April is National Stress Awareness Month

Let’s celebrate by creating less stress in our own lives. So here is a list of 8 positive ways you can respond to the stress in your life and keep your own stress levels in check.

1. **Make up your mind to stay healthy** - whether it is through diet, exercise, or simply getting that checkup you’ve been putting off, let April be the month you put yourself back in control.
2. **Make a change** - it can be as simple as clearing the clutter off your desk. The important thing is that you do something different – it can make a big difference when it comes to stress.
3. **Focus on now** - focusing on this very moment provides a magical escape from the disappointment of what once was and the fear of what might be, and leaves stress stuck in a time warp.
4. **Talk to yourself** - sometimes a good pep talk is all that is needed to keep stress at bay. Maybe it is high time you gave yourself one by affirming what is right with your life instead of dwelling on what’s wrong.
5. **Get the giggles** - its true; laughter really is the best medicine. Whatever it takes, give yourself time for laughter every day.
6. **Meditate** - a still mind is a stress-free mind, so take a deep breath, quiet your thoughts and let the stress melt away.
7. **Keep a happiness journal** - every evening for the next 30 days spend a few minutes reflecting on the day you just experienced and list five things about the day that delighted you.
8. **Help someone else** - sometimes the best way to deal with stress is by providing relief to someone else. So look around you, see who needs a hand up, and then offer yours.

**Global Day of Service**

On **Saturday, April 18**th thousands of Boston University undergraduates and alumni will be participating in a day of volunteer projects. In 2013, Global Days of Service spanned the entire month of April, allowing over 4,000 volunteers to put in 25,000 hours of work in 15 countries. If you are interested in volunteering by yourself or with a group, please email Salome at uscgradi@bu.edu

**The History, Religion, & Religious History of BU - Tour of Marsh Chapel**

Join First Gen Connect for a talk on the stories of Marsh, given by Chaplain, Brother Lawrence Whitney! **Tuesday, April 14 3-4pm**; 735 Commonwealth Ave

Please RSVP by April 14th at [https://www.eventbrite.com/e/marsh-chapel-tour-tickets-14015367341](https://www.eventbrite.com/e/marsh-chapel-tour-tickets-14015367341)

**Spotlight**

Read about this month’s first-gen graduate student [Portsha Franklin](#).

**Important Dates**

- **April 3**
  - Last Day to DROP Standard Classes (with a ‘W’ grade)
- **April 15**
  - Last day to take a Spring leave of absence
- **April 20**
  - Patriots’ Day
  - No class
- **April 22**
  - Substitute Monday class schedule
- **April 30**
  - Last day of classes

**Upcoming Events**

- **Boston Marathon**
  - Monday, April 20
  - Start time 8 am
- **Earth Day Festival**
  - Wednesday, April 22
  - 11 am - 2:30 pm
  - GSU Plaza

Visit our [website](#) for events and workshops happening this month around campus!