Healthy Mind, Healthy Body

Physical activity is crucial for mental well-being. Exercise liberates endorphins, which are the body’s natural stress relievers. Regular physical activity also gives you a sense of accomplishment, which helps build self-esteem. By incorporating physical activity into your daily routine, you can feel more energized and focused on your studies.

Simple tips to practice mindfulness are:

1. Sit: Find a comfortable and quiet space to sit without distractions.
2. Limit time: Start with a 5-minute break and gradually increase to 15 or 20 minutes.
3. Make sure your body is relaxed:

   - Sit with your back straight, feet flat on the ground, and hands resting on your lap or in your lap.
   - Close your eyes or look down at a neutral object.
   - Breathe comfortably through your nose.

4. Acknowledge wandering thoughts:

   - Notice how your mind may wander to anxiety/depressive-inducing thoughts. Continue to breathe deeply.
   - Acknowledge that you are not alone with these thoughts.

5. Gently bring yourself back:

   - Acknowledge the current moment, especially your physical sensations, and gently bring your attention back to your breath.
   - Remember to be kind to yourself and to not judge your thoughts or your ability to focus.

6. Practice gratitude:

   - At the end of your 5 or 10-minute meditation, sit quietly for a moment and reflect on three things you are grateful for today.
   - Return your focus to your breathing.

7. Keep it up:

   - Make mindfulness a regular part of your daily routine.
   - Your ability to focus will increase over time.

Remember, anyone can practice mindfulness, regardless of age or ability to sit. Whether practicing mindfulness for a few minutes a day or a longer period of time, it is a powerful tool for managing stress and improving mental health.

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<th>Common Questions</th>
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| How often should I meditate? | Start with 5 minutes and gradually increase to 15 or 20 minutes.
| What if I can't sit still? | You don't need to sit still. You can try lying down or standing during your meditation.
| How do I get started? | Find a comfortable and quiet place to sit and begin by focusing on your breathing.
| What if my thoughts keep wandering? | Acknowledge your thoughts and gently bring your attention back to your breathing.
| Will I get better at it? | Yes, regular practice will improve your ability to focus.

The University of Texas at Arlington

Two recent studies have brought attention to the rising costs of attending college. Goodkind (2023) reported that the average student debt for those graduating from high school in 1963 was $4,500, which equals $35,000 after adjusting for inflation. This average debt increased by 317% for graduates in 1970 and increased by 266% for those graduating in 2010. In 2023, the average debt for graduates was $62,000, which is almost 15 times the average debt from 1963 (Goodkind, 2023, para.32). That is 1970...after adjusting for inflation, the average debt increased by 317% (Goodkind, 2023, para.5). With another report indicating an increase of 169% for individuals aged 22-27 in that same time period (Goodkind, 2023).

Why does this happen? According to Goodkind (2023), it may have something to do with perceptions of confidence. Why the lack in confidence, though? According to Goodkind (2023), it may have to do with the lack of confidence in the education system. With these rising costs, people may start to doubt the value of a college degree.

As a student, you have the power to influence these costs. Your input will help shape the future of higher education. You can submit your feedback directly to the student body regarding their experience in the MSW program. Your input will help shape the future of higher education. So, how do we deal with these rising costs? Well, one way is to ensure you get 'the most bang for your buck'.

Who here thinks college is expensive? *raises hand* Whether someone chooses to attend a public school like UTA or a private school like Harvard, the cost of attendance may seem like a lot to bear. It is all worth it, though. Right? According to a recent article published by the New York Times, the cost of attending college has increased by 266% since 1970. With another report indicating an increase of 169% for individuals aged 22-27 in that same time period (Goodkind, 2023).

With the average debt for graduates increasing, it is important to consider the value of your college degree. With these rising costs, people may start to doubt the value of a college degree.

The most important shift in thinking is to realize that education is a right, not a privilege. We need a revolution in the way we think about education. Not only does it benefit individuals, but it also benefits society as a whole. The benefits of a college education are substantial, including increased earning potential, improved health outcomes, and a reduced risk of poverty.

Lastly, it is important to remember that even if you are facing financial stress, you are not alone. Many students are in the same situation, and there are resources available to help you. The University of Texas at Arlington offers a variety of resources to help students manage their finances, including scholarships, grants, and work-study opportunities.

For more information, please visit the Student Success Resource Center.