



NEW BEAT



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The Importance of Physical Activity for Students

Being physically active is very important for one's health, quality of life, and overall well-being. Many students forget to take care of themselves during the school year because their studies take over their life. But I am here to show you why staying active is beneficial to students. Here are three reasons why you need to start being physically active.

Natural Mood Lifter

One can say that physical activity is like a happy pill without any side effects! Physical activity has the power to relieve people of any negative emotions such as anger, stress, anxiety, and depression. I know that everyone has their battles to fight, but physical activity can make them that much easier.

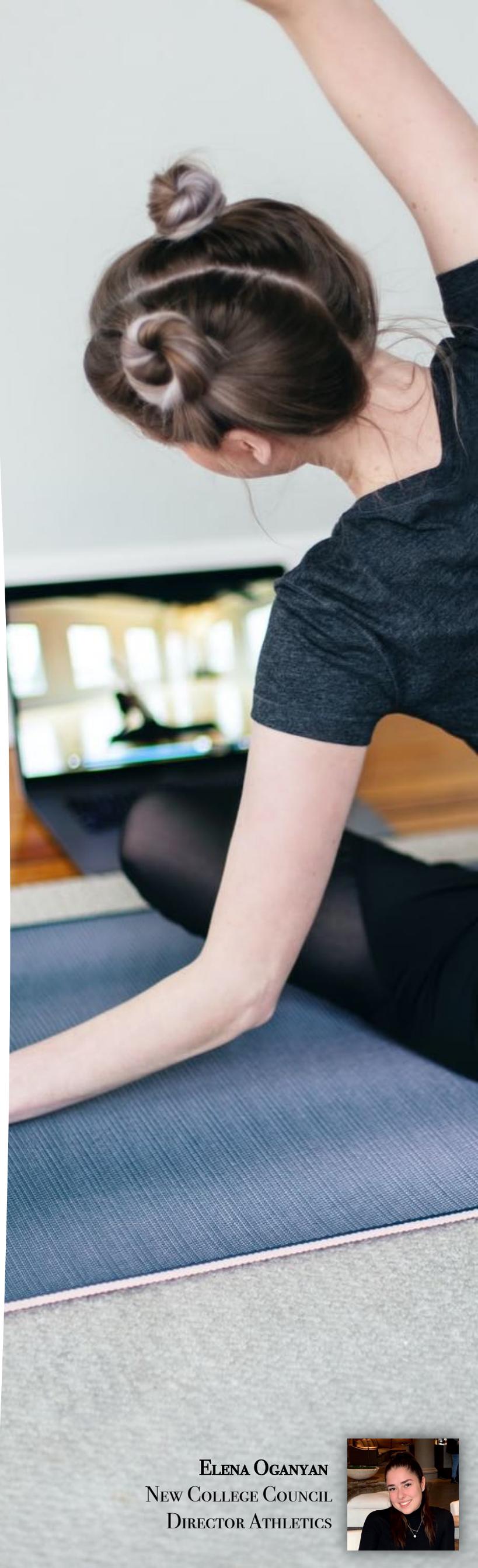
Improving Academic Performance

Many research studies illustrate the correlation between physical activity and improvement in students' academic performance. Sports and other regular physical activities improve concentration and metacognitive levels. Thus, students will be able to study more effectively.

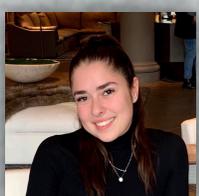
Improving Mental Health

Physical activity is an investment into our mind, body, and soul. It has been shown that physical activity improves our mental health and overall quality of life. Exercise can boost our self-esteem by making us feel powerful and strong. It allows us to have sharper memory and better thinking ability due to the endorphins released during regular activity. Also, physical activity helps us to be more resilient in challenging situations. It helps us cope in a healthy way instead of resorting to negative behaviours that never have a good outcome.

These are only a few reasons, and there are many more, that illustrate why physical activity is important for our health and overall well-being. With that being said, I hope this helps you recognize the importance of staying active and the many ways that physical activity can help improve your life!



ELENA OGANYAN
NEW COLLEGE COUNCIL
DIRECTOR ATHLETICS





The End of an Era

After three long years of being a part of the New College Council, it is finally time for my journey to come to an end. I started as an athletic representative in 2018 – 2019. Then, I became Director of Athletics in 2019 – 2020. And finally, I was Vice President of Operations in 2020 – 2021. It has been my pleasure to serve all you Eagles out there.

We've had some great times over the years. It all started at Frosh Week, followed by intramurals like Rage Dodgeball, the social trips to Blue Mountain and Niagara Falls, and not to mention the always iconic New College Formal. It has all been a blast.

An enormous thank you goes out to all my fellow council members for the amazing work they have accomplished these past few years. It is because of them that NCC was able to provide New College students with socials, sports events, and memories to last a lifetime.

This year especially has had some ups and downs, but through adversity and struggles, we all have grown; through every mistake we made, we always learned a lesson, and through the friends we made, we continue to develop into our better selves.

It is a bitter-sweet farewell to the council; however, I will not be far. I will be another face in the crowd, just another student in the New College family. With that being said, I hope to see you all getting involved or, at the very least, visiting our lounge when it opens back up and immerse yourself in the place I used to call home.

I am proud to call New College my home away from home. Good luck with your final exams and have a great summer!

Sincerely Yours!

MATTHEW MOHAMMED
NEW COLLEGE COUNCIL
VP OPERATIONS

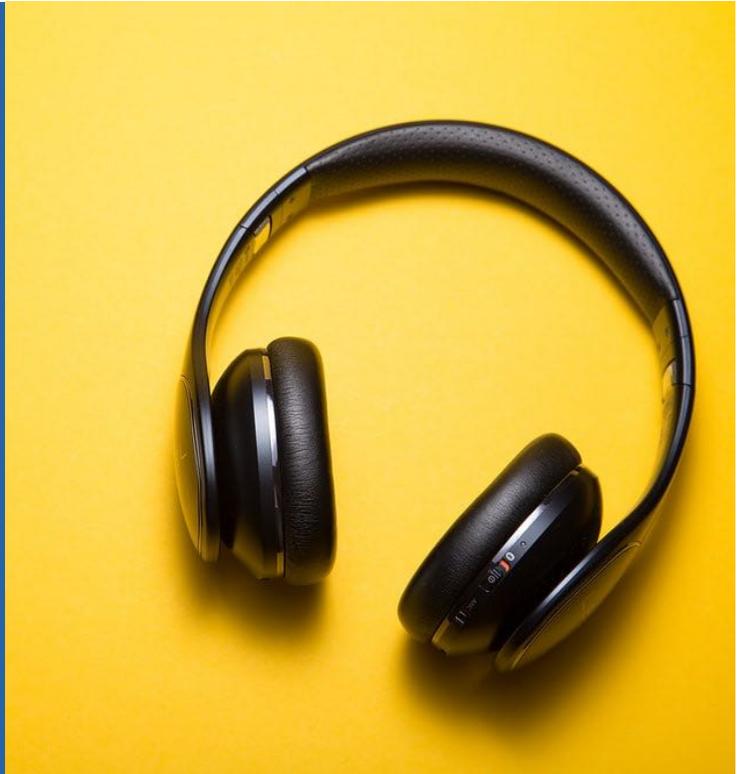


Three Simple Ways to De-Stress

While balancing school, work, extracurriculars, and other problems life throws at us, our stress can feel out of control. Especially being confined at home, it is increasingly difficult to remain calm. Feeling overwhelmed in exam season or having assignments pile up is a problem many of us face. In this article, I will speak about some helpful tips that would help relieve our stressors that following them ultimately leads to a healthier lifestyle.

1. Listen to Music

The power of music does wonders for our emotions. It can help us concentrate and feel more optimistic about life. I highly recommend creating a playlist that caters to your favorite music. Whether it's upbeat music or calm, it alters the number of stress hormones such as adrenaline and cortisol to relieve your anxiousness. You can play this when you are studying to help you focus better or leave it for your breaks so you can dance it out!



2. Meditating

Meditation is a fantastic technique to help focus your attention on your well-being. It is considered one of the easiest ways for stress relief and is easy to follow. Make sure to create time in your day with no distractions to fully follow these meditating steps. A simple meditating routine looks like this!



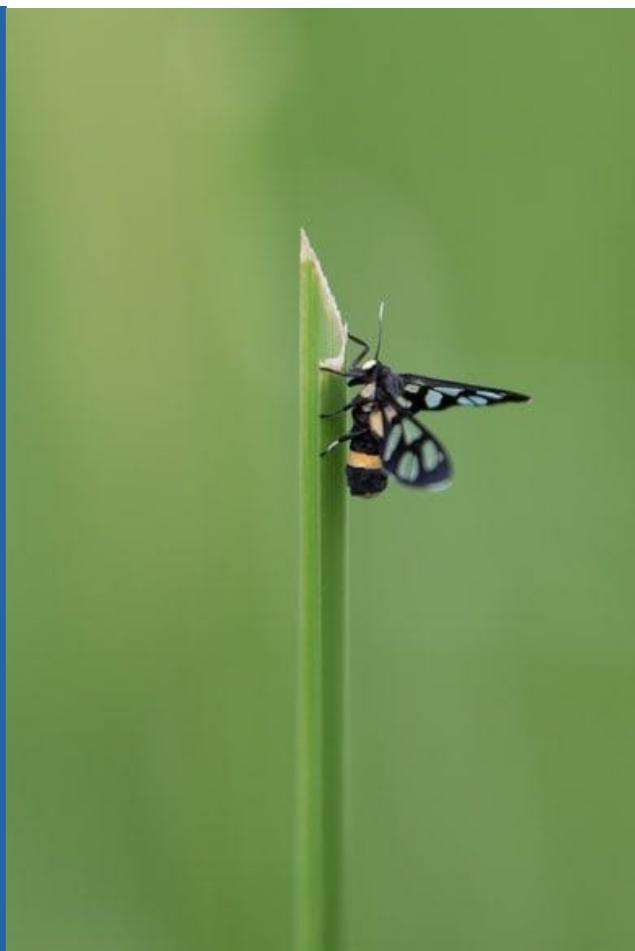
1. Start with good posture! Sit upright in a chair and place your feet flat on the floor. Relax your shoulders and release the tension in your jaw.
2. Begin paying attention to your breath. Don't try to change how you are breathing; simply observe your body as you inhale and exhale.
3. You might feel compelled to shift your focus elsewhere. Resist this urge and continue to focus on your breathing.

4. Anxious thoughts may pass through your mind. Acknowledge them, but then bring yourself back to awareness of your breathing.
5. Continue this quiet, nonjudgmental observation for about 10 minutes.
6. Open your eyes and notice how you feel. Don't evaluate, just observe!

Feel free to use this any time of the day when you are starting to feel stressed and ensure that you are consistent with your meditation practice. Consistency will allow you to practice tackling your stressful thoughts on a daily basis which will lead to an improvement in your mindset.

3. Taking Breaks

Breaks are an easy way to minimize stress which many ignore. I am also very guilty of forgetting to take breaks trying to finish all my assignments or taking on multiple tasks at once. It is crucial to ensure that you take small or long rests throughout the day; so you can recharge and refocus. On your breaks, you can have a snack or do a destressing activity such as exercising, painting, playing music, etc. These are excellent ways to ensure that you spend time improving how you spend your free time and practicing beneficial activities.



Overall, it is completely okay to feel stressed. Everyone feels stressed, but the most important aspect is how you dedicate your time to improving your health. Hopefully, you all enjoyed reading my article and start practising any of these strategies to lead a healthier and mindful lifestyle.

