

WELLBEING GUIDE



ALSA
AUSTRALIAN LAW STUDENTS' ASSOCIATION

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EDITOR'S FOREWORD



Brie is one of the 2014/2015 Education Officers on ALSA Committee. She is in her final year of a Bachelor of Laws/Bachelor of Psychological Science at La Trobe University. Brie loves to keep active by playing netball, dancing and doing yoga. She is extremely passionate about addressing the health and wellbeing issues faced by law students and legal professionals.

Physical and mental health problems seem to be to an unfortunate incident of our busy, modern lifestyles. Law students and legal professionals are particularly at risk, with approximately 1 in 3 experiencing some form of psychological distress during their lifetime.

There is no denying that law is highly competitive and extremely demanding, however this doesn't mean that it should entirely take over your life. Keeping connected, doing regular exercise and eating nutritious meals are crucial; not only to your success at law school but also to your health and wellbeing generally.

The truth is that there is no shortcut to a healthy lifestyle; rather it requires everything in balance.

Rather than focusing on the incidence of health concerns, this Guide focuses on practical, holistic and achievable ways to take better care of yourself. Remember that in this context, individuality is key; what works for you may not necessarily work for others.

While the Guide includes a wide-range of ideas and suggestions, I encourage you to explore other opportunities to enhance your wellbeing.

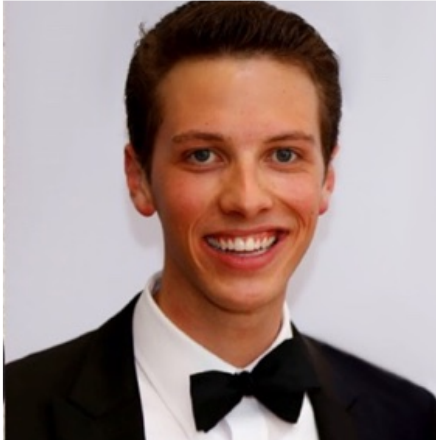
To bore you for just a little longer, I have just a few people to thank, without whom this Guide would never have been completed. Firstly, thank you to my incredible boyfriend Cristian for his input, creativity and support and for a number of the incredible photos featured throughout this Guide. Secondly, thanks to the entire ALSA Committee for their support and input. In particular thanks to Marie Iskander for her contribution, supervision and support throughout the whole process.

I hope that you enjoy this Guide and find it to be a useful resource. If you have any questions, criticisms or suggestions, please feel free to contact me on educationofficer@alsa.asn.au

Brie Kenna

Education Officer 2014/15

PRESIDENT'S MESSAGE



Alistair is the President of ALSA for the 2014/2015 term. He is in his 4th year of a Bachelor of Laws / Bachelor of Arts at Macquarie University. Alistair looks after his wellbeing by playing social soccer on a Tuesday night, spending plenty of times with family and friends and even indulges in some late night trashy TV! He is a big advocate of encouraging people to have a go and get involved in University life, whilst also ensuring that students look at the 'bigger picture' and remember the things that matter most.

Welcome to ALSA's 2015 Health and Wellbeing Guide. Whether you're reading this to seek personal guidance, using it as a resource to help those around you or even just having a skim because the nice pretty cover landed in your inbox, it makes me so happy that you are taking the time to invest in something as important as health and wellbeing.

As law students, we are under constant pressure. Whether this be due to our studies and trying to get those high marks, getting involved and excelling at extra-curricular activities, maintaining a healthy work/life balance, fitting in the gym, a social life and some downtime - everyday seems like a race against the clock to try and maximise every hour and achieve the most we can.

However, whilst we spend so much time investing in others, we forget to actually invest in ourselves. Take the example of a motor vehicle - no matter how powerful or flashy a car may be, without keeping it full of fuel and getting it regularly serviced, it is guaranteed to break down. Students are the same. Without taking the

time to truly look after ourselves, we certainly cannot function at our best, if at all. What constitutes 'health and wellbeing' and the way in which we maintain it is different for everyone. For some, it may be blasting music and going for a run every day, for others it may be sprawling on the couch and enjoying some trashy TV after a long night of study, or perhaps it's meeting up with a mate over coffee, bacon and eggs on a Sunday morning - whatever it is, taking the time to catch your breath now and then is essential.

This Guide gives you a few tips and tricks to help you stay above water. My sincere thanks to the ALSA Education team - Marie, Brie and Alex - for taking the time to put it together. Now, grab a coffee, find a comfy spot on the couch and enjoy.

Alistair Booth

2014/2015 ALSA President

A WORD FROM THE VPE



Marie is the Vice President (Education) for the 2014/2015 ALSA term. She has recently graduated from the University of New South Wales with honours in a Bachelor of Laws/Bachelor of Arts degree and is currently completing her Arts and Social Sciences Honours thesis in politics. Marie looks after her wellbeing by taking regular breaks, connecting with friends and seeking support from her mentors and peers. Marie hopes to breakdown the stigma attached to mental illness in the law and encourage a broader dialogue on the topic of mental health and wellbeing.

As law students we are exceptionally good at grasping theory, but sometimes we struggle to put that theory into practice. While we have practical legal training programs after our law degrees to assist us in practically applying all the theory we learned at law school; putting into practice better wellbeing measures can be a little more difficult. That is where this Guide comes in.

The ALSA Wellbeing Guide is designed to give you practical tips to ensure that your health and wellbeing are adequately cared for and nurtured.

Studying law can be demanding and stressful, and we are often being told about the dauntingly high rates of mental ill-health in the legal profession. As law students (and as the future of the legal profession), we have a unique opportunity to take preventative and proactive measures to ensure that our mental health is prioritised. While we are studying, we must ensure that we listen to our bodies and minds and that we know when we need to put that textbook down, take a step away from our desks and take a break. We also need to ensure that we give our brains the opportunity to absorb all of the knowledge we are taking in, and this is

where regularly sleeping between 7 to 8 hours a night comes in. Just as sleeping and taking regular breaks are important, it is paramount that during times of intense stress or anxiety you reach out to your peers, teachers or support services available. Asking for help and taking breaks are signs of true strength and resilience. We hope that by using the tips and resources in this Guide, you will be able to put into practice all of the theory on wellbeing that we know you know, but that sometimes you haven't put into practice.

As the ALSA Vice-President of Education, I am very pleased of the excellent work done by Brianna Kenna in producing this handy, easy-to-read Guide. Just as another academic year of law studies is underway, I wish you all a happy and healthy year, where you will not only survive, but you will thrive.

Marie Iskander

Vice President (Education) 2014/2015

FINDING BALANCE



RESILIENCE



Resilience is your capacity to adapt to changing circumstances. Developing resilience requires developing a degree of flexibility and acceptance when it comes to life events. It's not so much about what happens to you at the time of the event but how you respond or bounce back afterwards.

This can be extremely difficult for law students. Not only do we tend to be perfectionists with Type A personalities, we are used to being overachievers. It can be extremely difficult to adjust to law school, where you may no longer be the smartest/most dedicated/most talented person in the cohort.

Being resilient is absolutely crucial to your ability to thrive in law school and beyond. We have to develop the ability to work effectively within high-pressure situations to reach extremely high standards. Lacking resilience can lead us to dwelling on problems and becoming exceptionally overwhelmed. It increases the likelihood of reliance on unhealthy coping mechanisms, such as drugs or alcohol and leaves us vulnerable to experiencing psychological stress.

To some degree, resilience is a product of personality. Some people are innately better able to deal with difficult situations than others. However all is not lost! People are very capable of learning the skills that it takes to become more resilient. Give some of these tips a go!

10 TIPS FOR DEVELOPING RESILIENCE

- 1. ADOPT A POSITIVE OUTLOOK**
- 2. HAVE CONFIDENCE IN YOURSELF AND YOUR ABILITIES**
- 3. BE KIND TO YOUR BODY. SLEEP, DIET AND EXERCISE MATTER**
- 4. INVEST IN GOOD RELATIONSHIPS**
- 5. EXPECT CHANGE AND BE ADAPTABLE**
- 6. TACKLE PROBLEMS AND CONFLICTS; FIRST RECOGNISE THE CAUSES AND THEN CONSIDER YOUR RESPONSE**
- 7. MAKE TIME FOR YOUR PASSIONS**
- 8. REMEMBER THAT SOME THINGS CAN'T BE CHANGED**
- 9. SET GOALS AND WORK TOWARDS THEM**
- 10. LEARN FROM LIFE'S CHALLENGES**



These tips are thanks to the Tristan Jepson Memorial Foundation, who do incredible work addressing mental health issues within the legal profession. You can check out their other work at <http://www.tjmf.org.au/>



DEALING WITH DISAPPOINTING MARKS

It's happened to all of us. Getting a bad mark (or a bad mark according to our perfectionist law student standards) sucks. Over the years I have had my fair share of disappointing marks, and although admittedly I may have shed a tear or two, I have developed a few positive strategies for dealing with the let down of less than ideal marks.

1. GET FEEDBACK

Lecturers don't bite, and many lecturers have consultation hours where they sit in their dark offices, probably playing Tetris and Candy Crush (or so I imagine), waiting for students to call for assessment feedback.

Even if the final subject marks are in and there are no other assessments to worry about, feedback from a lecturer will help you understand what you could have done differently – good advice about how to approach and structure your responses, for example, will help you in future subjects too.

2. REFLECT ON WHERE YOU WENT WRONG AND USE IT AS MOTIVATION

Although we hate to admit it, sometimes poor results can be the outcome of spending too much time on Facebook or leaving that major essay to the night before it was due. Although sometimes we can see these marks coming, it still hits as a hard reality check!

Before you start thinking that there is no hope

and you may as well drop out of your law degree, think again. Bad marks can fuel motivation to improve, while consistent good marks can sometimes make some students complacent. Receiving a less than ideal mark can help you reflect on where you went wrong and how you could improve for next time (for example, better time management or actually doing the readings).

3. APPRECIATE THE BIGGER PICTURE

Sometimes receiving a bad mark in law can be overwhelming, especially when you've tried your best. At the end of the day a mark is just a number and you will need to take a deep breath and a step back. Seeing the bigger picture may mean appreciating that your overall weighted average mark wasn't too dramatically affected by one bad semester, or taking comfort in knowing that some pass marks (or even an F) on your transcript won't make you completely unemployable.

Often my best friend reminds me that Ps equal degrees, and although this doesn't mean you need to lower your standards, it is sometimes useful to remind yourself that these bad marks are just hurdles to overcome in order to reach your final destination. So don't be too hard on yourself!

This article was written by Marie Iskander of the University of New South Wales and previously appeared on Survive Law, a website for Australian law students. Check out www.survivelaw.com for more careers tips, study advice and nerdy law school related shenanigans.



PREVENTING BURNOUT



Burnout is a state of emotional, mental and physical exhaustion caused by excessive and prolonged stress. It can make you feel overwhelmed and unable to meet demands.

A key cause of burnout in law school is overcommitment. Our demanding study schedule, general tendencies towards competitiveness and desire for a resume full of extracurricular activities is the perfect storm for a timetable that spins out of our control.

Often we don't realise how overloaded we are until it's too late. We agree to doing things without really considering the consequences and before we know it, we're on a committee, have taken on extra shifts at work and are catching up with someone different every day of the week. In isolation, each commitment is completely reasonable, however the combination is a recipe for disaster.

Biting off more than you can chew has consequences far beyond feeling stressed; it reduces your ability to concentrate and can be a catalyst for fatigue and depression.

If you've been taking on too much without considering the consequences, here are a few ways to turn things around.

1. MAKE YOURSELF A PRIORITY

It's far too easy to take on everyone else's problems and stretch yourself too thin. Becoming a selfish jerk is probably one step too far, but make sure that you schedule some time for yourself each week to relax, refocus and recharge.

2. BUY YOURSELF TIME

A perfect solution to not shouldering more than you can handle is to have a few responses that will buy you some time when someone makes a request. This will let you consider the implications of helping them rationally, rather than acting too impulsively. You'll be able to balance your assessments, work and social life far more effectively. Say you need to check your diary or ask to double check something with someone else first.

3. GET COMFORTABLE SAYING NO

Central to preventing burnout is becoming comfortable saying no. Sometimes the best thing you can say to someone who needs help is no, especially if deep down you know that you'll be pushing yourself too hard to help them. Politely say no, but offer an alternative solution; suggest another person who could help or a different approach they can take.



STAYING CONNECTED

Getting connected and making friends is an essential part of University. Not only is it awesome to have someone to sit next to in lectures (or, perhaps more accurately, to get coffee with while avoiding lectures) it is also amazingly beneficial for your mental health and wellbeing.

Research supports that a sense of belonging and connectedness at University is correlated with reduced levels of stress, depression and anxiety. So finally you have a legitimate reason for spending the majority of your day at a café, rather than the library.

But wait, there's more! If those juicy mental health benefits aren't enough for you, getting connected also grants you access to a support system of people who probably detest your Corps lecturer just as much as you. You also have someone to (not) discuss the contents of your mid-semester assignment with (because that would be collusion...) and who can keep you company during those late night study sessions in the library. Also, by connecting with people in older year levels through mentoring

programs, student societies and the like, you might just gain an exclusive secondhand text book seller, advice about a subject from someone who's been there and done that and perhaps even access to pre-prepared exam notes. OH. MY. GAWD!

So basically, getting connected is your gateway to an amazing University experience. And while you certainly don't have to have a friendship circle to rival T-Swifty, making a couple of likeminded, reliable friends will help you to thrive, rather than just survive. Uni is about so much more than the next High Distinction or CV-building activity. It's all about enjoying every moment and making the most of opportunities and people that come your way. You'll be absolutely amazed at where these opportunities might take you or how much you'll bump into the same people throughout your career.

Regardless of whether you're in first year or final year, it's never too late to get involved. Heed Justice Kirby's advice and start being a joiner today!

5 SIMPLE WAYS TO GET YOUR LIFE BACK IN BALANCE

Maintaining a healthy equilibrium is essential to your wellbeing. In this sense, equilibrium refers to a balance of work, rest and play. Maintaining a healthy balance of these things is essential for our wellbeing and can also result in tremendous improvements in our productivity, concentration and focus. Here are our top five tips for maintaining balance in your life!

DISCONNECT

Disconnecting from your electronics can be a scary thought, however it will give your brain a much needed rest. Try to avoid your computer or television for a couple of hours each night or over the weekend and spend the extra time connecting with your friends and family instead!

SPEND TIME ALONE

Making time for yourself is probably the hardest thing to do for the typical overworked and overwhelmed law student, but it is absolutely crucial for lowering stress and maintaining your happiness. You might want to go for a walk, meditate, write or simply sit quietly for a few minutes. Whatever the form, make sure you schedule some 'me' time into each day.

HAVE FUN

When it comes to stress, laughter can indeed be the best medicine. Watch some funny Youtube Videos, spend a few hours scrolling through funny Tumblr feeds ('Look Mum I'm a Lawyer' is a classic) or have a

laugh with your friends. Nothing makes you feel better as fast as a good belly laugh.

START A HOBBY

Expand your awareness to something you haven't tried before by starting a new hobby. You could try painting, taking a new class or reading a book. Finding a hobby that interests you is an excellent way of ensuring that you'll make time for it and will stop you from spending every waking moment studying.

SURROUND YOURSELF WITH POSITIVE PEOPLE

When you surround yourself with people who are happy, driven and well-balanced, you are likely to mirror some of these qualities. Try to minimise the amount of time you spend with people who constantly complain or who are stressed all the time; they can be a drain on your energy and can put you in a negative frame of mind.



MINDFULNESS



WHAT IS IT ALL ABOUT?

Mindfulness is the practice of focusing the mind on the present moment. We often go through our lives mindlessly, failing to notice what is going on around us and constantly getting side-tracked from what we set out to achieve. The mind is easily distracted, and our thoughts commonly flit between tasks, revert to reflecting on past experiences or worrying about the future.

Mindfulness is a way of paying attention to what is actually happening in our lives, becoming aware of our thoughts, emotions and physical sensations. With increased awareness, we can take a step back and make wiser choices with regards to how we respond to people and situations. Being able to master our thoughts and focus on the task at hand is a key way of enhancing effectiveness and wellbeing

WHAT ARE THE BENEFITS?

Spending just 10 minutes per day practicing mindfulness has been shown to improve stress management, reduce anxiety and depression and improve immune function. Mindfulness has also been associated with effective decision-making, improved memory and emotion regulation.

PRACTICING MINDFULNESS

You can practice mindfulness at any point during the day by taking a few deep breaths and consciously paying attention to what is going on in your body. However a more focused, daily meditation practice is also recommended. This will help you practice the skills needed to have mindfulness flow into all aspects of your every-day life.

The Smiling Mind is an absolutely excellent mindfulness program designed to help you bring balance back into your life. The program provides you with access to a number of guided meditation exercises which will help to slow down the flurry of thoughts racing through your mind, bringing a sense of clarity, calm and contentment.

Their programs are **FREE** and accessible through their App or website. Check out www.smilingmind.com.au to get started.

The importance of SLEEP

You need to ace your assignments, so naturally you stay up all night researching and writing. That's understandable. Then, it's your friend's birthday and you *have* to go out – it would be rude not to. Plus you have those pesky notes to prepare for your looming end of semester exams.

No worries, you'll just load up on coffee, Red Bull and perhaps even some No-Doze. Maybe later you'll have time for a power nap?

It's a common conundrum students have been facing for years: *how can I possibly do it all?* Somewhere in between your hectic study load

and raging social life you've probably sacrificed one of the most underrated aspects of your wellbeing: sleep.

Getting regular, restful and restorative sleep is critical to remaining sane. Sleep restores our energy, fights off illness and fatigue by strengthening our immune system, consolidates our memory and helps us think more clearly and creatively. While a few isolated nights of minimal sleep won't hurt too much in the long run, consistently not sleeping properly deprives your body of a vital restorative process.



HOW MUCH SLEEP DO I NEED?

While some people function perfectly with 7 hours, others may need up to 10 hours before they feel refreshed. If you find that you are frequently tired or irritable during the week, or that you sleep more than an extra 2 hours per night on weekends, then you probably aren't getting enough sleep. Try going to bed an hour earlier and see how you feel.

CONSEQUENCES OF POOR SLEEP

Although it might seem that compromising sleep is the only way to get through that sky-high pile of readings, studies suggest that poor sleep is associated with a range of physical and emotional health risks.

These include;

- Increased incidence illness, such as cold or flu, due to a lowered immune system.
- Higher stress levels
- Poorer academic performance
- Higher levels of depression and anxiety

TIPS FOR HEALTHY SLEEP

- Aim for a minimum of 8 hours sleep each night.
- Avoid vigorous exercise within six hours of bedtime.
- Avoid caffeine and other stimulants before bedtime.
- Drink some chamomile or lavender tea before bed.
- Get into a routine of going to sleep and waking up at the same time each day.
- Create a relaxing atmosphere at bedtime; make sure your room is not too hot, too cold or too noisy, ensure your pillow is the right height and even try using some lavender mist on your pillow.



REACHING OUT

Law school can be an overwhelming and stressful experience for many students. While it's normal to feel a little bit stressed about exams or upset about a less-than-perfect mark you've received, persistently feeling sad and overwhelmed might indicate that you aren't coping quite as well as you think. The legal profession has an extremely high incidence of depression, stress and anxiety, so you certainly aren't alone in feeling this way. There is absolutely nothing to be ashamed or embarrassed about. Please don't ever be afraid to ask for help.

Here of a couple of places to reach out to if you think you might need help.

BEYOND BLUE has some excellent resources to help you learn more about depression and anxiety. They also operate a 24/7 telephone service so that you can get immediate support if you need.

Call 1300 22 4636 or visit <http://www.beyondblue.org.au/>

LIFELINE is the place to go if you need immediate support. They operate telephone and web-based counselling services 24/7, so get in contact with them straight away if you are contemplating suicide or self harm.

Call 13 11 14 or visit <https://www.lifeline.org.au/>

THE BLACK DOG INSTITUTE is concerned with the diagnosis, treatment and prevention of mood disorders such as bipolar and depression. The website contains heaps of information about mood disorders and how to get help.

<http://www.blackdoginstitute.org.au/>

REACH OUT operate an incredible website that targets mental wellbeing issues within under 25s. It contains a number of practical resources such as mental fitness plans, daily SMS tips, fact sheets on a range of subjects and forums to connect you with others.

<https://about.au.reachout.com/>

UNIVERSITY COUNSELLING SERVICES are offered on almost all campuses around Australia. They're free, confidential and are an excellent first step toward combating any distress you are experiencing. Check your University website for details.

STUDYING SMART



PERFECT YOUR EXAM ANSWERS

It's the final countdown to the examination apocalypse! Fortunately, exam season is swiftly followed by the sleep-away-your-days wonder that is holidays. So you fast-forward to holiday bliss with minimal stress, here are some law tutor tips about how to prepare for different types of exam questions.

THE ESSAY

Plan, plan, plan. Sure, the exam essay could be about ANYTHING, but in reality it rarely is. In fact, as you go through law school, you should get better at figuring out what the exam essay will cover. Obvious likely topics: whatever is in the news or hitting the courts as an unresolved legal controversy or your law lecturer's pet interest area (for cues, look into their research work and published articles). Sometimes kinder academics will even tell you which areas to study, so don't skip the revision lecture.

Once you've identified likely exam essay themes, pose broad questions about those area(s) of law and write a basic one-page essay structure:

Introduction; Three to five points with supporting cases, quotes from journal articles, etc; and a broad conclusion.

Do a few different plans tailored to the different areas of law you think your essay might focus on, and keep your responses to dot points that you can expand on in the exam.

Revise your final plans before hitting the exam, and when you're tackling the real question it should simply be a matter of writing your planned essay, perhaps with a few tweaks to suit your research to the actual question.

THE SHORT ANSWER QUESTIONS

In many ways short answer questions are tougher to prepare for. They may cover a much broader range of topics, which means you need to study the whole subject in an extremely targeted manner. How do you deal with this problem? Broad knowledge requires broad learning. The best way to revise for short answer questions is to revise your exam notes as a whole, and if you have time, return to your textbook or suggested readings to take another look at topics that were highlighted by your lecturers. Ensure your responses to a short answer question are brief and straight to the point.



THE PROBLEM SOLVING QUESTION

With practice, this can be the easiest kind of exam question – it’s all about planning and identifying likely scenarios. Read your subject outline and look at the areas of law you’ve covered – if you did torts, you will almost definitely need to deal with a problem-solving question about negligence.

When you’ve identified the likely topic areas, create a one page problem solving answer plan that covers the legislation elements and sections, key cases and a short ‘memory trigger’ phrase or word to associate with each case and help you recall its facts/ratio in more detail, framed by an introduction and conclusion. This will ensure that you tick off all the key authorities that examiners look for when they grade your paper.

This article was written by Wenee Yap and previously appeared on Survive Law, a website for Australian law students. Check out www.survivelaw.com for more careers tips, study advice and nerdy law school related shenanigans.

THE MULTIPLE CHOICE QUESTIONS

The most underestimated of exam question types, multiple choice questions tempt you to throw study to the wind and waltz in with nothing but a barely read textbook and a folder full of hastily printed lecture notes. Sure, pure guesswork could score you a distinction by sheer fluke. If you would prefer a more strategic approach, consider studying in a similar way to preparing for short answer questions: as broadly as possible, revising first your lecture notes, then required readings, and then whatever else you have time for. Unless you’re penalised for incorrect responses (i.e. for guessing), answer every multiple-choice question.

SIX APPS TO BOOST YOUR PRODUCTIVITY

1. SELF CONTROL

This app is the answer for those of you who have absolutely no self-control when it comes to web browsing. If you find yourself sinking into a black hole of social media and Reddit when you should be studying for your impending contracts exam, consider giving it a go.

Self Control lets you specify a blacklist of websites and will block you from accessing them for a period of time. But be warned: it will make you stick to whatever time period you have set yourself (even if you delete the app or restart your computer).

This app is available for Mac only and is downloadable at <http://selfcontrolapp.com>. PC users can try a similar app called Freedom (however it will cost you \$10).

2. DROPBOX

You must be living under a rock if you haven't used DropBox! DropBox allows you to store, synchronize and share files online via the cloud. It allows

you to access stored files and folders from any device simply by logging in on their website. It can also be a lifesaver in the event of a group assignment in helping prevent 7 different versions of the same document from floating around and providing a common space to store all of your material. It can also be a godsend in the event of a computer meltdown!

Get it from www.dropbox.com

3. STAYFOCUSD

This extension for Google Chrome works by limiting the amount of time you can spend on specified websites during the day. Want to limit the time you spend browsing Facebook, Twitter and Instagram to 30 minutes per day? Then this is the app for you.

Available for Mac or PC from the Chrome Web Store.

If you're a Firefox user, Leechblock performs a similar function and is available via <http://www.proginosko.com/leechblock.html>

3. WUNDERLIST

As the name suggests, the main function of this app is making lists for anything and everything you can think of. While it sounds simple, the free version of the app allows you to make as many lists as you like and allows you to access them on any device. It also enables you to share your lists with multiple users, and will sync any items added or completed by others. You can assign specific tasks to certain users and set due dates. You can even set a reminder for that task if it hasn't yet been ticked off. So it's perfect for project managing those pesky group assignments!

The app is available from <https://www.wunderlist.com>

4. FOCUS BOOSTER

This app is based on the Pomodoro Technique, a time management tool that promotes working in 25-minute increments with a five-minute break between. The premise of the technique is to focus your attention wholly and completely on a single task for a set period of time.

FocusBooster allows you to create a daily

'to-do list' and then tracks your time as you work through them. When the 25 minutes are up, an alarm sounds and you get a break. It's an excellent tool to focus your attention and expand your attention span.

The app costs \$3 per month and is available for Mac or PC via www.focusboosterapp.com

6. POCKET

Ever wasted too much time reading through interesting article links? Or have you accidentally closed the browser window that was housing all those articles you haven't yet got around to reading?

Presenting Pocket! This app allows you to select and save articles, pictures and videos to look through later. All you need to do is click the small Pocket button in your browser to save the item to your 'read later' list. It can be an invaluable way to store the fruits of your research efforts and reduce the ridiculous amount of tabs open in your browser.

This app is available on a wide number of platforms, and can be accessed offline. It also syncs across your devices!

Download it from <https://getpocket.com>



6 STRATEGIES TO CURB PROCRASTINATION

1. JUST GET STARTED

Getting started seems to be half of the battle when it comes to study. Once you're immersed in answering your contracts tute questions they don't seem quite as bad or boring as you first imagined. Once you've decided to study, don't muck around. Get started straight away and you'll be engrossed before you know it!

2. BREAK IT DOWN

Not sure how you're going to tackle the enormous and impossible maze that is Admin law? Breaking the subject down into chunks or topics can make it seem more manageable. Set yourself small tasks with realistic deadlines and celebrate each time you achieve a short-term goal. Not only will this make Uni seem less overwhelming, it also gives you more reasons to celebrate (hello vino!)

3. MAKE YOURSELF ACCOUNTABLE

Sharing your goals with a friend helps to enliven your sense of accountability. For example, if your goal is to complete topic notes each week, make yourself hand them into a friend every Friday afternoon. Preferably, enlist the help of someone who isn't going to take it easy on you or let you get away with slacking off.

4. EAT THAT FROG!

There's an old saying that declares, "If the first thing you do when you wake up in the morning is eat a live frog, then nothing worse

can happen for the rest of the day!"

Starting your day with the most unpleasant or most difficult item on your to-do list will give you energy and momentum for the rest of the day. By leaving the most enjoyable tasks to the end of your list, you are incentivised to be productive and so that you don't miss out on those tasks you enjoy the most!

5. CONTROL YOUR PERFECTIONISM

Law students have a terrible reputation for being unable to do anything to a less-than-perfect standard. While constantly striving for excellence is undoubtedly a good thing, it can be an unconscious way of putting off other tasks. For example, being organised for Uni is fantastic. However spending two weeks colour coding your folders, re-arranging your desk several times, creating a perfectly formatted study timetable, clearing out your downloads folder and everything else in between is not an overly productive use of your time. Stop sweating the small stuff and get to work!

6. PLAN, PLAN, PLAN

Planning is an awesome way to use your time more effectively. Plan out your week and designate the blocks of time that you will dedicate to each subject. Be strict with your timetable and make sure you stick to it! Most importantly, make sure you factor in free time to socialise, exercise and relax. This is just as important as studying!

GETTING PHYSICAL



A woman is running on a dirt path during sunset. She is wearing a white tank top and dark leggings. The sun is low on the horizon, creating a warm, golden glow. The background shows some dry grass and a clear sky.

8 REASONS TO GET EXERCISING

Exercise is absolutely vital for maintaining your wellbeing. Not only does it keep your body fit and healthy, it also serves as an excellent outlet helping to keep you sane during those super stressful times. Here are just a few reasons to get away from your desk and get moving!

1. IT IMPROVES MEMORY

According to Harvard Men's Health Watch, regular exercise stimulates the production of a chemical that improves memory circuitry in the brain. This means that it improves your brain's ability to learn and retain information.

2. IT CAN BE SOCIAL

Playing a team sport can be an awesome way to meet new people. You can also use exercise as a way of catching up with friends – for example you can go for a walk with friends rather than going out for a coffee (or, if the caffeine is a must, grab a takeaway coffee and go on a stroll).

3. IT REDUCES CHANCES OF DISEASE

Regular exercise can help to reduce your risk of developing heart disease, type 2 diabetes and some cancers, just to name a few.

4. IT BOOSTS YOUR ENERGY

Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system to work more efficiently. With your heart and lungs working more efficiently, you will have more energy to get on with your jam-packed schedule. The more you move, the more energised you will feel.

5. IT HELPS TO AVOID ILLNESS

Another benefit of exercise is that it will help your body fight off illness. Aerobic activities strengthen your immune system, which means you are less likely to be waylaid with irritating colds and flus.

6. IT SHARPENS YOUR FOCUS

Exercise can help you concentrate by raising your focus for two to three hours afterwards. In the long term, it can even help stave off brain aging and diseases such as Alzheimer's.

7. IT ENHANCES YOUR MOOD

Exercise releases endorphins, which help to elevate your mood and are also associated with improved memory. It also releases serotonin, which improves mood and alleviates symptoms of depression.

8. IT REDUCES STRESS

In addition to releasing endorphins, exercise can often help you forget about the stresses and irritations of your day. Shedding tension through physical activity is an excellent release which may help you to remain calm and clear in everything that you do.



05 RESOURCES MAKING HOME FITNESS EASY

01. YOGA WITH ADRIENE

Yoga has been practiced for thousands of years and is aimed at uniting the body, mind and spirit. The physical benefits of yoga include increased flexibility, strength and muscle tone. Regular practice also has a number of mental benefits. You'll learn breathing and meditation techniques that can help to improve your concentration and focus as well as reducing feelings of stress and anxiety. Yoga with Adriene is an amazing YouTube channel containing a number of yoga videos suitable for anyone from beginners to a more advanced level. The videos are all freely accessible and new content is uploaded regularly. Check it out at

<https://www.youtube.com/user/yogawithadriene>
or <http://yogawithadriene.com>

02. ZOMBIES, RUN!

This app turns exercise into a real-life video game experience by adding a zombie apocalypse narrative to your exercise metrics. You are a runner, trying to evade zombies while fulfilling different mission goals. The story unfolds in a series of 30 minute long exercises, with users accompanied by a narrative story track. You will be spurred to sprint by the sound of approaching zombies. Although a little pricey at \$4.99, the sheer comedic value seems worth the price tag.

Available for Android and iPhone via Google Play or the App Store.



03. ENDOMONDO

Endomondo is a fitness app designed to track your workouts, provide audio feedback along the way and offer guidance on how to reach your goals. There are two apps that you can download, depending on the type of exercises that you want to track.

Endomondo is the original app, and is perfect for those who are keen to track the progress of their workouts or sports. It is designed to connect you with friends, so that you can keep each other inspired and accountable. It also enhances a sense of competition (both with yourself and with others), which will undoubtedly be popular among law students. The app can be used to track a huge range of exercises, from running to cycling to gym workouts and even yoga.

Endomondo Life turns your iPhone into a pedometer to track your regular daily activities. It utilizes the Apple motion processor (which is in the iPhone 5 and later models). This is fantastic for those of you who don't like working out, per se, but want to know how much incidental exercise you do each day. You don't need to start or stop the app, it will just automatically track your activity. You can set your own step goal, however you should be aiming for a minimum of 10,000 steps each day.

04. SEVEN

Seven sets you the challenge of a seven minute workout per day for seven months. It requires nothing more than a chair, a wall and your own body weight. Missing one day will cost you a life, miss three and your progress will be reset to zero. The free version of the app provides somewhat limited access to workouts, but you can unlock more as you progress through the challenge (or you can pay \$2.50 for each if you want). The app takes all the thinking out of creating a workout plan, which often seems to be half the battle.

05. BEFIT YOUTUBE CHANNEL

This channel contains hundreds of free workout videos to keep you looking and feeling your best. While they may be a little on the cheesy side at times, there is SO much variety on here that we're willing to overlook that. There will be something to suit absolutely everyone and it would be almost impossible to get bored! Get started at www.youtube.com/user/BeFit/videos

CAN'T DO YOGA? THINK AGAIN.

If you think you're not the yoga type, it's time to think again. Yoga isn't just for super bendy hippy types; it's perfect for people of all ages and fitness levels.

At its root, yoga is about bringing more awareness to your actions and movements. The more you practice, the more in touch you get with your body and the more connected you feel.

Yoga can be an excellent way of gently building strength and can be a lot less 'harsh' on the body than typical gym workouts. The regular practice of yoga also helps to calm the mind and reduce stress.

YOGA STYLES 101

All type of Yoga were not created equal, and the level of intensity can vary hugely between styles. Here are some of the most common types:

Bikram Yoga is performed in sauna-like conditions; the heat is cranked up to about 40°C. Classes consist of 26 basic yoga postures each performed twice.

Hatha Yoga is usually focused on slow and gentle movements, so it can be an excellent choice for beginners. It's a great class for calming down and de-stressing at the end of the day.

Vinyasa Yoga is a series of poses that flow from one to the next and gets you to focus on the power of inhaling and exhaling. This type of yoga is commonly referred to as Vinyasa Flow or just Flow.

Kundalini Yoga is one of the more spiritual practices and usually involves lots of work in your core. The main focus of the class is to uncoil the metaphorical snake at the base of your spine and release the energy within. Classes tend to be quite intense and can differ quite markedly depending on the instructor.

Iyengar Yoga usually involves the use of props, such as blocks, harnesses and straps, as emphasis is put on the alignment and precision of each posture. This style is great for yogis of all levels.

TIPS FOR YOUR FIRST YOGA CLASS

Choose a style that suits you: Some styles of yoga are far more vigorous than others. Start with a class that is a little slower, like Hatha Yoga.

Go at your own pace: You can modify yoga poses using props so that you don't overstretch. Ask your instructor for help and for modifications that suit your needs.

Listen to your body: If you're forcing yourself into a position that's painful, it's a signal to stop.

Try it a few times: If you've never practiced before, your first yoga class can leave you feeling extremely uncoordinated. Most yoga studios will have an introductory offer, where you attend an unlimited number of classes for a period of time, so try at least 4 or 5 classes before completely making up your mind.



STAYING MOTIVATED

You know that exercise is good for you. However, actually doing it is another thing altogether. Sticking to an exercise routine is hard work; there is always that little voice inside you that says that you'll do it tomorrow or the day after. To help put it to rest, here are our top 10 tips for staying motivated and sticking to your exercise routine.

1. SET YOUR GOAL

Setting goals that are realistic, specific and measurable are essential to staying motivated. Setting yourself a range of smaller milestones is great, as the satisfaction that comes from reaching a goal will help to maintain your interest and fuel your motivation.

2. PLAN IT OUT

Create a 4-12 week plan for your workouts, factoring in progressive overload and setting out exactly what each workout will involve. Having a clear plan can help to keep you

motivated and ensure that you see results.

3. TRACK YOUR PROGRESS

Keeping track of your progress allows you to notice improvements that you might otherwise miss, and encourages you to continue to improve. Make sure that the tracking method allows you to see the steps you are taking towards your goal. For example if you want to run quicker over a certain distance, keep track of your time or take progress pictures if you're wanting to tone up.



4. JOIN A TEAM

Joining a team requires making a commitment to other people. Whether you're playing a sport or are in a running club, having other people relying on you keeps you accountable and makes it harder to find excuses.

5. MAKE IT SOCIAL

Make plans to exercise with a friend and stick to them. Not only does it make you more accountable (and more likely to stick out that final set), it also makes it much more fun!

6. REWARD YOURSELF

Rewarding yourself when you meet a goal is essential to keep you motivated. Just make sure that you're congratulating yourself in a way that's consistent with your goals!

7. SCHEDULE THE TIME

Actually scheduling time to exercise into your week can be a powerful way to keep you accountable. Write the times you want to exercise out in your diary or calendar and stick to it!

8. FIND THE FUN IN IT

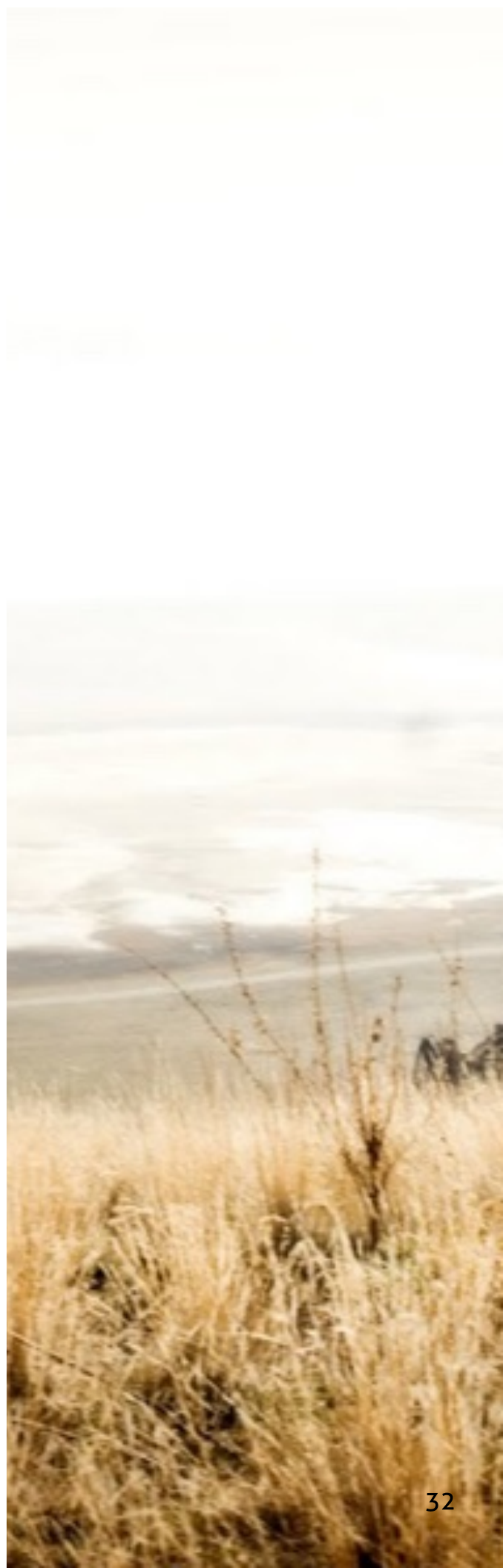
Pick activities that you actually enjoy and suddenly they become something to look forward to. Remember, exercise does not have to happen in a gym. Maybe you'd rather go hiking or do a charity run or walk, or dance.

9. DELETE GUILT

Get real. You're going to miss a day or two. If you accept that there will be some missed hurdles on your fitness journey, you'll be better prepared mentally to deal with setbacks. Don't let a misstep be an excuse for giving up.

10. MAKE IT CONVENIENT

Inconvenience is another barrier to exercise. Don't join a gym that's completely out of the way, as you will never go. If you can't be bothered leaving the house, use an online exercise video. If you're too tired to exercise after a long day, get up a little earlier and exercise in the morning.



Feel Good Tunes To Get You Moving

By Marie Iskander

Sometimes when working out, the thing I look forward to the most is the music playlist that I'll be pumping into my ears – motivating me to keep going, push harder and make it to the finish line. Although everybody has different tastes in music, I've compiled a list of tunes which I use during my various kinds of workouts or exercise routines, which you may find useful too!

Low Intensity Exercise

Think Power-walking or strolling.

Whether you're taking a study break, walking down to the shops to stock up on caffeine and study snacks or just happily strolling out of university after a long day, you'll want to be pumping tunes which keep you feeling upbeat. For example, you can clap along to Pharrell Williams' **Happy** – although, I can't promise that you won't start dancing mid-stroll or you can stroll so casually to **Rather Be** by Clean Bandit ft Jess Clynne.

After some of my longer, not-so-great days I enjoy walking towards finding a better day with Craig David's **Walking Away** or when I've had a particularly good day, I can't resist playing Imagine Dragon's **On top of the world**. Some other generally happy and upbeat songs you can listen to while walking or strolling include Colbie Caillat's **Bubbly**, Tal Bachman's **She's so high**, B.O.B's **So Good** or OneRepublic's **Good Life**. These tunes are not

only a great accompaniment to any low intensity exercise that you do, but they'll also get you feeling in a good mood and probably singing along to them while you stroll.

Mid to High Intensity Workouts

Think Cycling and jogging.

For slightly more intense workouts, I prefer music which has slightly faster beats and encourages me to push on and keep going, – whether I'm cycling, using the elliptical machine at the gym or going for a jog. Some of my preferred beats include dance music including: Calvin Harris' **Summer**, Rihanna's **Don't Stop the Music, Work Hard, Play Hard** by David Guetta ft Ne-yo and Akon or **Feel This Moment** by Pitbull ft Christina Aguilera. I also enjoy OneRepublic's **Counting Stars** due to the changing rhythm which gives me the opportunity to slow down during the verses and speed up during the bridge and chorus.

High Impact Workouts

Think running and spin classes.

Anyone who has tried a spin class knows that often the specific spin workout is catered around the fast paced tune playing – particularly when you're required to change around your body position, the resistance of the spin bike or when you are changing your pedalling speed. If you typically take a spin class at the gym, the instructor controls the music - however if you've got access to a stationary bike at home or you're using a stationary bike at the gym out of gym classes some songs which are guaranteed to push you to burn those calories include: Flo Rida's **Turn Around (5, 4, 3, 2, 1)** which will 'make that booty go' and Elli Golding's **Burn** which will make you push on to burn, burn, burn, burn those calories. Others that I enjoy include Ke\$ha's **We R who We R**, Nick Minaj's **Pound the Alarm**, Usher's **Scream**, Jessica Mauboy's **To the End of the Earth**, Mackemore and Ryan Lewis' **Can't Hold Us** as well as **Let's go** by Calvin Harris ft Ne-yo and **Titanium** by David Guetta ft. Sia. These tunes are guaranteed to keep you pushing harder during that run or get you to keep going through to the end!

Resistance Training

Think muscle building and toning workouts

Whether you're doing squats, lunges or even some intense boxing – sometimes all you need is a few tunes which will motivate you to keep on going, regardless of that burn in your thighs or arms. Some tunes I use to motivate me to keep going during these kinds of workouts include Kanye West's **Stronger**, Britney Spears' **Work B**ch**, All American Rejects' **Move Along**, The Script's **Superheroes** as well as Jason Derulo's **Undefeated**. Plus, I wouldn't be the law student that I am if I didn't also occasionally play Joanna Pacitti's **Watch Me Shine** which was featured in Legally Blonde. With tunes like these, you'll be determined to get to the end of your workout and you'll feel so much better knowing you made it to the finish line!



Tunes that'll make you shake the stress away

Sometimes our busy schedules do not give us the opportunity to go outdoors for that run or make it to the gym for that boxing session – and while you're encouraged to make time, the reality of looming assignment deadlines and exams means that you're stuck at your desk buried in books. But this doesn't mean that you can't bust out a few moves at your desk during your study breaks.

My favourite tunes which help me dance my stress away include Taylor Swift's **Shake it Off**, Justin Timberlake's **Rock your body**, **Moves Like Jagger** by Maroon 5 ft. Christina Aguilera, **Get Lucky** by Daft Punk ft. Pharrell Williams as well as Outkast's **Hey Ya** (which will guarantee that you shake it like a Polaroid picture). Finally, for a bit of fun there's always **I Like to Move It** which was featured in Dreamworks' Madagascar – that'll be a sure way to get you in a better mood

after completing a whole chapter of study notes!

Alternatively, if you're interested in doing some higher intensity dance workouts in the comfort of your own home, I highly recommend Zumba, which is a fun workout routine which will help you burn some serious calories. Some Zumba workouts are available on Youtube as well as on the Nintendo Wii. A couple of my favourite Zumba tunes include Pitball's **Pause** as well as the Latin tune, **Danza Kuduro** by Don Omar and Lucenzo. There are also a range of fitness institutions and gyms that offer Zumba classes run by trained and certified instructors – they will guarantee you work up a sweat, burn calories and have fun in the process!

So there you have it – a range of exciting fitness tunes which help motivate you into stepping away from that study desk to get that body moving and shaking!





MANAGING MONEY

FOUR SIMPLE STEPS TO BUDGET YOUR MONEY

Track your expenses

There are heaps of programs and apps that you can use to help track your expenses. Excel has some excellent templates that are superbly easy to use, or you can try expense tracking apps on your phone (Pocketbook and GoodBudget are both excellent). The trick is that you need to track *everything*, from any large purchases to rent and even that sneaky coffee you bought before your 9 am lecture. By tracking what you spend, you can identify where your money goes and areas that you can cut back on.

It's useful to break down your expenses into categories. Any apps that you use should do this for you, or you can try using the following categories;

- Home (rent, upkeep costs)
- Car (petrol, insurance, registration)
- Food (groceries, take away and restaurant purchases)
- Utilities (Gas, electricity, water)
- Health and fitness (gym membership, medical expenses)
- Personal (entertainment, shopping)

Track what you earn

Student life seems commonly associated with casual employment and fluctuating income. Try to track what you earn each month to ensure that your

outgoings don't exceed your income. It can also give you a realistic indication of what you should be aiming to save. Identify if you have been living beyond your means so you know where to cut back.

Set your budget

Once you've tracked your income and normal expenditure, try to set a budget for the coming week or month. Identify your regular, compulsory expenditures and factor these in first. Then take a look at your discretionary spending and set yourself a clear limit. Don't feel that you have to cut out all optional spending (if a daily coffee is essential to your sanity, then go for it) but get an idea of where your money goes, and set yourself a clear limit as to what you are going to spend for the month.

Save, save, save

Although your finances may be tight, try your best to save at least 30% of each paycheck. This will help to ensure that you have cash in reserve for any emergencies that may crop up.



30 TIPS TO UNTANGLE YOUR FINANCES

Living on a student budget can be tough work. Between buying textbooks, keeping up with your social commitments and fueling your caffeine addiction, it's easy to feel extremely strapped for cash. But before you reach rock bottom, consider the budgeting tips we've put together below. Although they won't turn you into Richard Branson overnight, they may at least stop you from living off home brand two-minute noodles for a week straight.

1. PLAN AHEAD

This is the golden rule to saving time and money. Plan out your meals and do one weekly shop. Plan recipes with similar ingredients to minimise leftovers.

2. BUY GENERIC BRANDS

Many home-brand products are great quality and around 20% cheaper than regular brands. Also consider doing some of your supermarket shopping at Aldi, who stock an excellent range of products. The same goes for pharmaceutical products.

3. DON'T SHOP WHEN YOU'RE HUNGRY

Supermarket shopping on an empty stomach is a sure way to end up with impulse purchases that you do not need. Fill up beforehand to ensure that you aren't grabbing at anything and everything while you're shopping.

4. INVEST IN A DRINK BOTTLE

Carrying a drink bottle around with you will save you from ever needing to buy bottled water. It will also help to ensure that you drink enough water to stay hydrated during the day.

5. SHOP AT MARKETS

Market shopping can be so much cheaper than supermarkets, particularly for fruit, veggies and meats. Next time you need to stock up your fridge, pop down to your local market. Plus, it has the added benefit of supporting local businesses.

6. BUY IN SEASON

The relative abundance of in season produce tends to make it less expensive; it's the simple principle of supply and demand. Fruits or veggies also taste heaps better when they are in season.

7. DON'T BE AFRAID TO DEVIATE

Don't have the exact herb or cut of meat called for? Deviate! You might even discover a new, winning flavor combination.

8. MOOCH OFF YOUR PARENTS

If you're living out of home, stopping past your parent's place once a week can be a sure fire way to stock up your fridge, or score a free meal at the very least.

9. BUY TEXTBOOKS SECONDHAND

Buying your textbooks secondhand can save you more than 50% of the RRP. The majority of universities will have some sort of secondhand bookshop that students can access to buy textbooks. If yours doesn't, StudentVIP operates an excellent textbook exchange service. Just be sure that you're buying the right edition!

10. SELL YOUR TEXTBOOKS

Further to point 9, selling your used textbooks can get you back more than 50% of what you originally paid for them. While you might be somewhat sentimentally attached to your constitutional law textbook (for some inexplicable reason), onselling it could free up some cash to fund your summer adventures.

11. BUY A SLOW COOKER

Slow cooking not only produces delicious stews, soups and curries, it allows you to use cheaper cuts of meat. It can also save you oodles of time when cooking.

12. DON'T BUY PRE-CUT PRODUCE.

While pre-cut produce is undoubtedly convenient, it can be 4 times the price per kilo of buying fresh produce. Get chopping to save yourself some coin.





13. USE YOUTUBE

YouTube can be the most incredible resource for fitness videos. Cancel your gym membership and use YouTube instead.

14. COOK IN BULK

Cooking in bulk can be so much cheaper than cooking individual portions. If you have housemates, see if you can meal share with them. Otherwise, cook up a whole batch and freeze it in meal-sized portions. This can save you heaps of time too!

15. GROW YOUR OWN HERBS

Herbs can be purchased inexpensively from Bunnings or similar plant shops. This definitely beats paying \$3 for a tiny bunch from the supermarket, and will ensure that you always have fresh herbs on hand when you need them!

16. BYO COFFEE

As a law student, an enormous chunk of your income is probably spent on coffee. Save yourself \$3.50 per cup and BYO. If you're a coffee snob like me, it might be worth investing in a decent coffee machine to avoid lowering your standards (you can

usually pick them up fairly inexpensively on Gumtree or eBay).

17. CHANGE YOUR LIGHT BULBS

LED light globes use approximately 80% less energy than traditional globes and they also tend to last a lot longer. Opting to LED could save you a lot on your electricity bill and reduce the number of replacement bulbs you need to buy.

18. SHOP AT OP SHOPS

Op Shops can be full of treasures and can be a great and inexpensive way to add to your wardrobe.

19. TAKE CASH ON A NIGHT OUT

To limit the amount you spend on a night out, take cash and leave your card at home. This will (hopefully) stop you from shouting all of your mates Black Sambuca shots once you've had a few beverages. Just make sure that you factor in enough money for a safe trip home.

20. MAKE YOUR OWN MUFFINS

Muffins are perfect for when that snack attack hits between classes and making them yourself is super affordable. You can also freeze them to make them last a little longer.

21. PAY YOUR BILLS ON TIME

Paying on time helps you to avoid late fees and some companies even offer discounts for early payment. If you struggle with cash flow, pay your bills in regular installments each payday.

22. CANCEL YOUR CREDIT CARD

Credit cards often involve fees and charge interest on any outstanding balance. Use your own money and opt for a debit card instead.

23. ASK FOR STUDENT DISCOUNTS

You'll be amazed at how many places offer discounts to students. Get asking and get saving.

24. SPREAD OUT YOUR SHOPPING

Christmas and birthdays can be a huge drainer on the budget. Try to get all of your presents during sale periods to save yourself some moolah. Spreading out your purchases over a couple of months can also help to ease the pain.





25. START A COIN JAR

Throwing your silver and gold change into a coin jar each day can build up super quickly (hello European adventure!)

26. GO VEGO

Meat is often the most pricey component of meals. Eating meat-free meals at least once or twice a week can be a really effective way of cutting costs, and it's also good for your health!

27. USE THE LIBRARY

Borrow books and DVDs from your local library rather than buying them. You'll be surprised at the amazing collections that they have!

29. BUY PETROL ON CHEAP DAYS

Tracking the fuel cycle and filling up when petrol is cheapest is super easy to do and can equate to hundreds of dollars across a year. Also utilize supermarket dockets to save a few extra cents.

28. MAKE YOUR OWN

Making things yourself can be incredibly cost effective. Make your own gift cards and use plain kraft wrapping paper. Make biscuits or jam as gifts. Make your own cleaning products using bicarb soda, vinegar and laundry soap.

30. BUY A PRINTER

Printers can be purchased from Officeworks for ridiculously low prices. Given how much you'll need to print (especially during exam time), having your own printer can be heaps cheaper than paying 10 c per page. It also means that you can print at all hours of the night from the comfort of your own home (not that you would *ever* leave exam notes to the last minute!) For maximum ink-efficiency, look for a mono-laser model.

When your ink runs out, jump on eBay to find a replacement cartridge. While they may not be genuine, you can pick them up almost 80% cheaper.

A close-up photograph of several fresh green asparagus spears. The spears are arranged vertically, showing their characteristic scaly texture and pointed tips. They are set against a light-colored, textured wooden background. The lighting is bright, highlighting the vibrant green color of the vegetable.

**EATING
HEALTHY**

SMART SNACKING

Snacking seems to be an inescapable side effect of studying. There's something about the thought of 400+ pages of weekly readings or cramming 12 weeks of content into 3 that makes you crave little morsels to nibble on. While snacking in itself is not bad, the foods that we often reach for are unhealthy and do little to enhance our energy and concentration. Instead of reaching for salty, sweet or fatty snacks (or all of the above) try some of these healthy alternatives. Your grades, your brain and your waistline will thank you for it.

Swap this

For this

Potato Chips	→	Kale chips <small>(see page 50)</small>
White or Milk chocolate	→	Dark chocolate
Lollies	→	Trail mix
Chocolate bars	→	Granola bars
French Fries	→	Carrot sticks
Coffee	→	Herbal Tea
Ice cream	→	Low-fat yoghurt with fruit
Fizzy Drinks	→	Soda water
Corn chips	→	Air-popped popcorn
Nutella	→	Nutella energy bites <small>(see page 53)</small>
Dips & crackers	→	Homemade hummus <small>(see page 52)</small>
Sweet Biscuits	→	Rice cakes with peanut butter

THE IMPORTANCE OF HEALTHY EATING

Your food choices have a huge impact on your health and how you feel today, tomorrow and in the future.

Food is the source of energy for all of our bodily functions and what we eat directly affects how our bodies and minds operate. Eating a balanced diet ensures that your body is getting the nutrients and energy it needs to function at its best. It can also help us to maintain a healthy weight and prevent the development of diseases such as heart disease, and certain types of cancer.

Contrary to popular belief, eating healthy does not have to be hard. Over the next few pages, you will find a number of super healthy, super easy recipes to try. These recipes are broadly divided into three sections; breakfast, snacks and dinner. They are all unbelievably simple and will take you less than 30 minutes to whip up.

Healthy eating essentially boils down to eating lots of food derived from plants, such as vegetables, fruits, wholegrains and legumes, and limiting your intake of highly processed foods. Here are a couple of tips to help you put it into practice:

1. CHOOSE THE RIGHT CARBOHYDRATES

Simple carbs, like sugar and flour, are quickly absorbed by the body's digestive system. This causes a kind of carb overload, and your body releases huge amounts of insulin, to combat

the overload. Eat these in moderation. Complex carbs, such as wholegrain flour, hearty vegetables, oats and brown rice are digested slowly. This means that the energy is released more slowly and prevents an insulin spike.

2. ALL FATS WERE NOT CREATED EQUAL

Monounsaturated fats and omega-3 fatty acids are good fats and they help lower your cholesterol and reduce your risk of heart disease. Foods that are high in fatty acids are olive oil, nuts, fish oil, avocados and various seed oils. Try to consume these fats regularly.

Trans fats and saturated fats are bad fats that raise your cholesterol and increase your chance of heart disease. Saturated fats are mainly found in animal products such as meat and dairy and trans fats are common in highly processed foods such as french fries, commercially baked goods and packaged snacks. Try to limit your consumption of these fats.

3. ENJOY VARIETY

Different foods contain different nutrients, so eating a wide assortment of foods helps to ensure that you get all of the disease fighting potential that different foods have to offer. In particular, try to include a wide array of different fruits and veggies in your diet.

BREAKFAST PARFAIT

INGREDIENTS

Frozen Berries

Granola, Muesli or Rolled Oats

Natural Greek Yoghurt

METHOD

Defrost berries in the microwave until soft. Scoop some berries into the bottom of a small bowl or container. Layer over yoghurt, granola & more berries



MUSHROOM SCRAMBLE

INGREDIENTS

3 eggs
1/2 cup mushrooms, sliced
30g cheese

METHOD

Crack eggs into a bowl & whisk. Add mushroom & cheese. Heat a little oil in a pan, then add egg mixture. Cook & scramble until firm.



BREAKFAST SMOOTHIES

POSSIBLE COMBINATIONS

Banana, honey, oats & yoghurt
Raspberries, blueberries & apple juice
Strawberry, banana & yoghurt
Spinach, mango & coconut water
Or any other combination you can dream of!

METHOD

Place ingredients in a blender and pulse until smooth.





KALE CHIPS

INGREDIENTS

1 bunch curly kale

Olive Oil

Sea salt

METHOD

Preheat oven to 180°C. Line 2 large baking trays with baking paper .

Remove center stems from kale & tear into small, bite sized pieces. Spread out in a single layer on prepared trays. Drizzle with olive oil.

Bake for 10-15 minutes or until leaves are crisp. Sprinkle with sea salt.



ROASTED CHICKPEAS

INGREDIENTS

400g canned chickpeas, drained

Olive oil

Salt

Spice blend (optional)

METHOD

Heat oven to 200°C & line a baking tray with baking paper.

Drain chickpeas & rinse with water.

Place the chickpeas on paper towel & gently dry using another piece of paper towel.

Transfer chickpeas to baking tray & drizzle with olive oil. Roast for 30-40 minutes until chickpeas are golden brown & crunchy. Season with salt & a spice blend if you choose.



HOMEMADE HUMMUS

INGREDIENTS

400g canned chickpeas, drained & rinsed

2 cloves garlic

50 mL olive oil

1/2 tsp ground cumin

Juice 1 lemon

1/4 cup water

METHOD

Place the chickpeas, garlic, olive oil, cumin & lemon juice in a food processor & process until combined. Add 1/4 cup of water & process again until smooth.

Serve with slices of your favorite vegetable or some rice crackers.

NUTELLA ENERGY BALLS

INGREDIENTS

1 1/2 cup oats
2/3 cup Nutella
1/2 cup shredded coconut
1/2 cup honey
1/2 cup roasted hazelnuts
2 tbsp. ground flax seeds
1 tbsp. chia seeds
2 tsp. vanilla extract
1/2 tsp. salt

METHOD

Place all ingredients together in a food processor & pulse until combined.

Cover mixture & transfer to the refrigerator. Let it cool for about 30-60 minutes.

When mixture is cool, remove & roll into balls of your desired size. Sprinkle with some coconut flakes or eat as they are!



GRANOLA BARS

INGREDIENTS

1 cup dates, pitted

1/4 cup honey

1/4 cup peanut butter (or almond butter)

1 cup roasted unsalted almonds, chopped

1 1/2 cups rolled oats

METHOD

Process dates in a food processor until only small bits remain.

Place all ingredients in a mixing bowl & combine well.

Transfer mixture to a 20 x 20 dish lined with baking paper. Press down until uniformly flattened. Cover with cling wrap & refrigerate for 20 minutes.

Remove mixture from pan & chop into bars.



FRIED RICE

INGREDIENTS

- 1 egg, beaten
- 2 rashers bacon, chopped
- 200g frozen peas
- 1 clove garlic, crushed
- 1 cm piece ginger, grated
- 2 tsp dark soy sauce
- 1 tsp sugar
- 250g basmati quick rice

METHOD

Heat a little oil in a frying pan, then tip in the egg. Leave to set for about 45 seconds, swirling every now & again, then tip it out & slice.

Add bacon & mushrooms to pan & fry until golden. Add peas, garlic & ginger then cook for 1 minute. Meanwhile, microwave rice according to packet instructions.

Mix the soy sauce & sugar together. Turn up heat & add the rice, then the soy mixture. Stir through chopped egg & serve, with more soy sauce if you like.



MINISTRONE SOUP

INGREDIENTS

1L vegetable stock
400g tin chopped tomatoes
100g thin spaghetti, broken into small lengths
350g frozen mixed vegetables
Parmesan cheese, to serve.

METHOD

Add the stock & tomatoes to a large saucepan & bring to the boil. Add the spaghetti & cook for about 5 minutes.

Add the vegetables & bring soup back to the boil. Simmer for 2 minutes until everything is cooked.

Serve with a sprinkle of Parmesan cheese.



BEEF & BROCCOLI NOODLES

INGREDIENTS

300g thinly sliced beef
2 cm piece ginger, grated
2 tbsp soy sauce
3 tbsp rice wine vinegar
3tbsp sesame oil
500g broccoli, broken into florets
1 bunch bok choy
205 g egg noodles
200 g snow peas
4 eggs
Chilli sauce or sliced chillies, to serve

METHOD

Add the garlic, ginger, soy sauce, sesame oil & some pepper into a bowl & mix together.

Fill a saucepan with water & bring to the boil. Add broccoli, bok choy & noodles & cook for about 3 minutes. Add snow peas & cook for a further minute. Drain, then toss into the bowl of dressing.

Heat a little oil in a fry pan & cook the beef. Once the beef is cooked, add the noodle mixture to the pan & stir through. Divide the mixture into serving bowls.

Add a little extra oil to the pan & fry eggs until cooked to your liking. Serve the egg on top of the noodles & add chillies or chilli sauce as desired.





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