Want to boost your mood and energy to make it through the mid-day slump? Try eating a handful of some of these foods:

- Nuts - full of fiber, protein and healthy fats
- Bananas - source of potassium and vitamin B6
- Fish - lots of protein and fatty acids
- Dark Chocolate - pumped with antioxidants
- Edamame - contains lots of vitamins

Make your own!

How to make de-stress scented dough!

Ingredients:

- 1 cup cornstarch
- 1/2 cup favorite scented hair conditioner

Directions:

- Mix cornstarch and conditioner together
- Store in an airtight glass jar
- Squeeze all of your stress away!

Find the video at BuzzFeed Nifty


This article looks at the power of viewing cute animals and the impact it has on your brain. The researchers had participants view photos of baby and adult animals and perform a series of tasks afterwards. These tasks included a motor dexterity and global—letter task. Results showed that participants had increased carefulness and performance after viewing the cute photos.

November Events

- **Halloween Dance**
  (11/03, 9:00 pm) 1953 Commons
- **GSC Meeting**
  (11/06, 5:30 pm) Carson L01
- **STEP Lunch Series**
  (11/08, 12:00 pm) 124 Haldeman

What’s more amazing than a talking turkey?

~A spelling bee!

Send them our way! Email us at: Graduate.Student.Council.Student.Life @dartmouth.edu