Meeting Minutes 4.22.2015

* Why is stress so hard to control?
  + Fight and Flight responses are not good while taking a test
  + Rest and Digest (helps the body recover)
    - You want to find the balance between the two
  + What happens during the two states (fight and flight/ rest and digest)
* Still considered an adolescent brain from the ages of 18-24
  + PRIME LEARNING TIME
  + Can pick up info quickly
  + Brains are also excitatory
    - This can make you more susceptible to stress
* MORE SLEEP IS BETTER THAN OVER STUDYING
  + You’re not letting your brain mylinate
  + You need more time to sleep than a 30-40 year old because your brain needs time to mylinate and hold onto everything its learning while you’re awake
* Biofeedback
  + Using diaphragmatic breathing (starts the rest and digest) and learn what heart rate is good for you (via online) –THEY HAVE THIS FEEDBACK AT COUNSELING AND PSY SERVICES
    - Reflecting inward to promote brain integration
      * Aka meditation
        + It is simple, but it is not easy
  + Self hypnosis- beginners meditation- guided relaxation (used for sleep)
    - Download a voice that you like that tells you how to meditate
    - Progressive
    - Classical Conditioning
    - Can look on iTunes- “Guided meditation to sleep”
  + Yoga