

LEARNING TO *Rest*

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Learning to relax
after a busy
semester

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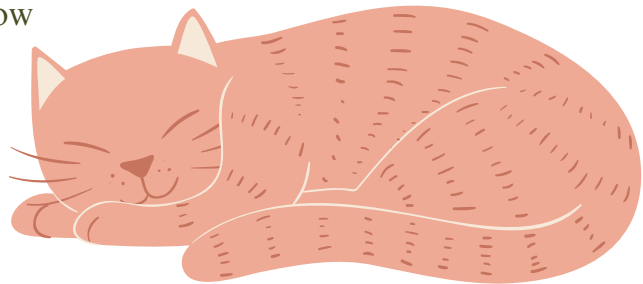
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ABOUT THE AUTHOR

Gracie Fontenot

I'm a freshman studying Moving
Image Arts here at UL. I'm involved in
Ragin Cajun Catholics and Our Lady
of Wisdom Catholic Church. I enjoy
watching movies, writing, listening to
music, spending time with my
friends, and spending time in
Adoration of the Blessed Sacrament!



WHY IS REST IMPORTANT?

By Gracie Fontenot

It should come as no surprise that sleep is important for any person's livelihood, especially that of a college student. Getting good sleep helps heart health, helps manage weight, combats germs, improves immune system, and increases attention span, along with many other benefits (University of California). According to the National Library of Medicine, the average adult should get seven to nine hours of sleep a night. However, UGA says that college students get roughly six hours of sleep per night.

Besides catching up on sleep, I believe it is equally as important for students to actually rest. What do I mean by this? To rest is to relax and take time to do not much at all in order to give one's mind a break. As the end of the semester approaches, along with stressful finals, it is more important than ever to rest and recharge over the Christmas break.

It is necessary for students to allow themselves to rest this winter after such a packed semester. Rest looks different for everyone, but some tips on how to rest can be found on page four. Whether its sleeping in, catching up with family, or making yourself a nice meal, its not selfish to take time to rest. Resting improves your mental health, relationships, and overall mood. This Christmas, remember to take time for yourself.



OPINION: A COLLEGE STUDENT ON REST

Interview with Natalie Himel

Natalie Himel is a first semester student at UL studying Psychology with a minor in French. I interviewed her on her fall semester and her plans for rest.



1. How would you describe your workload this semester and your overall mentally towards it?

“I don’t think my workload was as strenuous as high school but lots more busywork. It’s been fairly easy but other mental challenges have risen like social anxiety and self doubt. This didn’t really affect my workload or grades. My grades have been the best they’ve ever been in my life. But overall, not hard at all and very manageable.”

2. How do you plan on decompressing and recharging over the break?

“I plan on engulfing myself in Christmas movies haha. I want to take time to recharge mentally, physically, spiritually, and emotionally so I can start next semester at my best. I love to read but it’s hard during the semester so I want to read to keep my mind sharp while also relaxing it into comforting stories.”



HOW TO REST

By Gracie Fontenot

While there are many ways to rest your mind and body this Christmas break, some don't even know how to start. Here I compiled some fun ways to relax this break.

1. Coloring books

- Some think coloring books are just for children, but they're for people of all ages. It's a relaxing activity and you have a satisfying masterpiece at the end.

2. Watch comfort movies

- Non-stressful, feel good films are a great way to decompress. My favorite comfort movies are *Spider-Man: Into the Spider-Verse*, *Luca*, and *Wreck-It Ralph*. Some cozy Christmas movies include *Elf*, *Home Alone*, and *A Charlie Brown Christmas*.

3. Listen to music

4. Watch TV shows

5. Drink hot chocolate or warm coffee

6. Read a good book

- I would suggest *Tuesdays with Morrie* by Mitch Albom. It's a short story about living with bittersweet undertones and valuable lessons along the way. It is one of the best books I've ever read.

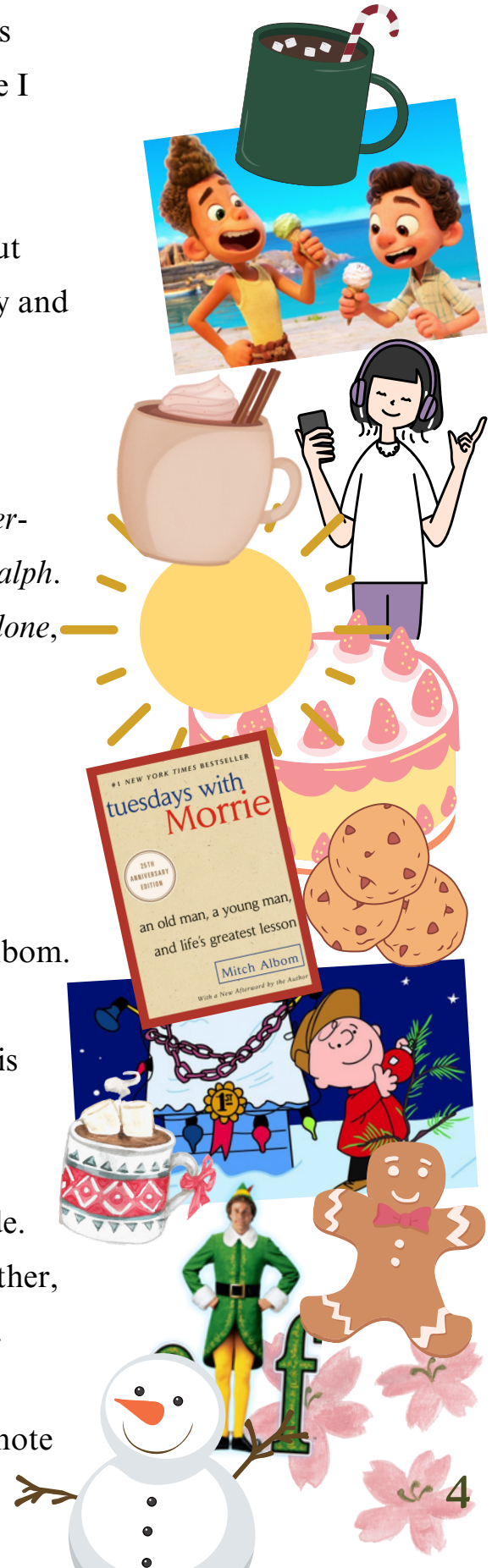
7. Enjoy nature

- Go outside and take a walk. I enjoy reading outside. Listen to the birds, watch the squirrels chase each other, and take in life. It's so often we take it for granted.

8. Baking cookies or other sweets

9. Catch up with family and friends / write them a sweet note or letter

10. Attend daily Mass



OPINION: A COLLEGE GRAD ON REST

Interview with Deon Fontenot

Deon Fontenot is a UL graduate of 1998, with a bachelor in Applied Life Science. She now works as an oncology pharmacy technician for various Ochsner hospitals in Lafayette and also runs a cookie making small business.



1. Do you often feel overwhelmed with your job and small business?

“I do feel overwhelmed with my job due to upcoming changes on our chemotherapy pumps and competency deadlines.”

2. What do you do to relax?

“I go to the gym to relax and hang out with my family. I also enjoy researching new ideas. My day off also helps me feel relaxed because i can do things on my own schedule.”

