

Campus News / Sports

Stress Busters

From tai chi and meditation to shopping, techniques help sooth many end-of-the-semester worries

Keith Caesar
Reporter

Crunch time is here again and if you've survived since the last go around than you've been acquainted with stress. But there is no need to pull your hair out because there are things you can do to leave stress behind.

As we approach the end of this school year, many of us are faced with not having papers finished or the sudden influx of work which has been thrown on us at once. All of which have only perpetuate to an increase in stress levels.

So what can be done to tame that dragon we call stress?

Meeshay Williams, a counselor at the University Counseling Center, said that for many it is normally the same case year round when it comes to finals.

"Students experience anxieties because for one they are not doing what they are suppose to be doing and two, they took to long to come get help."

"Me? I encourage students to exercise.

Walk around the track, or around campus," Williams said. "Take time out for yourself."

Even if these are not activities which you enjoy doing, there are a number of other things which you can try when dealing with the stress of finals.

Techniques such as Biofeedback, breathing techniques, exercise, humor, imagery, meditation, tai chi and yoga are just a few of the ways that you can lower your stress levels.

These techniques can be done anywhere at any time and will help you focus on achieving your goal rather than waiting with a sense of excessive worry or irritation.

Williams said, "Shop, go to movies, Do something that you enjoy doing."

Many students follow that advice.

Carmille Akande, a sophomore, said, "Relax, take a few minutes, find something else to do to ease the time. Sit on the wall, play pool, but relax."

The true test of how well you have dealt with your stress will come at exam time. Even when your are faced with the blank sheet and questionnaire next to it, Williams

said that even at that point it is not to late to lower you stress level.

"Deep breaths always work. Daydream, see yourself on an island," Williams said.

This is a technique which works well for Tonya Jackson, a junior, "I take a deep breath and move faster."

But she does admit that stress does sometimes get the better of her, "I'm going and going before I finally crash."

For some stress does not even become an issue. Nasif Gordon, a sophomore, said, "I don't get stress out on finals, If I know, I know if I don't I don't."

And for Frederick Locks, a freshman, "I just take things as an when they come."

Overall these techniques should help ease you of whatever stress you are feeling. But most often, those who are prepared for he test will be ready. And those who aren't, won't.

Ultimately, preparation is the key. For some its the end of the road. For others, its just the beginning.

Washington signs contract with Chiefs

Semaj Robinson
Sports Editor

Thomas Washington, the CIAA defensive player of the year, has signed a 2-year free-agent contract with the Kansas City Chiefs.

Thomas, a senior who is majoring in sports management, helped lead Winston-Salem State University to the 1999 CIAA Football Championship and to a victory over Tuskegee University in the Pioneer Bowl.

Although Thomas was selected in the seventh round by the Kansas City Chiefs, he was disappointed he wasn't selected earlier.

"I thought I would have been a fourth-round pick," he said. "The way I compare with everybody else, I was in the top of the group."

There were several teams interested in Thomas, including the Arizona Cardinals, Jacksonville Jaquars, San Francisco 49ers, the St. Louis Rams, who won the 2000 Super Bowl, and the Carolina Panthers.

Before the draft, the Washington Redskins

informed Thomas that he would be a probable sixth- or seventh-round choice.

Thomas said that if he doesn't make it on the Chiefs' roster, he knows there are other opportunities.

"The NFL is just like any other job," he said.

"If somebody thought enough of you to bring you into camp, it doesn't mean another door isn't open somewhere else."

Thomas was honored on Saturday, April 29, at the Winston-Salem State University Athletic Awards Banquet.

He was selected as the Most Valuable Player on defense.

This past season, his honors included Preseason Street & Smith All-American Team, Statesville and Winston-Salem City Classic defensive player of the game, First team All-CIAA (for the fourth time), the Marines Black College All-American Team, the AFCA Burger King Coaches All-America Team, and the 100% Wrong Club of Atlanta All-American Team.

Fall Football Schedule

September:

- 2 at Mars Hill College
- 9 **Bowie State University**
- 16 at Hampton University
- 23 **Virginia Union University**
- 30 **Fayetteville State University**

October:

- 7 **Livingstone College (Homecoming game)**
- 14 at N.C. Central University
- 21 at Virginia State University
- 29 at Johnson C. Smith University

November:

- 4 at Elizabeth City State Univ.

All home games (noted in bold type) will be played at Bowman Gray Stadium. For information, contact WSSU Athletic Department, 750-2141.

Got a story? Give us a call. 750-2327.

Go Rams!