

NOV 2023

RECREATION NEWS

Official Newsletter of UB Recreation



National Stress Awareness Day

NOVEMBER 1ST, 2023

National Stress Awareness Day, observed on the first Wednesday in November, is a day dedicated to acknowledging the stressors that impact our lives and learning how to manage them effectively. For college students, managing stress is an essential part of maintaining physical and mental well-being while pursuing academic goals. In this article, we'll explore the significance of National Stress Awareness Day for college students, share some alarming statistics, and offer practical tips to help you cope with the demands of college life in a positive and productive manner.

College can be an exhilarating and transformative time in a young person's life, but it often comes with its own set of stressors. Balancing coursework, exams, social life, and perhaps part-time employment can quickly become overwhelming. National Stress Awareness Day serves as a reminder to prioritize self-care and stress management during these pivotal years.



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**LESS
STRESS!**



Alarming Stress Statistics for College Students:


- 1. Academic Pressure:** According to the American Psychological Association, **61% of college students seeking counseling services report anxiety as their top concern**, often related to academic pressures and performance expectations.
- 2. Mental Health Impacts:** The National Alliance on Mental Illness (NAMI) reports that **75% of all mental health conditions begin by the age of 24**, making college a critical period for addressing stress and mental health issues.
- 3. Financial Stress:** Financial concerns, including tuition, student loans, and daily expenses, contribute significantly to stress levels. The Institute for College Access and Success reported that **57% of college graduates in 2020 had student loan debt**.

Open REC: Meditation, hosted in the Recreation [Reflection Room](#), is a

designated space at the University for quiet contemplation, meditation, and prayer. It's open during specific hours for structured or unstructured reflection. First-come, first-served basis; prioritize mutual respect.

Let's do this!

more info:



144 Alumni Arena

SCHEDULE

MONDAY:	3:00 PM - 7:00 PM
TUESDAY:	4:00 PM - 6:00 PM
WEDNESDAY:	3:00 PM - 6:00 PM
THURSDAY:	10:00 AM - 12:00 PM

TIPS FOR Managing Stress

Time Management: Prioritize your tasks and create a schedule. Break down large projects into smaller, manageable steps. Time management apps or planners can be helpful tools.

Healthy Lifestyle Choices: Regular exercise, a balanced diet, and adequate sleep play a significant role in reducing stress. Incorporate these into your routine to improve your overall well-being.

Seek Support: Reach out to friends, family, or campus resources for emotional support. Sharing your concerns can help alleviate stress and provide a fresh perspective.



Mindfulness and Relaxation: Incorporate mindfulness techniques, such as meditation or deep breathing exercises, into your daily routine to manage stress and anxiety effectively.

Set Realistic Goals: Manage your expectations. Understand that it's okay not to be perfect. Striving for progress, rather than perfection, can reduce unnecessary stress.

Take Breaks: Make time for leisure and relaxation. Overworking yourself can lead to burnout. Regular breaks allow you to recharge and stay focused.

Professional Help: If you find that stress is severely impacting your life, consider seeking professional help from a counselor or therapist. They can provide valuable guidance and strategies for managing stress.

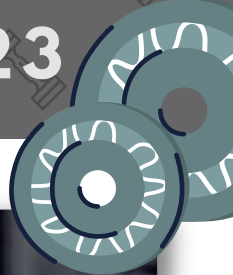


BUFFALO

INTRAMURAL SPORTS

Powerlifting Competition

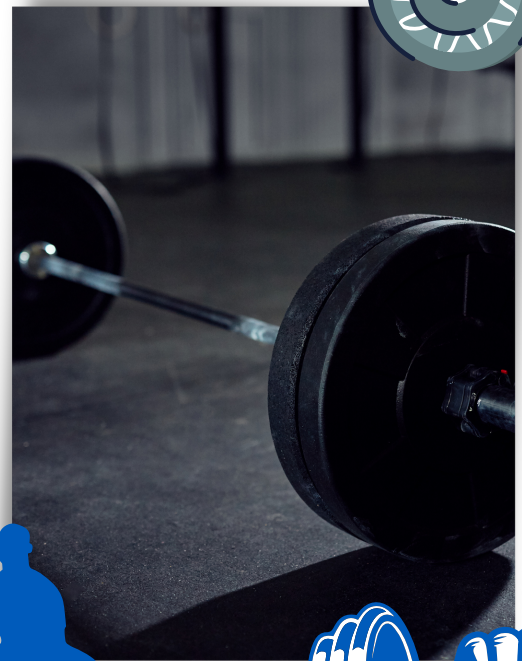
SUNDAY, NOVEMBER 12TH, 2023



The Competition: A Test of True Grit | When it comes to showcasing your raw power and strength, few sports can rival the intensity and excitement of powerlifting. For those who are passionate about pushing their physical limits and proving their mettle in a strength sport, the [UB Intramural Sports Powerlifting Competition](#) is the perfect platform to do so. Powerlifting is a strength sport that centers around three fundamental lifts: **the squat, bench press, and deadlift**. Participants in this thrilling competition have three attempts to lift the heaviest weight possible for each of these exercises. It's a true test of strength, determination, and the pursuit of personal bests.

In the spirit of fairness, the competition adheres to a set of strict rules that ensure a level playing field for all athletes. To ensure your safety and aid your performance, certain equipment is allowed in the competition. You're permitted to use a belt, knee sleeves, elbow sleeves, wrist wraps, Olympic shoes, a singlet, and chalk to help you lift your best. However, remember that knee wraps and wrist straps are not allowed, as they provide an unfair advantage.

No matter your size or weight, there's a place for you in this competition. We've organized weight classes for both men and women to ensure a fair and exciting contest. Your weight class will be confirmed on the day of the competition during weigh-ins, so you'll compete on an even playing field.



DETAILS:

UB Intramural Sports is bringing you another competition this fall to show off your strength! Our Powerlifting Competition is hosted in the Alumni Arena Fitness Center and is open to current UB Students. [Register on-line and pay the \\$25 entry fee online](#) or in-person at Recreation Member Services (175 Alumni Arena) to secure your spot.

All participants will receive:

- Intramural Sports Powerlifting Competition T-Shirt
- Chance to WIN the overall prize, a \$50 Gift Certificate to the Bulls Team Shop

SIGN UP



Kindness

The Magic of Kindness: Celebrating World Kindness Day

MONDAY, NOVEMBER 13th, 2023

World Kindness Day, celebrated on November 13th, is a global initiative that encourages acts of kindness. In a world often dominated by negativity, this day serves as a reminder of the remarkable benefits of practicing kindness. Let's explore the significance of World Kindness Day and the uplifting facts and statistics that highlight the power of being kind.



#BeKind

THE POWER OF KINDNESS

- 1. Improved Well-Being:** Kindness is a natural stress reducer, promoting mental health and well-being. It benefits both the giver and the recipient, leading to reduced anxiety and depression.
- 2. Stronger Bonds:** Acts of kindness strengthen relationships and build trust within communities. A kind word or gesture fosters camaraderie and deeper connections.
- 3. Happiness Booster:** Kindness triggers the release of happiness-inducing chemicals in the brain. It's a simple way to boost your mood and spread joy to others.
- 4. Conflict Resolution:** Kindness reduces conflicts by promoting empathy and understanding. It paves the way for peaceful resolutions, contributing to a more harmonious world.
- 5. Health Benefits:** Regular kindness is good for your health. Lower blood pressure and improved heart health are among the physical benefits it offers.

HOW TO CELEBRATE

Random Acts of Kindness: Surprise someone with a kind gesture, like paying for their coffee, leaving a positive note, or helping a neighbor.

Volunteer: Dedicate time to a local charity or nonprofit. Your efforts can make a meaningful difference.

Spread Kindness Online: Share positive stories, uplifting quotes, and messages of encouragement on social media.

Kindness Challenge: Challenge yourself and others to perform as many acts of kindness as possible throughout the day.

Educate and Inspire: Teach the importance of kindness to children, students, or colleagues and encourage them to make a positive impact.



DAYLIGHT SAVINGS TIME GET READY TO FALL BACK

As the days grow shorter and the nights longer, it's time to set our clocks back and make the most of that extra hour of sleep. This beloved tradition not only allows us to adjust to the changing seasons but also reminds us of the intricate dance between time and light. **On November 5th, don't forget to turn your clocks back one hour at 2:00 AM, and enjoy the magic of an additional hour of rest or productivity.** As we set our sights on the winter months, Daylight Savings Time keeps us in sync with nature's rhythms and ensures that we make the most of our time in the sun.

THANKSGIVING BREAK HOURS



	Mon. 11/20	Tues. 11/21	Wed. 11/22	Thurs. 11/23	Fri. 11/24	Sat. 11/25	Sun. 11/26
Alumni Arena	6am - 10:45pm	6am - 10:45pm	6am - 7:45pm	CLOSED	CLOSED	12pm - 4:45pm	12pm - 4:45pm
Clark Hall	9am - 9:45pm	9am - 9:45pm	9am - 7:45pm	CLOSED	CLOSED	CLOSED	CLOSED





THANKFUL

wordsearch



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ENGLAND
 THIRD
 THURSDAY
 TURKEY
 NOVEMBER
 HARVEST
 FOOTBALL
 CORNUCOPIA
 NEW WORLD
 ACORN

MAIZE
 ABRAHAM
 LINCOLN
 VOYAGE
 TABLECLOTH
 PECAN PIE
 NATIVE AMERICAN
 FEAST
 GRAVY
 CORNBREAD

CELERY
 VEGETABLES
 SWEET POTATO
 PUMPKIN PIE
 MAYFLOWER
 GRATEFUL
 SQUANTO
 COLONISTS
 BEANS
 SYMBOL

YAMS
 CUSTOMS
 SETTLERS
 PLYMOUTH
 MASSACHUSETTS
 COLONY
 GOBBLE
 FAMILY
 CELEBRATE
 BAKE

THANKFUL
 WISHBONE
 TRADITION
 HAM
 PILGRIM
 HOLIDAY
 FRIENDS
 CRANBERRIES
 CASSEROLE
 AUTUMN

