**Stress and College**

In college, we have lots of factors that can cause stress — jobs, classes, norms, homework — the list goes on and on. Living in such a high stress environment can cause many problems for our bodies. Stress can cause many things to happen within our bodies, including tension, heavy breathing, nausea, headaches, and even things such as irregular menstruation in females. This leaves many college kids asking, what do I do to deal with it? Well, you reduce. Take time to treat yourself, listen to music, write, or go for a walk. Exercise, including breathing exercises, and other relaxation methods, such as yoga, hot showers, and meditation has been shown to lower stress levels and reduce negative symptoms. So, when midterms and finals come around, remember these tips.

Source: http://www.azep.org/helpcenter/stress-body.aspx

**Trivia Question**

Q: What is the only letter in the alphabet that does not appear in the name of any of the United States?

Source: www.todayspenguin.net/human/facts/facts.htm

**A: In Next Week’s Issue of Stall Talk!**

**Last Week’s Answer:** The 16th Century

**Stall Talk by the Numbers: 1000**

The number of calories you consume eating a cheesesteak by the Numbers:

<table>
<thead>
<tr>
<th>Nutrition, Physical Activity and Body Image</th>
<th>April 20; Atrium, 8–9 p.m.</th>
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**Hunger Games open program**

Mar. 10; Atinn, 8–9 p.m.

**Wellness Wednesday:**

Alcohol and other Drugs
Mar. 25; Outside SMC Bookstore; 7–11 p.m.

Nutrition, Physical Activity and Body Image
Apr. 1; Outside SMC Bookstore; 7 a.m.–1 p.m.

**Hunger Games open program**

Mar. 30; Atrium, 8–9 p.m.

**Wellness Week outreach (Earth Day—healthy eating)**

Apr. 6; Promenade, 4–5 p.m.

**Marijuana Event**

Apr. 16; 420 Forum; SMC MPR; 7 p.m.

**Not Fooling Me Open Program**

Apr. 26; Atrium, 8–9 p.m.