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