CyberBreak

March 16, 2007

Coming up next week. . .

SCALE Exams – 4th Floor Monday, March 19th Wednesday, March 21st



ENERGY

Stress and personal energy are closely related. The more energy you have, the more equipped you are to handle stress and take on new challenges. Below are some tips to getting and maintaining some of your energy.

EAT RIGHT

Consume a variety of foods to ensure you are getting all the vitamins and minerals your body needs.

SLEEP TIGHT

Wake up and go to bed at the same time each day to help your biological clock run smoothly.

SOCIALIZE

See your friends. Friendships boost your health and happiness.



STAY FIT

Exercise strengthens your heart, lungs and muscles to help you do more physically. But, it also increases the supply of oxygen to your brain, boosting alertness so you can absorb information quicker and perform other mental tasks. Stay fit at the Fitness Center in the Basement of the Bullocks Wilshire Building. The Fitness Center opens at 6:30am and typically closes around 11pm.

"You never really understand a person until you consider things from his point of view."

Harper Lee

spoken by character Atticus Finch in To Kill A Mockingbird

Save the Date for the Next Staff Professional Development Workshop:

Coping with Challenging Customers
April 6, 2007
1 - 3pm

FEEDBACK: Have ideas, suggestions, comments or contributions for future editions of CyberBreak? Please email them to Johanna Gan at jgan@swlaw.edu