



Information and Contacts
Social Sports & Societies
Healthy Nutrition
Comedy Soc. Jokes
24 Hours in a Day
Study Space
Sleep!

& more...

"Life can only be understood backwards;
but it must be lived forwards."

~ Soren Aabye Kierkegaard.

CONTENTS

P. 2 ~ Information & Contacts

P. 3 ~ Social Sports & Socs Poster!

P. 4 ~ The 5 R's of Stress Less

P. 5 ~ Comedy Soc. Jokes

P. 6 ~ Nutrition

P. 8 ~ Free Food Poster!

P. 9 ~ Coffee Shop Mini-Guide

P. 10 ~ 24 hours in a day

P. 12 ~ How not to do exams...

P. 14 ~ Study Space

P. 15 ~ Hot Choc Evenings Poster!

P. 16 ~ Yoga Sun Salutation

P. 17 ~ College Family

P. 18 ~ Why can't I sleep?

P. 20 ~ Stress Less Timetable

Information Page & Contacts

At Butler you are never alone! Make use of us.

Nightline: 01913346444

Welfare Mobile: 07902292931

College Parents are a great source of information in helping to reduce stress and for giving tips that will make revision that less stressful. Remember they have already done the exams you are worrying about!

If you are unsure about exam structure, course topics or revision sessions contact your **department**. They are there to help!

College mentors are also a great source of wisdom and a wealth of knowledge.

The **Senior Tutor's** (Jill for those who don't know) door is also wide open if you have any queries, fears or anxiety.



SPORTS AND SOCIETIES SOCIAL SESSIONS

DODGEBALL

WEDNESDAY 6PM

HOWLANDS

FILM SOCIETY

WEDNESDAY 7PM

JCR LOUNGE

CROQUET

FRIDAY 1PM

BEHIND THE BAR

ROUNDERS

FRIDAY 5PM

MILFIELD FIELD

VOLLEYBALL

SATURDAY 7PM

HOWLANDS

**AND MANY MANY MORE, CHECK THE STRESSLESS BOOKLET
FOR MORE TASTERS!**

The Five R's of Stressless

1. **Reorganise** your health throughout the exam period especially if you are an individual who normally stack up on 'junk' food and sweets. Get some exercise done, physical wellbeing isn't just your health insurance but is also your basic defence against stress.
2. **Rethink**, what your mind tells you *about a potential stressor determines whether it becomes an actual stressor*. For example if you are terrified of failing an exam and keep focusing on how poorly you might do rather than the things that will help such as contacting the department/lecturers or scheduling study sessions with others.
3. **Reduce**, sometimes we become stressed because of the sheer volume of things we are involved in without taking a break. So take a break!
4. **Relax**, do not put your body in a state that's incompatible with stress. Try to remember what the absence of stress or a clam mind feels like. Try practicing relaxation techniques such as deep breathing for 20 minutes a day as this can help tremendously.
5. **Release** and use up energy that's mobilised during a stress response. Exercise maybe?

Exams aren't Baffling, this passage below is:

Ladies and gentlemen, hobos and tramps, Bug-eyed mosquitoes and bowlegged ants! I'm about to tell you a story I've never heard before, so pull up a chair and sit on the floor. Admission is free, so pay at the door.

One fine day, in the middle of the night, two, dead boys got up to fight. Back to back, they faced each other, drew their swords and shot each other. A deaf policeman heard the noise, and saved the lives of the two dead boys. If you don't believe my lies are true, ask the blind man, he saw it too!



Avoid Stress-Inducing Activities

Comedy Society Favourite Jokes

Don't forget to smile and laugh during the revision and exam period. Here are some jokes to make you laugh, as chosen by Matt Williams, President of Butler Comedy Society:

Conjunctivitis.com – that's a site for sore eyes.

I've just been on a once-in-a-lifetime holiday. I'll tell you what, never again.

So I said to a Scotsman 'did you have terrible spots as a kid?' He said 'ac ne'.

Do you ever get that when you're half way through eating a horse and you think to yourself, 'I'm not as hungry as I thought I was'.

I think animal testing is a terrible idea; they get all nervous and give the wrong answers.

"I said to the gym instructor: 'Can you teach me to do the splits?' He said: 'How flexible are you?' I said: 'I can't make Tuesdays'."

Police arrested two kids yesterday, one was drinking battery acid, the other was eating fireworks. They charged one ~ and let the other one off.

"I went to the zoo the other day, there was only one dog in it, it was a shitzu."

I went to the doctors the other day and I said, 'Have you got anything for wind?' So he gave me a kite.

I saw this bloke chatting up a cheetah; I thought, "He's trying to pull a fast one".

I met a Dutch girl with inflatable shoes last week, phoned her up to arrange a date but unfortunately she'd popped her clogs.

Stress Less Nutrition

Managing our daily levels of stress always begins with our food indulgences. There are many foods that we consume regularly that can aggravate and elevate stress levels quite considerably. On the other hand, there are also nutrient rich foods that tend to settle the body and naturally calm the mind, thusly assisting with the ***reduction in stress levels*** and allowing for greater clarity of thought at times when our emotions tend to get out of hand. Here are some Nutritional suggestions to assist you with your stress management goals and objectives:

Making sure that you stay hydrated throughout your day is essential as it will **boost your levels of energy** and enable you to work through circumstances with more vigour and **persistence**.

Another important **liquid/herb** that will help you to control your levels of stress is green tea. Green tea provides the body with a natural antioxidant boost. Antioxidants fight free radicals that tend to ravage a body under stress, therefore promoting a greater sense of **health and well-being**.

Protein is a natural energizer. It will do more than just fill you up and stop your hunger cravings; it will also keep your blood sugar levels stable throughout the day. Focus on consuming foods that are high in protein including tofu, eggs, yogurt, shellfish, salmon, tuna, lean red meat, chicken breast, and whey protein that you can purchase in a shake.

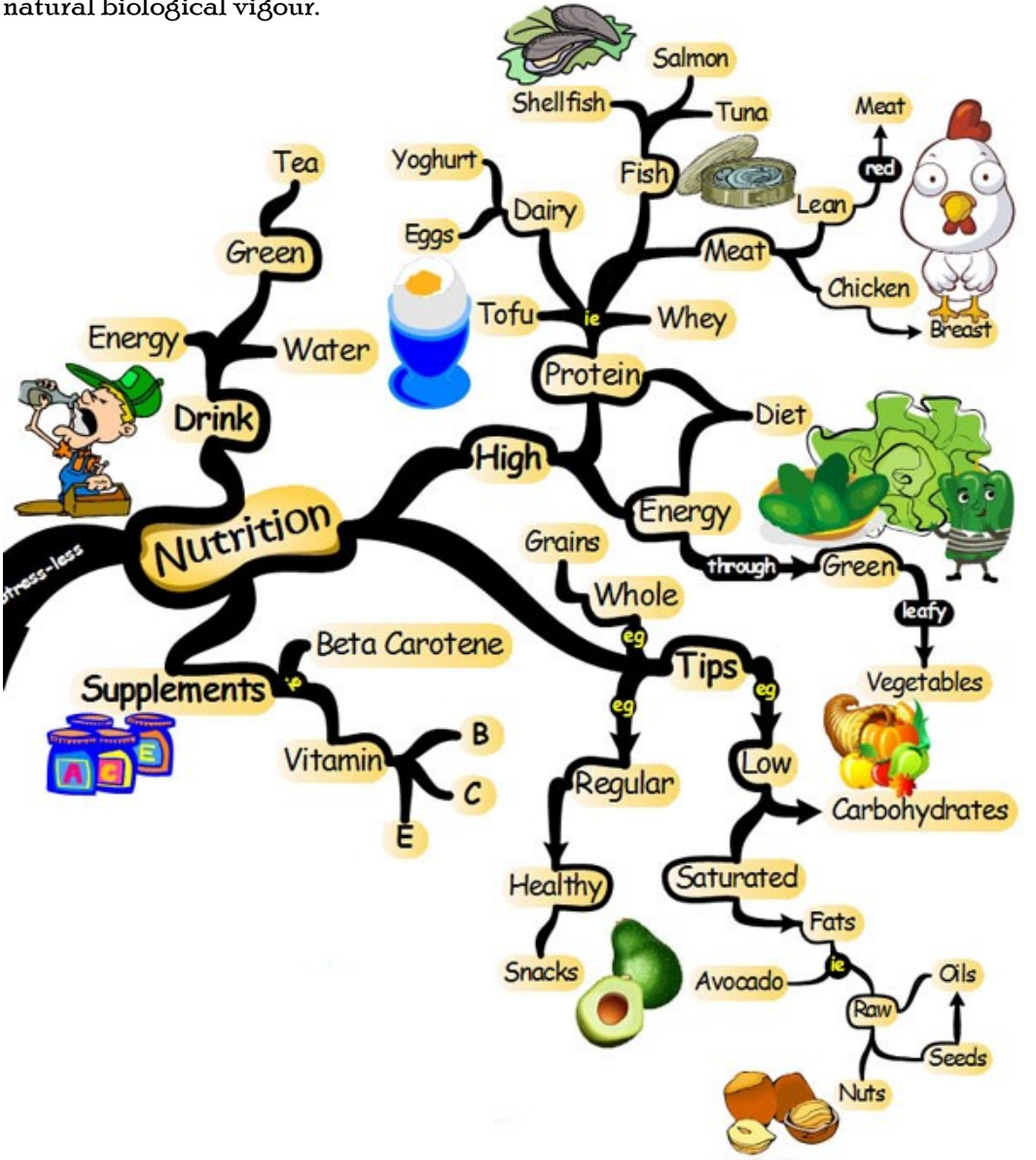
The best source of carbohydrates for invigorating energy levels and for reducing stress can be found in green leafy vegetables. Apart from these types of foods you should generally keep to a **low carbohydrate diet**.

Whole grains are another great source of energy rich foods that will assist in keeping your stress levels at manageable levels.

As a general rule, we should be **eating small meals every 4 hours** in order to keep our blood sugar levels stable. Four hours after eating, our blood sugar levels usually begin to drop, which leads to mental, physical and emotional fatigue that naturally increases stress levels.

Eating foods regularly throughout your day is okay, as long as you focus on consuming high energy rich foods. Snacks rich in natural energy will provide you with boosts that will help you manage potential stress more effectively throughout your day.

When it comes to your diet **avoid** sugars, caffeine, sodas, pasta, sports drinks, fruit juices, white breads, cakes, pastries, white rice and white flour. All of these tend to aggravate and enhance stress levels within the body by robbing you of your natural biological vigour.





FREE FOOD!

FREE BREAKFAST: MONDAY 14TH MAY - FRIDAY 1ST JUNE. 8AM - 10AM

FREE FRUIT AND SQUASH ALL DAY: 7TH MAY - 1ST JUNE IN THE BAR



Durham Coffee Shop mini-guide

The top six places to go to revise with the company of a #Coffee #Tea #Hotchocolate #Scone (you get the drift) in Durham voted by your own Butlerites.

Carmen and Bryn's guide to the best Coffee Shops in Durham:

Esquires for the wireless, space, relative cheapness and the fact that they don't mind you staying there forever!



Flat White is quirky and their coffee is yum (although there isn't much space). They also have top notch magazines and scenic bird cages.

Chapters has lots of space and is nice but quite expensive. Flummoxing table system but hey you can't win everything.

Vennels is really cute with nice food as well. Found in the centre of a labyrinth, but well worth the trip

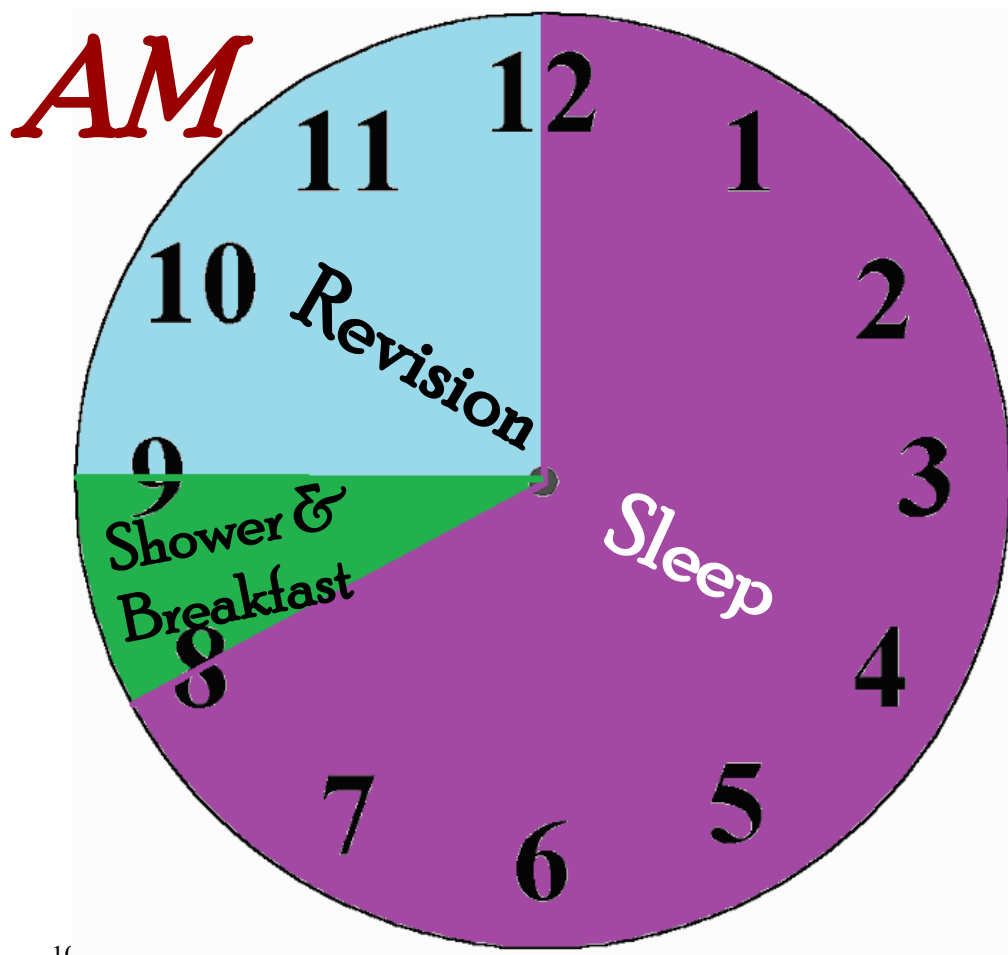
Leonards is also very nice although navigation is a problem if you're as dim as me...

Café Continental is great for a cake break after a good revision session.

Or you might be like Lieha Parry, one of your Butler Day Chairs (something to look forward to after exams) and prefer 'the little tea room down the stairs near Superdry'.

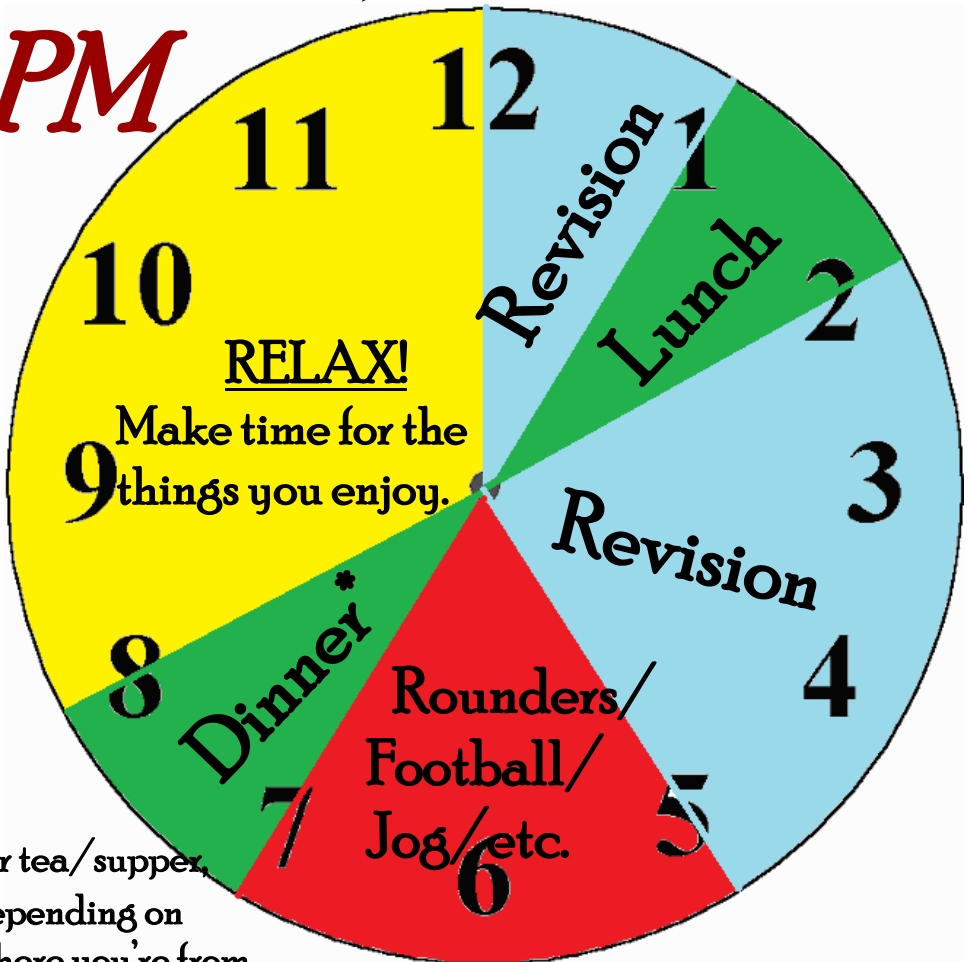
24 Hours in a Day

There are 24 hours in a day. You don't have to revise in all of them. Your brain needs rest like any other part of your body, so why not think about how you can use the 24 hours every day? If you use your days well, there is no reason why you can't eat well, get exercise and do the things that you enjoy, as part of a *productive day of revision*. Everybody is different, but here is an example of what you *could* get into a productive day:



'The best way out is
always through.'
~ Robert Frost

PM

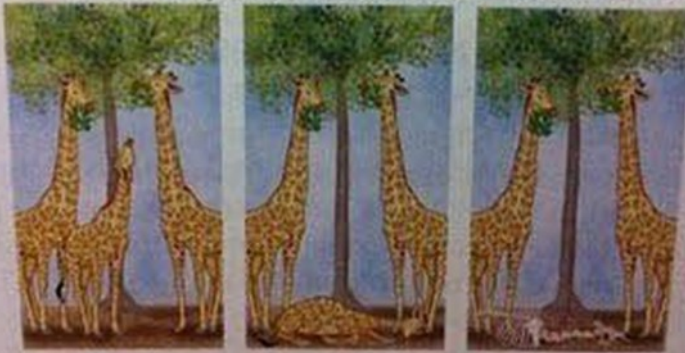


* or tea/supper,
depending on
where you're from...

HOW NOT TO DO EXAMS...

10. The diagram below best illustrates

- ~~a. Lamarck's theory of evolution.~~
- ~~b. Darwin's theory of evolution.~~
- ~~c. Malthus's principles.~~
- ~~d. Lyell's theory about past changes.~~
- e. Giraffes are heartless creatures.



Hard and Soft Water

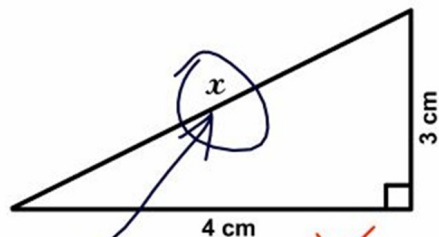
Briefly explain what hard water is.

ice

It is hard to fail, but it is worse never to
have tried to succeed.

~ Theodore Roosevelt

3. Find x.



Here it is X O

Ocular Trauma - by Wade Clarke ©

To change centimeters to meters
you ?.

take out centi

(d) Explain why phosphorus trichloride (PCl_3) is polar.

God made it that way.

PETER

1.21

4b) Expand

$$(a+b)^n$$

$$= (a + b)^n$$

$$= (a + b)^n$$

$$= (a + b)^n$$

etc...

Very funny, Peter.

Study Space

If you find working at home/in your room difficult and the library too full then please make use of the facilities on offer at College.

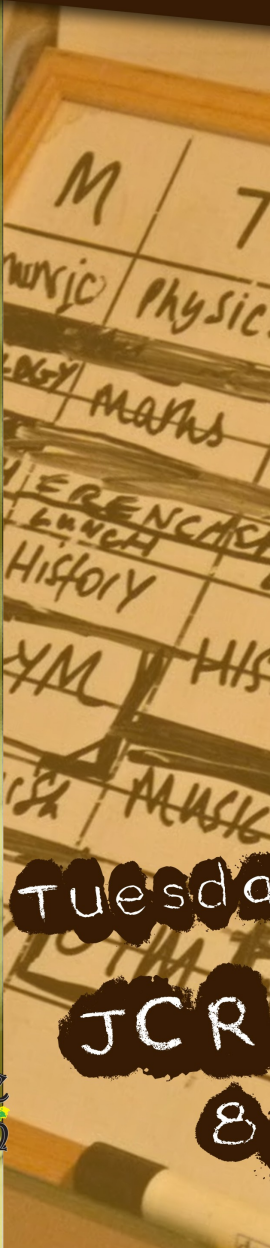
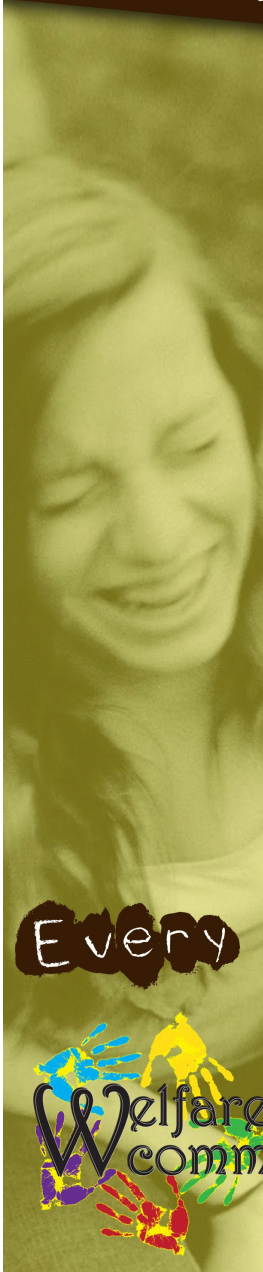
The refurbished IT Suite is now much more work-friendly; the bar will be a studious environment; the seminar room and quiet rooms are available 24-7; and there is also the little-known Meeting Room in Kirknewton which is open from 9am -10pm every day. Simply ask the porters for the key!

Bar/Library
Seminar Room
Quiet Room
IT Suite
Kirknewton Meeting Room
JCR Lounge

A message from your JCR President:

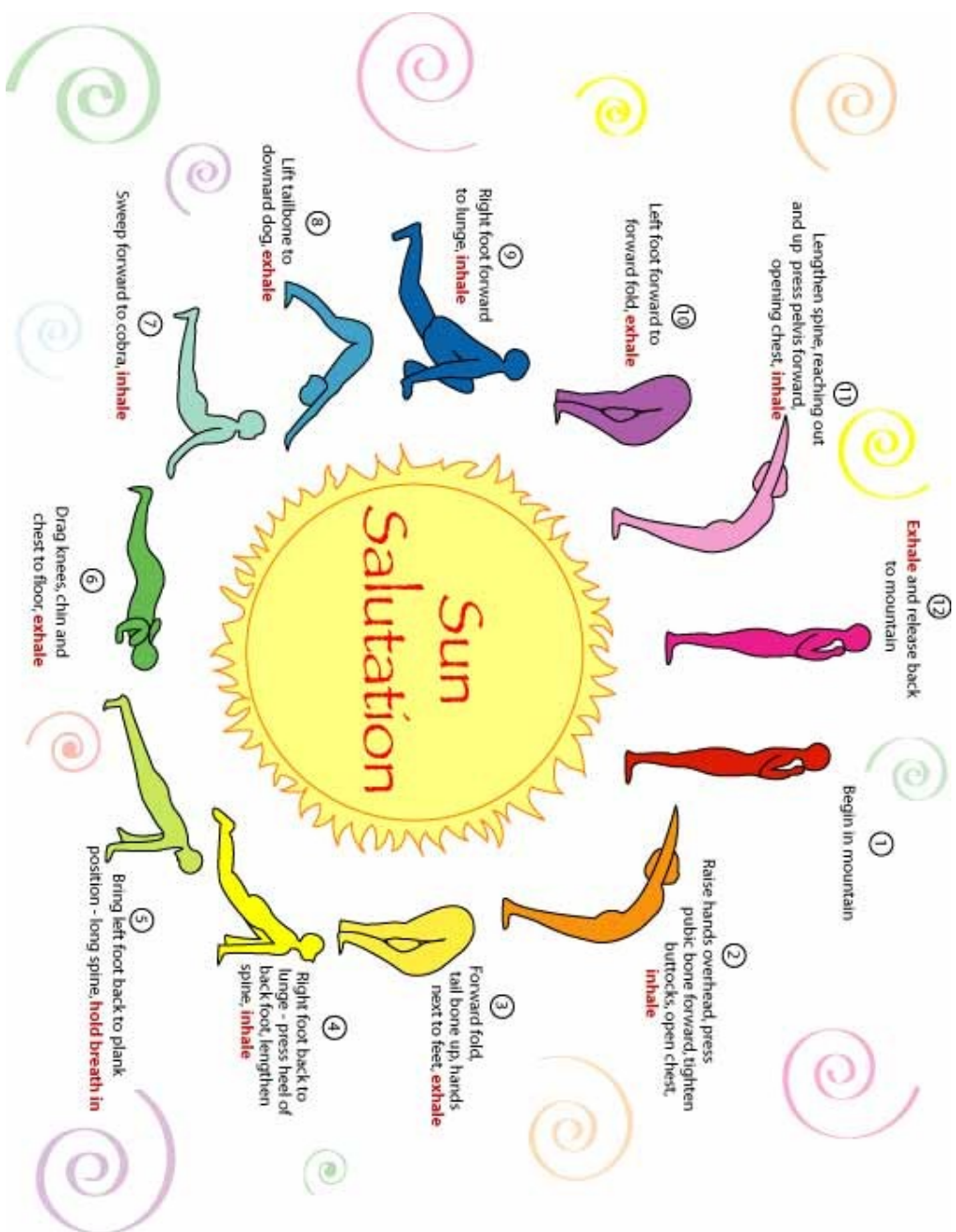
Just a small note to remind you of the importance of taking breaks and finding the time to relax and chill out. Also know that there are plenty of services on offer to help support you if you are finding times tough. Chrissie, Jill, the Resident Tutors and myself are all here to help so feel free to drop by anytime – even if it's just for a distracting chat to unwind!

Hot Chocolate and Chill Out Evenings



Every Tuesday & Thursday
JCR Lounge
8pm-10pm





Yoga sessions are run in Howlands 7pm every Tuesday. £2 per person. All are welcome!

COLLEGE FAMILY!

Don't forget to talk to your College family about exams. Your parents have done it all before and should be able to offer valuable advice.

You can see your full family tree at
www.dur.ac.uk/david.burn/family

Why Can't I Sleep?

Sleeping problems comes in many different forms:

- Finding difficult to drop off to sleep possibly due to stress of exams or other factors.
- Waking in the night and finding it hard to get back to sleep.
- Waking in the early morning and finding it impossible to get back to sleep until just before the alarm goes off!
- Waking up in the morning feeling as if you've been submerged in glue—sleep has been fitful or just unrefreshing and it's really hard to get up.

How much sleep is enough?

There is no such thing as the average person, but anything between from 4.5 to 10.5 hours sleep will be needed, with most people sleeping around 7-8 hours. Teenagers and young adults need more (like you didn't know that!) and some firebrands, such as Margaret Thatcher, famously only needed about 4 hours.

Did you know?

Going for more than 6 days with 4 hours or less sleep can raise blood alcohol levels to just below the legal limit, even if you're stone cold sober. Blood sugar and cholesterol levels also rise in these circumstances.

20% of women regularly have trouble sleeping.

Only 1 in 10 of us always sleep well.

We move in bed an average of 40 times per night.

Some research suggests women need up to an hour extra sleep a night than men.



How to improve your sleep:

Cut out coffee, tea, fizzy drinks and chocolate (oh no!!). Replace caffeine filled drinks with chamomile, lemon balm, lemongrass or lemon verbena teas.

Avoid eating large meals late at night especially if you wake up at 3am on a regular basis- this can be a sign that your body is having trouble processing a heavy food intake.

Make sure that you are getting some physical exercise daily; even a 10 minute brisk walk can be good for your brain if it's feeling tired as your body will now be raring to go.

Optimise your sleeping environment

Make sure you have a comfortable mattress and pillows.

Sleep in comfortable pyjamas.

Make your room as dark and quiet as possible. It has been proven that sleeping with even a small nightlight on can affect your sleep, making it hard for your brain to switch off and causing some signs of depression.

Try to ensure your room isn't too warm. A temperature of 15-19°C is ideal.

Create a bedtime routine

Try to go to bed and wake up at the same time each day to help regulate your body clock.

Use relaxation techniques such as yoga or having a warm bath/slower 2 hours before bed time.

Swap your evening cup of tea for a cup of herbal tea such as chamomile, rosemary or lavender

Stop working at least 2 hours before going to bed so that your brain has time to unwind and empty so you can fall asleep.

If you can't fall asleep read a book or listen to relaxing music.

Read a book if you wake up during the night.

Other natural options which may help with a good night's sleep

Natural relaxing teas such as tilia, chamomile, valerian or passiflora.

A glass of warm milk can help promote sleep according to traditional folklore. Milk contains the amino acid L-tryptophan, which has been shown in research to help people go to sleep. So milk and cookies or crackers (without chocolate) may be useful and taste good as well.

Lavender oil on your pillow has also been used for many years to help people fall asleep.

Stress Less Timetable:

Monday:

- Hiking Society Stroll for all 6:30pm (Meet in the Bar)

Tuesday:

- Hot Chocolate and Chill Out Evening 8 -10pm (JCR Lounge)
- Yoga 7pm (Howlands)
- Welfare Drop-in 1.30-2.30pm (Quiet Room)
- Mentor Night (5:30-7pm)

Wednesday:

- Film soc 7pm (JCR)
- Revision at Café Cenno, Durham Market 4.30-8pm
- Dodgeball 6pm (Howlands)

Thursday:

- Hot Chocolate and Chill Out Evening 8-10pm (JCR Lounge)
- Mentor Night 5:30-7pm

Friday:

- Stress Less Fridays 7pm ~ 12am (Bar)
- Rounders 5pm (Back Field)
- Welfare Drop-in 2-3pm (Quiet Room)

Saturday:

- Volleyball time 7-9pm (Howlands)

*Also, for MCR members: chilled out evening in the MCR Lounge, 9-10pm weekdays