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Health Studies Student's association

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Issue 2

In this Issue:
Honouring Andrea Christidis
Important Dates
Autumn Activities
Battling Procrastination



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Location: HSB 8

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Key Dates

October
2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 The HirewesternU Career Fair	5 Health Studies Student Survey Due	6	7	8
9	10 Thanksgiving Holiday	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 ← Halloween	← R e a d i n g W e e k →			→	

Health Studies Student Survey:

Complete this short survey by Oct. 5th to improve your student experience AND a chance to win a \$10 Spoke gift card

The HirewesternU Career Fair:

Visit http://career.uwo.ca/take_action/hirewesternu_fairs.html for more information

REMEMBERING Andrea Christidis

Andrea Christidis was a first year Health Sciences student at Western University. In October 2015, she was walking back to Medway Hall when she was fatally struck by an impaired driver. The driver of the impaired vehicle had left the Spoke with a few friends with a blood alcohol content of over twice the legal limit. Andrea was only 18 years old.

It all begins and ends with one person's choice. The loss of innocent life and the irreparable heartbreak that comes with that can be prevented. Driving impaired always comes with a risk which involves the lives of others. It is a risk never worth taking. We have the power to choose to plan ahead, have a designated driver, call an uber or take public transit. If plans fail, we can call the police and leave our cars behind. We can choose to be the voice that speaks up and potentially save a life.

Andrea was a kind, witty and compassionate soul, with a drive for hard work. She had the ability to bring people together and cared deeply about helping others. With a passion for art, literature, culture, and travel and a gentle spirit, she was a bright light in the lives of all those she touched - Including mine. Her was tragically cut short just as it was beginning, but we are grateful to all those who keep her flame lit on campus.



5 Activities to get you INTO THE FALL SPIRIT

by: Maya Carr

As the warm September weather comes to an end and the leaves begin to change, this can only mean one thing - fall is quickly approaching. Although we associate October and November with midterm season, there are plenty of autumn activities which can help us fully embrace the new season and all the excitement it brings. Rather than dreading our upcoming midterm deadlines, here are five festivities to get into the fall spirit!

1. Decorate your living space

As the weather gets colder, we tend to spend more time indoors. Having a festive and comforting living space is a great way to get into the autumn mood. Dollarama has plenty of affordable fall decorations like cloth leaves, miniature pumpkins, and wall art decorations. Placing these on your desk and around your home is an easy and inexpensive way to bring the fall season indoors. Another quick tip is to put on a video of a fireplace on YouTube, it fills your space with warm light and the sound of crackling wood.

2. Drive to see the Fall leaves

There are some beautiful drives around London that allow you to absorb the colorful changing leaves. Snake Road is a winding, tree lined drive about an hour's drive away from London towards Burlington. You could even stop for a pumpkin spiced latte at one of the numerous cafes nearby. Turn on some music, roll down your windows and enjoy the fall breeze!

3. Do some Fall baking

There's nothing quite like the smell of a freshly baked apple pie or cinnamon roll wafting through your house. Baking is a great activity to do with your roommates or family, not to mention it gives you something to snack on or bring to class for the next few days. Baking some pumpkin muffins on a Sunday night can give you a quick and easy breakfast for the upcoming week. It will also leave your home smelling just like a fall candle!

4. Carve a pumpkin

Pumpkin carving is a quintessential fall tradition that is sure to put you in the Halloween spirit. It also gives you a festive decoration to place on your front porch for all your neighbors to see. Gather some friends, pick up mini pumpkins, and have a pumpkin carving competition! Compete to see who can carve the spookiest designs, and throw on a fall movie in the background like Coraline or Halloweentown.

5. Pick some apples

There's no better way to get into the fall spirit than going apple picking. There are several orchards near London like Crunican Orchards or Millar Berry Farms which allow you to grab a basket and fill it full of freshly picked apples. Make some apple pie, apple crumble or even some apple oats for a filling and nutritious breakfast! Many apple picking orchards also offer other activities like petting zoos and corn mazes, so you can make a full day of fall activities.



HOW TO AVOID A SEDENTARY LIFESTYLE AS A STUDENT

by: Emma Anwar



After being a month into the school term and midterms approaching soon, students are cooped up, with their heads down in their study space. While working hard and staying motivated to study are remarkable things to do as a student, not moving your body frequently can be detrimental for your health. An American study found that 49-69% of students aged 18-24 exhibited behaviors of a sedentary lifestyle, causing them negative physical and mental health, along with increasing the chances of many health disparities, like obesity and cancer. Sedentary behavior is quite common among students who spend hours upon hours sitting in one spot when studying, watching lectures, and attending classes. While being a student can be a very static and motionless way of living, it can be changed by adding some light exercise throughout the day. Here are some straightforward ways to incorporate physical activity in your daily life as a student:

1

Go for a stroll: One of the easiest ways to move your body is quite simple: go for a walk. Try to take a break from studying every hour or so and proceed on a relaxing stroll around a neighborhood, the university campus, or a park with nice scenery. Not only will this be good for your physical health, but also your mental health, as changing your surroundings every so often can help alleviate stress and keep your mind away from studies.

2

Lunges: When sitting for long periods, our bottoms, legs, and core are often affected the most. Lunges target all three of these muscles and are an amazing exercise to fight off the effects of sedentary behavior. Here is how to perform a proper lunge: Stand up and keep your feet shoulder-width apart, place one foot in front of you and the other behind you, lift your back heel up, bend your knees as low as possible, push off your front leg to lift back up, and repeat as many times as possible in sets of three.

3

Planks: Continued sitting can also cause lower back pain and bad posture. Planks are an easy exercise that combats both problems by elongating the body, stretching out your torso, and strengthening your core muscles. To do a plank, start off with your hands, shoulder width apart and your legs stretched out behind you. Then bring up your knees so you are lifting your body with only your hands and feet. Try to keep your body as flat as possible by strengthening your core, breathing steadily, and keeping your neck strong. Hold for 30 seconds and repeat three times.

4

Push-ups: Push-ups are a great and easy exercise that requires no equipment, just your own body. They are an efficient way to get your heart-pumping and improve both your core and upper body strength. Step away from your books, get on your hands and knees, and do as many push-ups as you can. Take a small break and repeat them in 3 sets. Some benefits of push-ups include stretching out your legs, improving cardiovascular health, and building arm, core, and shoulder strength.

Overall, exercise is not an easy thing to initiate, complete, or maintain. To do so while studying may feel like another step on your to-do list, and you may feel too burnt out to accomplish them. However, performing short bursts of exercise throughout the day, like the ones mentioned above, are easier than you may think. Taking just a few minutes every hour to move your body can create a huge improvement in your physical and mental health, which are extremely important aspects to take care of in your life as a student.

5 Things to do in London this October

by: Hiba Syed

October is the start of midterm season. It's also the season for the leaves changing colours, temperatures dropping and obviously; the month for spooky season. While many students are already counting down the days until reading week, why not explore London for all it has to offer this October? There are so many options you could choose from whether it be from celebrating the fall season or participating in a Halloween walk, you could release your inner ghoulish as you worry about midterms and assignments while also discovering London. Here are 5 interesting activities you could be doing this October instead of staying inside!

Fall Food Fest

Being held at the Covent Garden Market on October 15, you'll sure to love all the fun. Featuring fun games, rides, apple tasting and of course food, you won't want to miss out on this great event. Treat yourself to a nice day at the market with friends and family. You won't want to miss it.

A Ghost Outing

Are you looking to scare yourself but also participate in something that will get your blood running? Well, look no further. Teams will get to participate in an escape room, geocaching event and amazing race all in the same event. Go with your best friend or your group members from your most hated course assignment, this event will be sure to make you scream. Hurry fast or tickets will be sold out. This event is held on various dates and hosted by AdventureDrives.

Fall on the Farm

Take a trip to Apple Land Station this October. Enjoy the fall vibes on a farm. Perhaps you could go apple picking? Maybe you want to pet the farm animals or you just want to get lost in the corn maze. There's also food so that can never go wrong. Whatever it is you want to do, being on a farm in the fall season sounds like a dream this October.

Fall hike in east London, Kiwanis Park

Kiwanis Park is a beautiful, well maintained park. Collect some vitamin D this October as you explore this park. With a stunning 3.3 Km hiking trail, it's suitable for beginners and only takes 45 minutes to complete. Entry and parking are free with multiple points of access.

Various concerts and performances

If you are not into the outdoors and being one with nature, that's alright too. London has plenty to offer in the entertainment field. Whether you like going to concerts, comedy shows or whatever floats your boat, check out what London has to offer in the entertainment industry this October while you study for midterms.

So rest assured, while London may not be the biggest city, it still has plenty to offer in terms of fun and relaxation this October. Happy studying!

Over coming ————— PROCRASTINATION

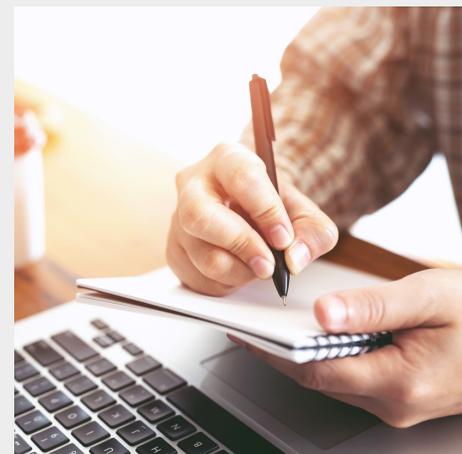
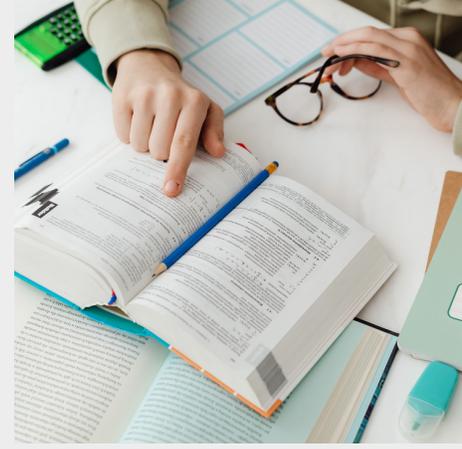
by: Victoria Ceolin Wietfeldt

Do you ever find yourself experiencing a momentary rush of inspiration - one that pushes you towards accomplishing a certain task? This is motivation. Motivation can often assist us in completing tasks we tend to avoid, and it makes us feel happy and proud of ourselves in the process. However, it is an uncontrollable feeling which inevitably fades and leaves us overlooking the thing we felt so ready to complete beforehand. Since the sensation comes and goes, motivation can be considered an unreliable force. Although we do not have control over how motivated we feel, we can control our courses of action. In turn, the notion we can rely on is who we want to be.

Think about your goals and aspirations. Ask yourself... What kind of person do I want to grow into? How would this person spend their time? What particular characteristics would they embody? Perhaps the individual you would like to become is someone who is consistent in their routines, regardless of how motivated they feel. Design a step-by-step plan, one that is suited to fit your needs and will fuel your self-development. Once your plan is finalized, you are that much closer to making your dreams a reality.

Cultivating a disciplined and focused mindset is not as easy as it sounds. The self-worth theory of motivation identifies that possessing a fear of failure causes us to feel the need to protect our self-worth, which leads to the development of unfortunate coping mechanisms such as procrastination. Fearing failure discourages us from trying new or difficult tasks. So, rather than allowing our negative thoughts to control our actions, we can take the lead by physically writing to-do lists and breaking down projects into smaller, less intimidating chunks. Doing so will demonstrate that our challenge is not as impossible as our mind initially made it out to be. Also, be mindful in prioritizing your tasks and completing them in order of decreasing urgency. This will likely lift some weight off your shoulders when it comes to deadlines as well as make you feel accomplished and ready to tackle the next item on your list. Last but not least, never forget to celebrate each little step you take. Even when the progress, results, or success can't be seen, at the end of the day what matters is that you took action.

All of this being said, it is important to remember that, no matter how hard we try, we are not going to be in a productive headspace all of the time. We will have our lazy days, feel overwhelmed, and experience negative life events too. In the end, what matters is that we process our emotions, cope with them in positive ways, and bounce back as soon as we are able.



Fall Inspired Overnight Oats

by: Sahil Manjania



To celebrate the beginning of Fall, this recipe will be a great way to get into the fall spirit! Overnight oats are great for breakfast or mid-day snack option, especially when midterm season is just around the corner and you may have a shortage of time. The preparation time is very short and there are many options that you have to spice up your oats. To help you get started, this page will showcase four different flavours (pecan pie, pumpkin pie, apple pie and oatmeal cookie).

Ingredients

- ½ cup old-fashioned oats
- ½ cup unsweetened vanilla almond milk
- ¼ cup low-fat vanilla yogurt

For Pecan Pie

- 1 tablespoon maple syrup
- 2 tablespoons chopped pecans

For Apple Pie

- ¼ cup diced apple
- 1/8 teaspoon ground cinnamon
- Optional: 1 tablespoon of raisins

For Pumpkin Pie

- 2 tablespoons pumpkin puree
- 1/8 teaspoon pumpkin pie spice

For Oatmeal Cookie

- 1 tablespoon brown sugar
- 1 tablespoon mini semi-sweet chocolate chips

Steps:

1. In a mason jar or small Tupperware dish, combine oats, almond milk and yogurt.
2. Place oatmeal mixture in the refrigerator overnight or for at least 6 hours.
3. In the morning, stir in preferred toppings.
4. Enjoy cold or microwave for 60-90 seconds.