

# Wellness

## In your room



**Coffee not only helps clear the mind and perk up the energy,** but studies show it also provides more healthful antioxidants than any other food or beverage in the American diet (NSNBC.com). Now hold onto your hat for this. . . Sneak n' Brew coffee maker lets you set clock and coffee brew time with just your voice; say goodbye in the hassle of manual programming!

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**If you're going to spend the night in, might as well spend it with your best friends!** Socializing with friends is the most dominating factor to personal happiness. A great way to spend time with friends in a relaxing setting is board games or cards. Suggestions is Apples to Apples. This game of hilarious comparisons is all about social interactions. Get to know what friends think and get ready to laugh!

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**By decorating your room in a way that encourages relaxation, you can actually decrease stress levels.** Take away the stress of running from store to store trying to coordinate by ordering the prepackaged bedding that best fits your personality. Check at [walmart.com](http://walmart.com) or [target.com](http://target.com).

**Turn your room into a gym to avoid or work off the Freshman 15.** Try any combination of these exercises to work several major muscle groups:

- Triceps: Dips on a chair
  - Biceps: Triangle wall pushup
  - Shoulders: Push up holds
  - Abs: Crunches
  - Lower Back: Back extensions
  - Obliques: Crunches with a twist
  - Thighs: Body weight squats
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**Did you know that your sense of smell is a direct line to releasing endorphins?** Fill your room with your favorite smells and start to feel happier and more relaxed. Here's a list of ways to naturally catch a whiff:

- Fragrant flowers
- Fresh laundry
- Body lotions
- Scented oils
- Open windows for fresh air



**This fall, make your space somewhere you can really begin to feel**