FADE IN

INT: GIRL STANDING IN FRONT OF A WALL

MS OF MCCOOG STANDING IN FRONT OF A WALL

Hello! My name is Alexa McCoog and I’m a communications media student at Indiana University of Pennsylvania, and I’m here to speak to you today about a topic we all from time to time think about… Self-Care.

CUT TO SIDE SHOT

Sometimes we all run into a rough patch in life. Whether it has to do with school, work, or just relationships with others. We all deserve to take care of ourselves.

CUT TO MS

Self-care is the act of taking moments of our lives and stepping back and doing what is best for our well-being.

CUT TO SIDE SHOT

Especially during college, the amount of stress the average student has is intense!

CUT TO STATISTICS SLIDE

As you can see here, the amount of students that suffer from extreme stress has gone up each year. As of 2013 the amount of students attending counseling for this stress was 48 percent.

CUT TO MS

At this point in our lives, it’s crucial to keep a level head and pursue a right mentality when entering full maturity.

Cut to SIDE SHOT

Although some students may be saying, “How does one keep a positive attitude when college is extremely stressful?”

Cut to MS

Well listen closely, and these tips can potentially help anyone through the rest of their lives

Cut TO POWERPOINT SLIDE

These few steps could potentially change a person's life!

CUT TO POWERPOINT SLIDES

First of all! Just a general in everyday life in the United states is, we move too quickly! That’s why the first on this how to list, is to slow down.

CUT TO MS

Take moments during the day to walk away from school work. Or if you work, take some time to relax.

CUT TO SIDE SHOT

If a person never seems to calm down that adds extra stress to their bodies. This leads to higher blood pressure, decreased mental stability, and higher chance of developing an anxiety disorder.

CUT TO MS

Therefore, taking special time to step back from the stress that is life, is important to every human's health.

CUT TO SIDE SHOT

Take time to go for a walk, read a book, watch that show you’ve been meaning to catch up on.

CUT TO MS

Whatever is so important can be pushed off for an hour while the mind is being elevated of stress.

CUT TO POWERPOINT

Next on the list of steps is, to declutter the mind. Especially during college this tip can help!

CUT TO MS

We all know that overwhelming feeling, right?

CUT TO SIDE SHOT

The mid semester slump. Midterms are on the rise, and every project is due. Students will wake up in the morning filled with stress and the feeling of being overwhelmed.

CUT TO MS

This is where a planner comes into play. Preparing a list of things to do when feeling overwhelmed helps. Keeping a clear and concise schedule for day to day life can help alleviate stress.

CUT TO POWERPOINT

As we can see here, even keeping a messy schedule in a notebook for classes can organize our overwhelming thoughts!

CUT TO SIDE SHOT

Have that slight amount of organization can help a lot when it comes to a rough semester or just rough times that we all go through during maybe the holiday season.

CUT TO MS

Helpful right?

CUT TO SIDE SHOT

Even more helpful is this next tip!

CUT TO MS

We’ve all heard the myth about food and exercise right? Well it is true!

CUT TO POWERPOINT SLIDE

Statistics show that leading a healthy lifestyle can increase the positivity in an individual's life.

CUT TO MS

No one says that it has to be a “Diet” but making smarter choices in fruits and vegetables can increase happiness.

CUT TO SIDE SHOT

While, personally am not the biggest fan of exercise. There’s nothing like going for a run and feeling the blood pump through the body in high “Positive” energy.

CUT TO MS

According to statistics, working out for just 30 minutes a few times a week can elevate stress and improve mood.

CUT TO SIDE SHOT

However, we all aren’t into the exercise aspect of self-care. So we can look to the dietary side of things.

CUT TO MS

 Here are some foods that improve overall mood:

CUT TO POWERPOINT SLIDE:

Foods such as: Avocados, Shiitake Mushrooms, Grapes, Raw nuts, Salmon, Sesame Seeds, and Strawberries are known to improve the types of chemicals that are released in our bodies.

CUT TO MS:

A combination of both dietary change and adding exercise could do wonders for the mind as well as the body general. We can always be open to this solution during the free time we allow ourselves.

CUT TO MS

All these tips can pull together to create stronger lives!

CUT TO SIDE SHOT

College students or just the average adult can use these ideas the next time they have a rough patch in life or just feeling overwhelmed.

CUT TO POWERPOINT SLIDE

Take these tips from this how-to by slowing down, decluttering our work load, taking time for ourselves, and choosing the right type of foods and exercises. Together we can work these rough patches.

CUT TO SIDE SHOT

 And remember we’re in this together.

CUT TO MS

My name is Alexa McCoog a communications media student at IUP. To check out more of my work go to iblog.iup.edu/klhvv and leave me a message or comment. Have a good day!