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The Scoop

Reporting The Latest From Your Health Sciences Library



LIBRARY DATES TO REMEMBER

12/3: **EndNote and PubMed Lunch & Learn**
@ 12 - 1pm in COM 210C

12/15: **Holiday Beverage Break**
@ 2pm in the library

REMINDERS:

The library will not be staffed during the winter holiday from December 24 - January 3

Quick Stress-Busting Tips for Holiday Survival

Even with all the family, friends, and festive fun that comes with winter break, preparing for the end of the semester plus prepping for your holiday plans can leave you stressed and worn out. Use these quick tips to help keep stress at bay and make your year's end merry and bright!

1. Take advantage of stress-relieving services offered by the COM.

You can meet with the therapy dog in the SASS office on Mondays, Wednesdays and Fridays for a quick pick-me-up, or you can take advantage of the free counseling services offered by the HSC Counseling Center Office for more serious stressors.



2. Get outside!

Exposing yourself to sunlight stimulates the production of feel-good serotonin, which can help boost your mood and reduce stress.

1. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3586848/>
2. <http://www.ncbi.nlm.nih.gov/pubmed/8646568>
3. <http://www.ncbi.nlm.nih.gov/pubmed/21162437>

3. Take a whiff of citrus.

Researchers studying depression have found that certain citrus fragrances boost feelings of well-being and alleviate stress¹ by upping levels of norepinephrine², a hormone that affects mood.

4. Practice gratitude.

Take a few minutes and write down a list of 5 things you're grateful for, and spend a moment really thinking about the joy those things bring to your life; it will help shift your perspective and focus away from the stress of the day and help you remember the positive.

5. Give a squeeze.

The fleshy spot between your pointer finger and thumb is called the "hoku point" in traditional Chinese medicine. Apply firm pressure there for just 30 seconds to reduce stress and tension in your upper body.

6. Get your exercise!

Going for a run or hitting the gym can help make you feel better. Research has found that even quick workouts can boost your mood for up to 12 hours³.

MeSH Term of the Month

Your search term in the MeSH database:

"HOLIDAY"

MeSH Term:

"HOLIDAYS"

DESCRIPTION:

Days commemorating events. Holidays also include vacation periods.

Visit Pubmed.gov to learn more terms!




MAKE YOUR HOLIDAY TRAVELS EASIER



The most stressful part of going on a trip is packing your bags, right? Instead of worry about whether you've remembered everything, create and save any number of packing lists for your whole family this holiday season with **Packing Pro!**

Just input the number of adults or children going on the trip, their genders, the duration of the trip, temperature, destination, and food prep and clothes washing preferences, and Packing Pro creates a personalized packing list for you.

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-  Let Packing Pro create a packing list for you with their Expert List-Making tool

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APP OF THE MONTH

INFORMATION. Anywhere, Anytime, on Any Device