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# Screen Time Before Bed Time

We all love to watch movies, listen to music, and chat with friends through electronic devices. But what happens when we do all of that close to our bed time?

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<th>The use of screen media time delays bedtime. The time that you take to go to sleep is made longer by the blue light of your electronic device. This specific type of light suppresses the release of melatonin, making it harder for you to fall asleep.</th>
<th>The more you use electronic devices in the evening, the more you will increase your difficulty in falling asleep. This screen time will also lessen REM sleep which will then lead to you being more tired in the morning. Over time, chronic deficiency in sleep can occur.</th>
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A good way to lessen screen time is to set a digital curfew close to your bedtime. It can be one hour or even thirty minutes before you fall asleep, allowing that melatonin to kick in.

If you would like to know more visit: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5839336/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5839336/)

Get Sleep Az Hosa!

By Region 2 VP: Maisy Salcid-Lugo
Hello Arizona HOSA!

Now that everyone has had a chance to settle in with school and HOSA, let’s talk about how to settle an argument in your chapter. Take these few steps and hopefully your disagreement will be solved!

Step 1: Establish what the problem is. Without knowing what you are fighting about, conflict resolution will be impossible!

Step 2: Talk to them and try to find a solution or compromise. You are apart of a team so that means you will have to compromise often. If that does not work, then talk to your chapter officers and they will either take it on themselves or take it to your advisor!
Random Medical Terms Word Search

biochemistry
biopsy
bones
obesity
indigestion
belly pain
rabies
acid
optometrist
muscle
hosa
dna
abdomen
joint
acne
We hope that everyone is still maintaining social distancing and staying home as much as possible!

Can you believe that there are only 102 days left until 2020 is over? As this year approaches its end, life can feel more busy as the holidays and class finals approach us. Therefore, it is very important to take care of your mental health by taking time for yourself to help you de-stress from everyday tasks. This can be done by taking a day off, reading a book, or taking one hour from your day to do some breathing exercises. This article will help you learn how to do these breathing exercises properly.

There are various breathing exercises that can help you relax after a long stressful day. Some exercises are more complex than others so it is always great to start off with the simple exercises. The first exercise is belly breathing.
REMEMBER TO BREATH IN THROUGH YOUR NOSE AND OUT THROUGH YOUR MOUTH!

Belly breathing exercise: This is an easy exercise and can be very relaxing as well, here are the steps for how to do this exercise.

1. Lie flat in a comfortable position
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take deep breaths in through the nose, and to breath out, let your belly push your hand out. Ensure that your chest does not move.
4. Breath out through pursed lips, while feeling the hand placed on the belly go in, and use it to push out the air.
5. Repeat this breathing process 3-10 times, ensuring that you take your time with each breath.

Other forms of breathing exercises that are more advanced include the 4-7-8 breathing and morning breathing.

4-7-8 breathing: This exercise is similar to the belly breathing, but is more advanced.

Morning Breathing: This exercise should be done first thing in the morning to help relax the muscles and clear clogged breathing passages. It can also be used to relieve back tension throughout the day.

1. From a standing position, bend forward with your knees slightly bent, let your arms dangle close to the floor.
2. As you inhale slowly and deeply, return to a standing position by rolling up slowly and lifting your head last.
3. Hold your breath for just a few seconds while holding the standing position.
4. Exhale slowly as you return to original position and bending forward from the waist.

https://www.uofmhealth.org/health-library/uz2255
GARDENING 101: SUNFLOWERS

By: Lexi Husted

Now that we have covered the basics for gardening, let’s talk about how you can spruce up your garden!

Sunflowers are the perfect plant for Arizona because of all the sun we get! To get started you will need 3-5 seeds from any breed of sunflower; such as Elf, Teddy Bear, or Sunny Smile. You will also need a planting pot at least 20 inches wide filled with compost and something like a pen or pencil.

Use the pencil to poke holes into the soil about 2 inches deep and drop a single seed in each hole. Sprinkle with compost and then water thoroughly. Place the pot somewhere with plenty of sunlight and check every few days to see if it needs watering. In about two weeks seedlings should begin to pop up. I advise you pull out the smaller seedlings and leave the strongest 3 to continue growing. Water every few days as usual and flower buds will start to appear. As the buds get bigger soon they will open into sunflowers!

Water as usual until the petals on the sunflowers die. Once the flowers die, keep them attached to the stems! The flowers will continue to dry out and the seeds inside will ripen. Once the seeds are ripe you can use them for multiple things like bird food, using them to replant, or even bake them and have homemade sunflower seeds!
How Reading Benefits You

Here are 5 reasons why you should pick up a book!
1. Stress Reduction
No matter what is going on in your life, getting lost in a good book can always help. There are countless genres to choose from that will allow you to slip away from reality and leave behind any negative feelings!

2. Knowledge and Vocabulary Expansion
Reading provides you with something that can never be taken away from you: the gift of knowledge. Every time you pick up a book, you are filling your head with information, including new words and vocabulary which can help you become more well-spoken and boost your self-esteem!
3. Improved Focus and Concentration

In today's world, it feels like everyone is focusing on a thousand things a minute, which can lead to less productivity during the day. However, when you are reading, all your focus is on the words in front of you. If you practice reading more often and doing it before work or school, you will be amazed at how much your attention span improves.

4. Mental Stimulation

Your brain is like a muscle and just like your muscles in your body, it requires exercise. Reading is a great exercise for your brain and can stimulate it and slow the progress or even prevent Alzheimer's and Dementia!
5. Ability to Empathize

Authors have the incredible ability to make their readers feel what their characters are going through. Going along with that, research has shown that people who read fiction are better at understanding the beliefs and feelings of other people. This is called the "theory of mind" which helps maintain social relationships.

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or

https://www.healthline.com/health/benefits-of-reading-books#aids-sleep
This has been the worst start I have had for a school year, at least academically. I started falling behind around two weeks into the school year. A month passed, the grading period was over, and for the first time in my life I was just grateful to have raised two Fs into Cs. Now, I’m in a fairly good position. In this issue, I’m going to discuss how I managed to get caught up in all of my classes while dealing with all the stresses of senior year.

- **To all the high school seniors reading this:** get your college applications done as soon as you can! Not just college applications, but long-term tasks you need to get done in general. If you're like me, you're planning to apply to schools at some point, and it is constantly stuck in the back of your head. You are getting work done for school but it's still there stressing you out. I am pretty sure some weird unconscious brain magic happened with me where I would avoid thinking about it (because that process is long and uncertain, even if you have solid grades) and it would create stress without me acknowledging it. If this is the case with you as well, talk to your counselor, start applying, and have a plan for after you graduate. A huge weight will be off your shoulders and your life will be much easier moving forward. And for those of you who are not seniors, start looking into that stuff right now! It's easy to keep putting it off until you can't anymore; don't get caught in that trap.

- **Hide your phone when you study.** It seems obvious, but you soon notice that without the distraction, it makes focusing ten times easier.

- **Work alongside all those corny "study with me" videos on YouTube.** I did this some hours prior to the time I'm writing this, and I was able to sit down for two hours to study. Maybe it works because you feel guilty for getting sidetracked when the person in the video is still focused. I'm not sure, but it worked for me.

- **If you have friends in a class, get together with them and get homework done.** It might feel a bit awkward to ask and you might start goofing around easily. However with the right people, you will get stuff done with less stress!

- **Use an agenda or planner to keep track of everything you have to do, but don't necessarily use it to plan every aspect of your day.** That sounds counter-intuitive, but hear me out. I have learned it is easy to be optimistic and plan out a day where you get everything done and move on. However, when i have done this and don't get everything done, it ends up being very discouraging. To avoid this, write down everything you need to get done **throughout a week.** Every day, make some progress towards getting all of it done, even if it means only doing two decently-sized tasks a day. This builds consistency and eventually it'll turn into a habit you don't even need to think about.
Happy Halloween
Arizona HOSA!

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