Dying to Be Stress-Free

By Tamara McKay
Student

Are you stressed? Everyone is.
Society demands that people be successful and useful all of the time. So that doesn’t leave a lot of time for fun and stressfree entertainment.

I either sleep too much or studied way too late the day before. I can feel the effects throughout the day.

Grayson College student Jakrishen Harper comments.

She even spent one class standing in the back just to stay awake after a few nights of staying up too late.

When time can be carved out of their busy days and evenings, most college students have only a few ideas on how to get their stress levels.

There are so many aggravations that make stress worse, but just as many strategies to help one combat it.

Do you find yourself losing hair, gaining weight, sleeping, or being forgetful?
Stress is proven to have effects on a person’s physical being just as much as their mental being.

Here are some insights into stress to help you be your best as a college student.

New Anime Club
Meeting Every Thursday

By Corey Leird
Career and Pathway Coach

Have you ever considered exploring your career?
Career exploration is a time for reflection of who you are as an individual, what skill sets you possess, considerations to make about supporting yourself and/or your family and most importantly what sort of fulfillment do you desire to have for yourself?

As exciting as career exploration should be, it can be an under-taking that comes as a challenge to some. That is why the Career Center is here for you.

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Stressed Get Help Now!

By Amy Gutierrez Student

"When I started college, I was working full time and taking over 10 classes. It was a lot to deal with. . . . I was overworked, and I couldn't keep up with my classes. I had to drop out of all my classes and had to find a part-time job," said Elie, a Biology major at the University of Arkansas at Monticello.

Elie was studying accounting at the time and didn't have much time for social activities or sleep due to stress and depression after just finishing her freshman year in college when she was only 15, which caused her to drop out.

The number of college dropouts is increasing every year due to stress, anxiety, and depression.

One study found that 80% of college students feel overwhelmed, especially with stress, according to Ga-Brielle Applebury in her book "Stressed Get Help Now!" published back in 2010. Students who experience stress in their daily lives, according to the American Freshman National Norms report found that stress levels are normally high.

Q. Answer

In the Ancient Roman calendar, March was the first month of the year.

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Firstly, most people do not get the right amount of sleep each night. Adults are supposed to get between 8 and 10 hours of sleep each night but often do not get enough, according to Healthline. But between work, school, and family engagements there is often not enough time for sleep.

"What will you give up? How do you cope? Without sleep, the mind is less effective, and the immune system can be damaged, according to Dr. Jennifer Laing, medical doctor and Reiki master.

Reiki is a Japanese tech- nique for stress reduc- tion and relaxation that also promotes healing. According to healing states that "when people deprive themselves of sleep, their bodies the BHPA (hypothalamic–parathy- adrenocortical axis) is an innu- cent mechanism that maintains the body’s sleep on stressors by regulating numerous physiologi- cal systems such as metabolism, immune response, and circadian rhythm," according to the Nautilus gym after school to clear his mind.

"The more natural the treat, the more effective it is," says Professor Fanning.

"Many times, stress can lead to other health problems as well. . . . Psychological effects can affect their cognitive abilities as well as their health. . . . A person has found that they need more sleep, but tactics for sleep are needed." You can get blue-blocking glasses for looking at phone in the evening.

Blue-blocking glasses have lenses designed to filter out the blue light coming from the screen-based entertainment, helping to calm the mind and help it feel a little calmer. . . ." Every year due to stress, The number of college students feels overwhelmed, it makes it difficult to focus on the class.

"You need to consider using supple- ments. . . . No matter the natural or vegan or wild roots. . . . The more natural you choose, the more effective it is," says Professor Fanning. . . . Everybody needs a certain amount of nutrients in order to function, according to the Nautilus gym after school to clear his mind. . . .

"Every day I was working full time and taking over 10 classes. It was a lot to deal with. . . . I was overworked, and I couldn't keep up with my classes. I had to drop out of all my classes and had to find a part-time job," said Elie, a Biology major at the University of Arkansas at Monticello.

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College Experience

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"Although now there are more online classes, and students are used to them because of Covid-19, I do not see a difference in grades, besides math classes," he adds.

"College students will always be able to pursue a degree through online classes, it is difficult for some stu- dents to properly learn the subject, and students often go online be- cause they are fearful of Covid-19 or it is an option to get through the course. This choice to turn to

Page 2

March 7, 2022

By Amber Wilson Student

"I felt that I had to do everything he wanted to do, otherwise I would get angry with me. . . . I was never able to have a meaningful conversation with my parents about their hobbies, so this also con- tributed to my feelings of being isolated," reveals Amber after an anonymous survey.

February 20 Teen Dating Violence Awareness Week

By Anna Wilson Student

"I think that there is not a lot of time for students to properly learn the subject, and they are often forced to drop out of courses.

"I was overworked, and I couldn't keep up with my classes. I had to drop out of all my classes and had to find a part-time job," said Elie, a Biology major at the University of Arkansas at Monticello.

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March 7 2022

Page 3

Dying to Be Stress-Free

Cont. from pg. 3

But nutrition is not always at the forefront of college students’ minds. When you have little time to put forth an effort toward nutrition, it’s an understatement.

“I mean, yeah, definitely. It’s definitely important [to controlling your stress],” Harper admits.

The first step is awareness. Just pay a bit more attention to what you’re eating for a few days.

After you can distinguish a pattern, then you can drop a few of the unhealthy choices and substitue healthier ones.

Remember this isn’t about eliminating all unhealthy foods and living on salad. Everyone would be able to enjoy their favorite foods.

However, Dr. Laing warns that eating healthy is very important in the lives of college students. There are empty [grocery] shelves and students who chain breakdowns right now. “If you can’t eat healthfully then you can’t think clearly. You can’t focus.”

“We can’t think about something that is unimaginably bigger when we’re worrying about our next meal,” Laing advises.

“While exercise helps to fight obesity and heart disease, it can also boost mood. Exercise and sunlight are known to reduce depression, stress, and anxiety, emphasizes Dr. Laing.

Exercise does need not be strenuous. It can be as calm or intense as you desire. You can try out yoga at a local studio or an online video. Dr. Laing believes that every step you walk can do wonders for the body and mind. By releasing into sweating, though, you may want to try classes at your local gym or some immense YouTube workouts.

Your brain releases endorphins when you exert yourself, so use your feeling to cut through the stress and help get you through a tough day, while benefitting your body, according to the Mayo Clinic.

Cont. on pg 5

What is your story?

Happily from the BSM!

We want to take a mo- ment to invite you to one of the best events in Campus every single year.

Every Thursday night at 7 pm, we gather in the BSM for a time of fellowship, wor- ship, and teaching.

We call this movement Family Night and we would love to invite you to check it out.

Every Thursday this sem- ster we are unpacking series of “How to Find Stories.” The ques- tion we will be exploring is: What is your story?

Do you know your sto- ry? Is it unimaginably bigger than you’d define it on planet earth?

Bibliographically, we see this in the lives of countless students, soldiers, fishers, acade- micians, and even rebels.

So college students, come join us as we spend the next 8 weeks examining these King- dom Stories. The bibli- cal texts and seek to answer questions about every other side of the story. Summit is an awesome way to reach out to another community, hope and with direction with others.

If you cannot be a food adventurer yet, keep it in mind for the future, and know that you can use over-the-counter supplements and prod- ucts to supplement nu- trients and fiber in your diet for a quick fix on helping your body and mind, and it was just a simple change.

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Justin Bieber was born on March 1st, 1994.

Teen Dating Violence:

Cont. from pg. 2

But even when they knew someone at school, few victims will leave the relationship.

“The problem is not necessarily seeing or understanding the red flags in the relationship, but choosing to stay with the aggressor because they love him and will overlook certain behaviors such as jealous and abusive behaviors,” she says.

So what does a healthy relationship look like?

The fix isn’t as far as it may seem. It’s based on “trust, honesty, and open communica- tion” with one’s partner.

Being able to talk to your partner about one’s concerns and frus- trations and not being afraid to speak up when there is a problem are keys to a successful rela- tionship.

But it is not always easy to do this. Some teens may feel uncom- fortable with something such as discussing things around other people who have been drinking.

Alice explains, “I’m proud of my relationship there wasn’t any com- munication, and I didn’t feel that I could speak up about things that I was uncomfortable with.

“This made it easy for my partner to go through my boundaries and take advantage of me.”

Boettger emphaz- es that while some teens in particular to independently explore intimate relationships because they are still figuring out who they are and a supportive partner will encourage rather than undermine such exploration.

If you see someone in an abusive relationship, listen when a friend or family member comes to you for help, and ask them what they think is best.

Go to a responsible adult for help if you do not know what to do in the situa- tion, or offer the National Domestic Violence Hotline (800-799-7233) and text “LOVE” to 85983 for help in the situation, or offer the National Domestic Violence Hotline (800-799-7233) and text “LOVE” to 85983 for help in the situation.

The next project.

For more information visit www.graysonbem.org and learn about the Mayo Clinic.

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While many Grayson students seem to cur-
tently prefer online classes, according to Dickerson, there are benefits to want in-person classes because of their learning abilities being strengthened.

Referring to the Veter-
ian's attendance during the pandemic, Parker says, "My stu-
dents like being hands-
on; it's how they learn..." When they cannot be hands-on, it affects the way they learn. The number of times they stop sign-
ing in to class alltoget-
er.

For some special college programs such as Grayson, they are not capable of completing learning curricula without being physically present, caus-
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College Experience

(Cont. from pg. 3)

With the change of Grayson students being online and hallways be-
ing emptier every year of the pandemic, the lack of a traditional social life can distort a student's college expe-
ience, the limper stu-
dents feel normal being at home, distance from their peers.

"Covid can prevent students from having a better social life and re-
lationships with one an-
other. I've definitely seen the social life of students decrease," observes Parker.

With strict mandates, it is difficult for a student to find a new friend while having to worry about the virus.

This finding allows stu-
dents from having the ability to reach out to a friend or parent when they may be working from home, instead of in-
person when they need to talk to someone, reflects DeYonge.

"90% of college students report that Covid-19 has negatively impacted their mental health," according to Active Minds.

"Students feel it more isolated from the college- ed experience" socially and feel slowly to de-
velop a habit of anxiety or depression because of Covid-19 pandemic.

Changing to online classes, students can feel even more alone.
A Dating Website for Farmers: Do City Folks Really Not Get It?

By Talon Andrews

Why do some people ("city folk") laugh when someone mentions "FarmersOnly.com" or when a commercial for the site appears on television?

Should "country folk" not be allowed to have a dating website? Or would we perhaps entertain some of their likely vision?

FarmersOnly.com is geared towards single farmers or country folk, but what do actual farmers really think about this site?

While the answer may depend on the person's age or who is being asked, a small local small-town couple found dating success with FarmersOnly.com.

In 2005, FarmersOnly. lyc.com was started by Jerry Miller, and the site has gained over 5 million subscribers since then, according to an article in The Guardian.

Despite little advertisement, more than 200,000 farmers have registered with the site about a week after it went online.

Meet Rebekah and Jake Terrell.

Rebekah is from Celina, Texas, and she grew up in a small school district. Jake Terrell was 14 years old.

They certainly will never live down their little trick on this list, mostly because they are panions of a young man.

One of the worst ways to deal with stress is self-medication, in Professor Fanning's opinion.

Most substances that are commonly used by stressed people (alcohol, marijuana, and cocaine) seem to help for a short period of time but actually elicit a feedback response from your body that causes you to feel more down and anxious than before.

People can feel like sub- stances are helping for a short amount of time, but it is a cycle that leads to more stress, in the long run, warns Professor Fanning.

Sometimes stress can not be fixed by physical means or by yourself, believes Professor Fanning.

By Talon Andrews

FarmersOnly.com is a dating website that was founded in 2005. Since then, it has gained over 5 million subscribers. The site is targeted towards single farmers and country folk.

Rebekah Terrell and Jake Terrell were a couple who found dating success with FarmersOnly.com. Rebekah is from Celina, Texas, and she grew up in a small school district. Jake was 14 years old.

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Sometimes stress can not be fixed by physical means or by yourself, believes Professor Fanning.

You may need help from someone who can offer an outside perspective on your time management.

You could try every little trick on this list and still be floundering in your stress. There are people to help with that.

You may need to talk to your success coach, a therapist, or a trusted friend.

If you are having trouble and nothing seems to work, you may need a doctor's intervention.

Professor Fanning advi

- "If you have a chemical imbalance, you're going to need some chemical that helps with that."

- "Everyone is unique, so their management of stress will be just as unique."

- "Harper's heroes of managing stress: 'Acceptance and Commitment. If you want to do something, just change it."

- "You must find what makes you relax best for you, and don't be afraid to take some time to de-stress."

- "It may be that you create a space that was bothering you. You may escape into a game so that you can feel exhalated."

- "You may be off in another world, reading or writing or another such world where someone else to enjoy. Perhaps you should Facebook or write a show."

- "Those little escapes can keep you going, so don't neglect yourself by de- nying yourself most to let the stresses go for a while."

- "Relax, Professor Fanning suggests, "It very much depends on the person... so you find what works but for you, and try to integrate those things as much as possible."

- "If you don't avoid it [stress] you're just taking a little break from it."
Career Center Schedule

March 7th
Career Exploration Workshop
Join for an informative session on Career Exploration to help you decide your major.
In Person: 9:00 am-10:00 am in the Career Center (Student Affairs Building)
Or
Zoom: 12:00 pm – 1:00 pm (Visit Career Events on the Career Center’s website for Zoom link)
*Late registration fee applies after March 7th

March 8th
Coffee and Career
Join in person for coffee, donuts, and conversation with the Career and Pathway Coach.
8:00 am-9:00 am in the Career Center (Student Affairs Building)

March 10th
Career Exploration Workshop
Join for an informative session on Career Exploration to help you decide your major.
In Person: 9:00 am-10:00 am in the Career Center (Student Affairs Building)
Or
Zoom: 12:00 pm – 1:00 pm (Visit Career Events on the Career Center’s website for Zoom link)

March 22nd
Resume Workshop
Learn how to prepare a professional resume and receive your leather portfolio binder.
In Person: 9:00 am-10:00 am in the Career Center (Student Affairs Building)
Or
Zoom: 12:00 pm – 1:00 pm (Visit Career Events on the Career Center’s website for Zoom link)

March 24th
Interview Workshop
Learn how to prepare for a professional interview and receive your professional pen.
In Person: 9:00 am-10:00 am in the Career Center (Student Affairs Building)
Or
Zoom: 12:00 pm – 1:00 pm (Visit Career Events on the Career Center’s website for Zoom link)

Editor’s Notes

By Emily Sileven
Viking Editor

Hello GC Vikings! I hope your classes are going well. For me, this semester has been truly special.

Over these last two semesters, I have been able to explore the campus and find some great places to study.

If you are looking for a calm place to rest where you can hang out with fellow students or study for a test in peace, I have found the BSM to be my little sanctuary. They are open almost the entire day and the people there are the sweetest.

Another great place to study is at the Life Center near the Veterans Hub. Again, there is little to nobody there during the course of the day.

This was my favorite place to study and work on my Physics homework.

Also, if you are (or are not) looking for a club to join, I highly recommend the Anime Club. Although it is a fairly new club, it has been quite an experience. I won’t spoil anything, but if you want to join, meetings are on Thursdays from 2:00 pm - 3:00 pm.

If you haven’t done so already, I highly encourage you to take one of the Career Center’s workshops in person. I recently did two workshops and they were amazing! Definitely worth going to.

Lastly, The Viking is looking for a new editor for the next academic year. It’s a fun job and gives you the excuse to explore and make friends with people all over campus. Also, you get good discounts at the bookstore!

If you’re interested, contact Marlea Trevino at trevinom@grayson.edu.

YUMMY!

Make a reservation today at Grayson’s student restaurant, Six Ninety One. Email Chef Joanna Bryant at bryantj@grayson.edu.

YUMMY!