

No matter the Letters

ΑΧΩ | ΑΔΠ | ΑΟΠ | ΑΦ | ΧΩ | ΔΔΔ | ΔΓ | ΓΦΒ | ΚΑΘ | ΚΚΓ | ΠΒΦ | ΣΚ



Issue 7 | October 11th | 2011

We're all stuck in the middle of Midterm season, so here are... Ten Tips for an Emergency Energy Boost!

1. **Go outside into the sunlight.** Get the heck out of stacks! Light deprivation is one reason people feel tired. Research suggests that light stimulates brain chemicals that improve mood. While you're outside...
2. **Go for a brisk walk.** Even a ten-minute walk can give you a surge of energy and decreased tension.
3. **Act with energy.** We think we *ACT* because of the way we *FEEL*, but often we *FEEL* because of the way we *ACT*. Trick yourself into feeling energetic by moving more quickly, pacing while you talk on the phone, and putting more energy into your voice.
4. **Listen to your favorite zippy song.** Hearing stimulating music gives you an instant lift.
5. **Talk to an energetic friend.** Not only do we gain energy from interacting with other people, we also - in what's called "emotional contagion" -- "catch" their emotions. Try to catch the energy of one of your more peppy sisters.
6. **Tackle an item on your to-do list.** You'll be amazed by the huge rush of energy you get when something gets crossed off your list.
7. **Clean up.** For most people, outer order contributes to inner calm. If you feel overwhelmed, try tidying up. Making your surroundings more pleasant will help to give you energy -- plus, making visible improvements is a booster too.
8. **Jump!** Yes, jump up and down a few times! Seriously! It works!
9. **Note of caution:** People often try to use food to boost their low energy. This obviously helps if you're actually hungry, but if you're not hungry eating ice cream out of the container -- tempting as it is -- won't really help.
10. **Cut yourself, and other people, some slack.** Let it go!

Congrats to Alpha Phi
and the rest of Team 4 for winning
GREEK WEEK!
Final rankings ->

- First place: Team 4 with 11545 points
- Second place: Team 5 with 9402 points
- Third place: Team 8 with 8209 points
- Fourth place: Team 7 with 7055 points
- Fifth place: Team 3 with 6838 points
- Sixth place: Team 12 with 6245 points
- Seventh place: Team 6 with 6028 points
- Eight place: Team 1 with 5906 points
- Ninth place: Team 2 with 4870 points
- Tenth place: Team 9 with 4553 points
- Eleventh place: Team 11 with 3338 points
- Twelfth place: Team 10 with 3160 points

Upcoming Events

Alpha Phi Red Dress Gala

Date: Friday, Oct. 14th

Cause: Alpha Phi Foundation

Details: A night of dinner, dancing and silent auction for families and alumnae.

ADPi Diamond Cup

Date: Sunday, Oct. 16th (1-5pm)

Cause: Ronald McDonald House

Details: First annual men's soccer tournament! \$3 entrance for spectators (includes raffle ticket and food)

Omega Phi Beta

Cal CommUNITY BBQ

Date: Sat., Oct. 15th (11am-3pm)

Where: Willard Park

Details: Promote unity with members from all communities!

Order of Omega Applications Due

Date: Tuesday, Oct. 25 (by 3pm)

Location: 102 Sproul

AXO Spooky Spaghetti

Date: Thursday, Oct. 27th (7pm)

Location: Alpha Chi Omega

Cause: A Safe Place

Details: A delicious spaghetti dinner! \$5 presale, \$6 at the door. You are encouraged to dress up in costume for Halloween!



GREEN

CUP

**October 1st to
November 31st!**

Leadership | Scholarship | Friendship | Service | Leadership | Scholarship | Friendship