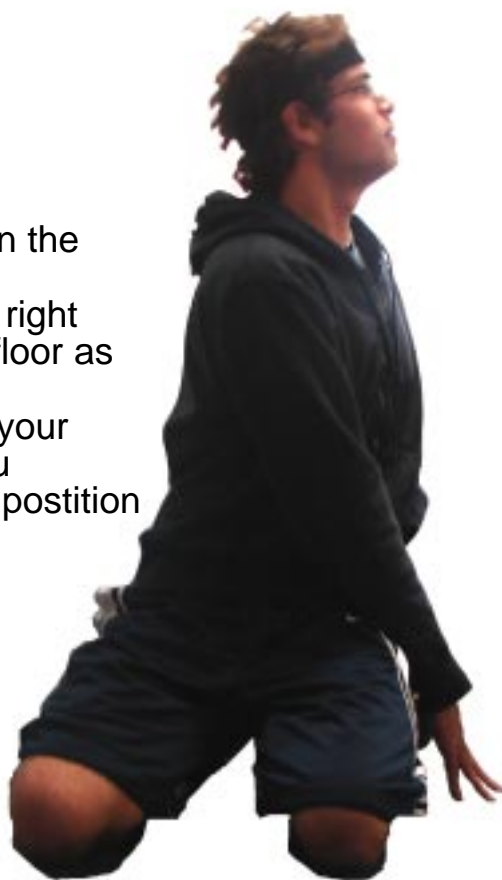
1. Lie on your stomach on the floor with your legs back and the tops of your feet on the floor. Spread your hands on the floor under your shoulders with your elbows back towards your body.
2. While inhaling, straighten your arms to lift your chest off the floor. Lift as much as you can while keeping your legs on the floor.
3. Hold pose for 15 to 30 seconds.



Bharadvaja's Twist

*Helps relieve stress

1. Sit with your knees bent behind you on the outside of your left hip.
2. While exhaling, twist your torso to the right keeping your left buttock as close to the floor as possible.
3. Pull your left shoulder back, pressing your shoulder blades against your back as you continue to twist to the right. Stay in this position for 30 seconds to one minute.



Salutation Seal

* reduces stress and anxiety
*calms the brain

1. Sit comfortably. Breathe in while bringing your palms together. Rest your thumb on your sternum.
2. Make sure one hand does not dominate the other; if so, release the dominant hand slightly.
3. Bow your head and sit for five minutes.

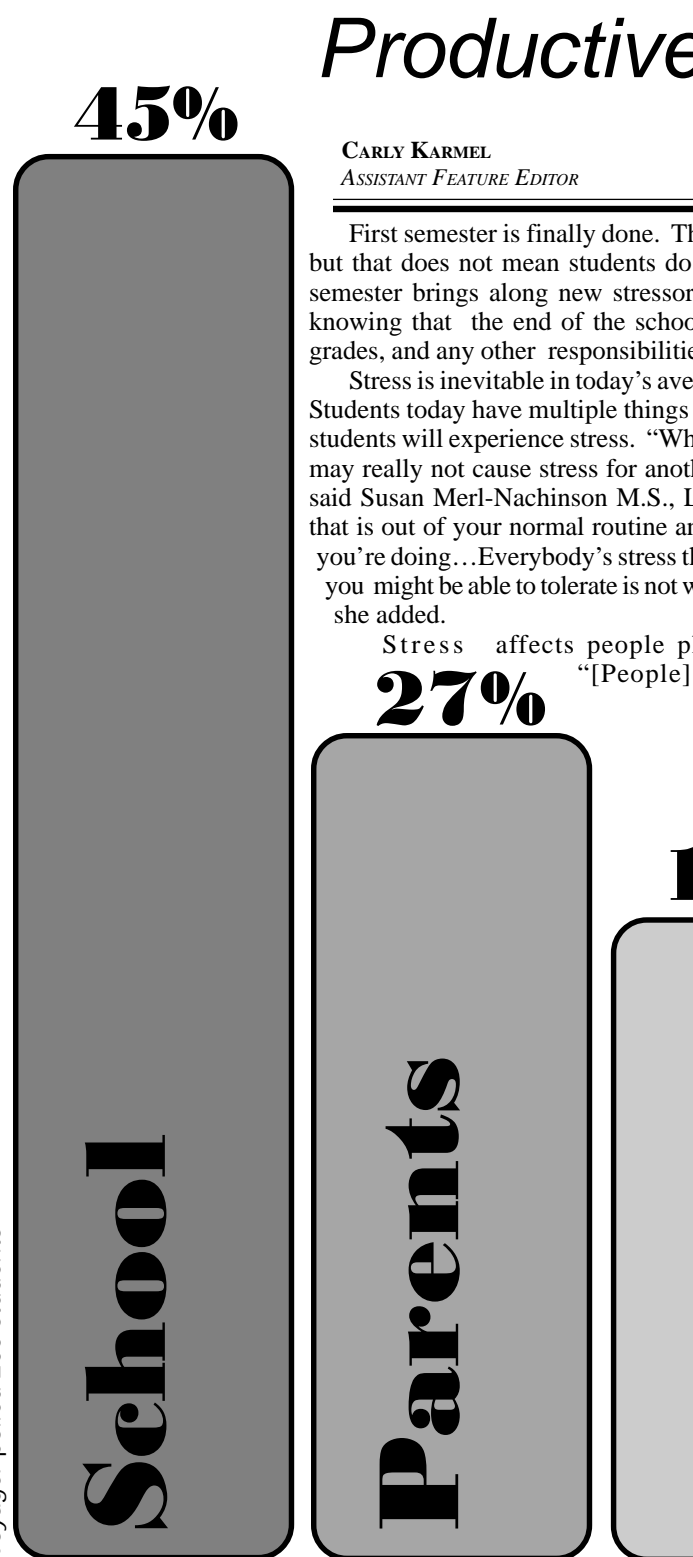


Source: yogajournal.com

Photos by Carly Karmel

What Stresses out H-F Students the Most?

Voyager polled 200 students



Productive

CARLY KARMEL
ASSISTANT FEATURE EDITOR

First semester is finally done. The end of the school year is here, but that does not mean students do not have a lot of stress. The first semester brings along new stressors, such as knowing that the end of the school year is near, grades, and any other responsibilities. Stress is inevitable in today's world. Students today have multiple things going on, and students will experience stress. "What may really not cause stress for another student," said Susan Merl-Nachinson M.S., "is that is out of your normal routine and you're doing...Everybody's stress threshold is different, so you might be able to tolerate it is not what she added."

Stress affects people differently. "People

De-stress



er: Health Edition

Make the new semester stress free

activities manage stress

the stress of finals is over with, not have any stress. Second... paying attention in classes... year is closer, getting good... that students have. ... average high school student's life. ... going on at once, so naturally, ... that causes stress for one person... her. It is so wide in varying,C.P.C. "[Stress] is anything... and adds more to whatever it is... threshold is different. So, what... what I might be able to tolerate."

physically and emotionally. ... internalize the stress and... become very difficult, angry, ... hard to be around, [and]... mopey... We think too... long about doing... something, and... then we... internalize

6%

Other

7%

Sports

7%

Work

Graphic by Amelia Kane

anxiety and that leads to stress," said Merl-Nachinson.

According to couns.uiuc.edu, the University of Illinois Counseling Center website, "Stress is the 'wear and tear' our bodies experience as we adjust to our continually changing environment; it has physical and emotional effects on us and can create positive or negative feelings." Since stress is inevitable, one must learn how to manage it and put their stressful feelings into something constructive.

One must first become aware of their stressors and their reactions to them. "Notice your distress... Determine what events distress you... Determine how your body responds to the stress," said couns.uiuc.edu.

Once the stress is noticed, a person should learn how to reduce the intensity of the emotional reactions to stress. According to couns.uiuc.edu, one should "try to see the stress as something you can cope with rather than something that overpowers you... Put the situation in perspective."

To manage stress, Merl-Nachinson advises people to plan and organize their thoughts and what needs to be done. "If you're having something new added to your life, you might want to do some research. Time management is crucial... but one of the things that is really important is that people make time for themselves... Definitely taking some time to chill out," said Merl-Nachinson.

Stress can be managed through various techniques and routines. It depends on each person to find what helps release their stress. Some tools for stress release may be slow, deep breathing, exercise, or creative outlets. Eating well, giving oneself breaks from hard work, and getting enough sleep all help in reducing stress. According to couns.uiuc.edu, developing supportive friendships, keeping realistic goals, and expecting failures all alleviate stress. "I always tell people, 'Don't procrastinate.' If you [have] got something to do, get on it, get on it as soon as you can, and get it out of your head, and then you'll feel better," said Merl-Nachinson.

Child's Pose

*calms the brain and helps relieve stress and fatigue

1. Sit on your heels with your big toes together. Separate your knees as wide as your hips.
2. Exhale as you lay your torso in between your thighs.
3. Rest your hand on the floor next to your body with your palms up. Release your shoulders towards the floor.
4. Hold for one to three minutes.



Uttanasana

*Calms the brain and helps relieve stress and mild depression
*Reduces fatigue and anxiety

1. Stand with your feet together and your hands on your hips. While exhaling, bend forward from the hips. As you bend, put emphasis on making the front torso longer.
2. Try to keep your knees straight and put your hands on the floor, or wrap your palms around your ankles.
3. With each inhale, lengthen your torso. With each exhale, release more into a forward bend. Hold for 30 seconds to one minute.



Your Diet

The diet consists mostly of complex carbohydrates which are for calming. Complex carbs are able to do this because they produce the neurotransmitter serotonin, which makes one feel relaxed.

Recipe Serves: _____

Dish: _____

Dinner

*Grilled chicken breast with steamed vegetables and brown rice.

Recipe Serves: _____

Dish: _____

Lunch

*Whole wheat pita pizza topped with low-fat cheese, tomato sauce and fresh-sliced veggies
*Fresh orange slices
*Sparkling water with lime

Recipe Serves: _____

Dish: _____

Snacks

*Mixed dried fruit and nuts
*Small portion of fat-free yogurt topped with fresh berries and chopped walnuts
*Wholewheat crackers with butter
*Small corn tortilla filled with hummus and sprouts -2 snacks a day

Source: allrecipes.com, alltop.co.uk