



## The Bathroom Sensation That's Sweeping the Nation

Welcome back, Cougars! I hope your winter break was refreshing and you're ready for another quarter! A lot of you have new classes this quarter too, so hopefully you're excited for what this last semester will bring! Good luck and have fun!

### Settling In After Break

Winter break is over, and it's time to get back into the groove of school. Of course, nobody really wants to go back to school once it's stopped, but unfortunately, we must....so here's a couple ticks to make the return much less difficult.

- Don't expect to be ready immediately. The transition might be a little rough, and you'll definitely be more tired than before.
- Check your alarms! Make sure they're set for the right time so you can wake up without trouble.
- Start going to bed earlier than you have over break. Unless you've maintained the same bedtime throughout, you'll have an easier time waking up at 6am everyday (or earlier, for a few of you).
- Get ready to start doing homework again. Make sure you've got time in the evenings for when the workload starts to pick up.
- Clean out your folders from last semester so you can start fresh. Keep important assignments, though, in case you need to look at them later.
- If you haven't seen your friends all break, make sure to say hi!
- Have fun! Take care of yourself!

### Overworking Yourself is Pointless

Speaking from experience, it really is. All it got me was a decline in my already precarious health and overwhelming stress. In several studies, its been shown that overworking yourself can lead to potentially severe consequences in both physical and mental health. Even outside of the extreme, it's still dangerous.

You can avoid overworking yourself by making sure to give yourself enough time to rest in-between your duties. Between school, sports, and work, always have at least an hour or two to indulge in your hobbies. Also make sure you're getting enough sleep and drinking enough water. Its surprising how much those two things can really make an impact on your health.

Also, think about it this way – some of that suffocating work you take on can be done on a day thats less packed. If you have one doctors appointment booked, why book another on the same day? You won't miraculously recover, in fact you might even get worse. If you're sick, there's no point in working hard if that hard work will make you sicker.

Rest well, Cougars! Until next week!

### Upcoming Events

Monday 1/8	Tuesday 1/9	Wednesday 1/10	Thursday 1/11	Friday 1/12	Saturday 1/13
Lunch LinkUp @ Room 212 (Both lunches) SAC Meeting @ HELP Center (5:30pm) PTA Meeting @ HELP Center (6:30pm) Girls Basketball v Mesa Ridge @ Mesa Ridge High (4pm) Boys Basketball v Mesa Ridge @ Home (4pm)		Girls Basketball v Harrison @ Harrison High (4pm) Boys Basketball v Harrison @ Home (4pm)	Academic Council (11:40am) Boys JV Wrestling v Doherty @ Doherty (6pm) Boys and Girls Varsity Wrestling v Doherty @ Doherty (7pm)	Girls Swim and Dive Hornet Invitational @ Pueblo County High (7am)	Girls Basketball v Sand Creek @ Sand Creek High (9am) Boys Basketball v Sand Creek @ Home (9am) Girls Varsity Wrestling Tournament @ Vista Ridge (9am) Boys JV/Varsity Wrestling Bulldog Invite @ Pueblo Centennial (9am)