



SASEatouille



Sign in here!

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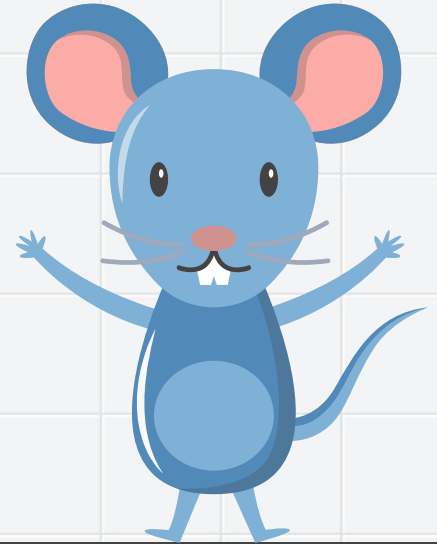
ICEBREAKER

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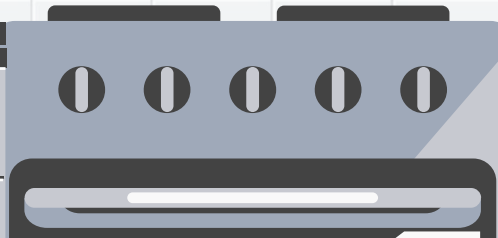
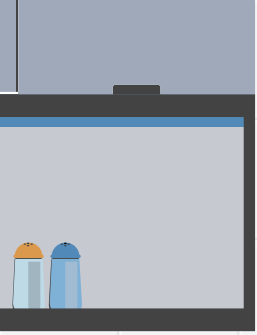
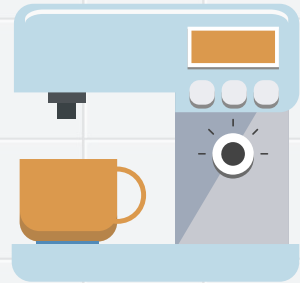
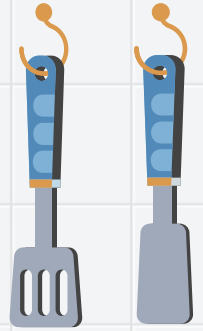
ALUMNI SPOTLIGHT



ICEBREAKER

POSITIVE AFFIRMATION EXCHANGE

- Write down an affirmation on anything related to **self-compassion, academic success, personal growth, or even stress relief**
 - I.e. “You’re going to do great on your exams!”
- Exchange it with someone you haven’t met! :D





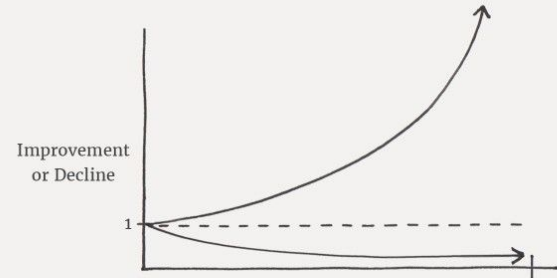
What is a habit?

- “Habits are the compound interest of self-improvement.”
 - The impulse to do a behavior with little or no conscious thought
- “Every action you take is a vote for the type of person you wish to become.”
 - Decide the type of person you want to be.
 - Prove it to yourself with small wins.



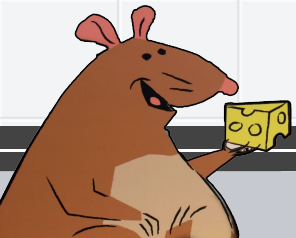
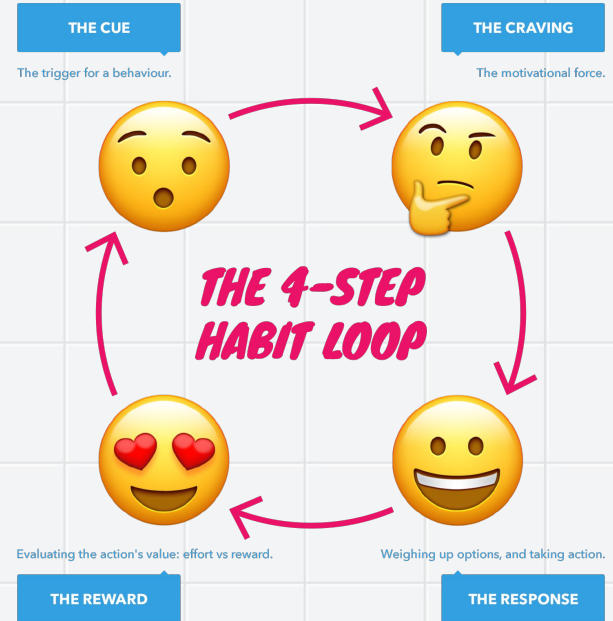
The Power of Tiny Gains

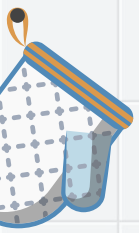
1% better every day $1.01^{365} = 37.18$
1% worse every day $0.99^{365} = 0.03$



Creating a Healthy Habit

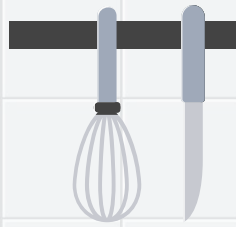
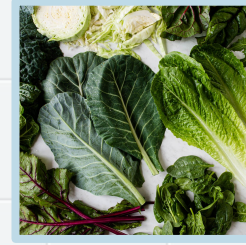
- The Habit Loop: *Forming* vs. *Breaking* Habits
 - Cue → Make it Obvious/Invisible
 - Craving → Make it Attractive/Unattractive
 - Response → Make it Easy/Difficult
 - Reward → Make it Satisfying/Unsatisfying





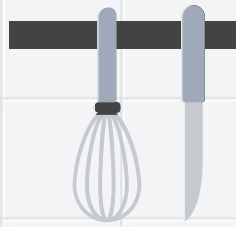
Food for Sleep

- **Carbohydrates:** Stimulate the release of serotonin (ex. oats, brown rice)
- **Magnesium:** Mineral that can help relax muscles and ease tension (ex. leafy greens, nuts, seeds, whole grains)
- **Melatonin:** Hormone that regulates sleep-wake cycles (ex. cherries, goji berries, and eggs)
- **Herbal Teas:** Promote relaxation before bedtime (ex. chamomile tea and valerian root tea)





Napping



Types of Naps

- **Caffeine Nap:** Consume a small amount of coffee (a cup) before taking a short nap (20-30 mins)
- **Power Nap:** 15-20 minute nap to get energy boost without grogginess

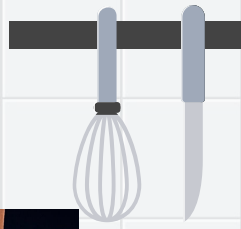
Tips

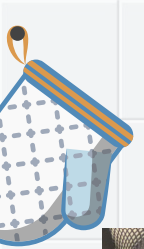
- Nap earlier in the day
- Be consistent with nap and sleep schedules
- Be in a good environment
- Get enough sleep so you don't get caught lacking



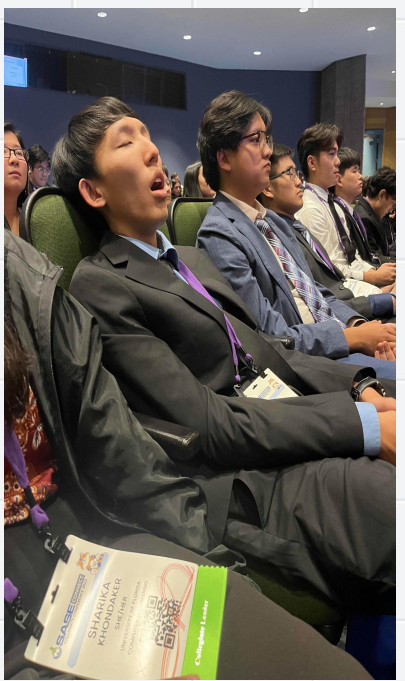
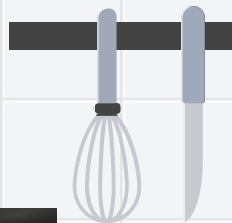


Board Caught Lacking



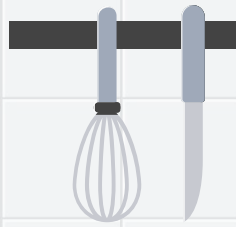


Board Caught Lacking cont.

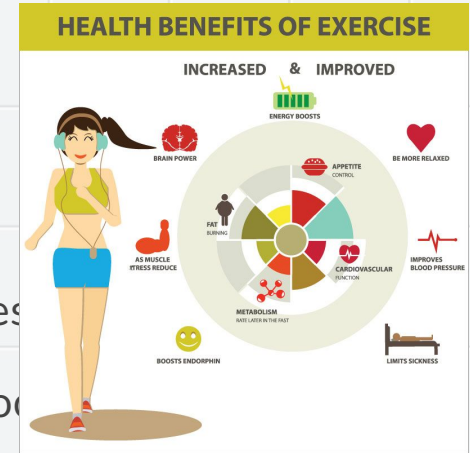


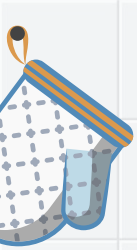


Benefits of Exercise

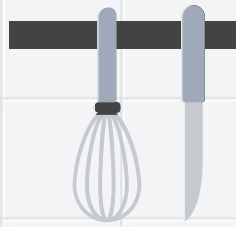


- Being physically active has plenty of benefits!
 - Manage your weight
 - Reduce your risks for future health problems
 - Improve your ability to do daily and physical activities
- Exercise is great for your brain and can improve your mood
 - Improves blood flow to the brain
 - Releases chemicals that improve mood and relieve stress





Amount of Exercise



- 150 min of aerobic exercise and 2 days/week of muscle strengthening exercise
 - Gain even more health benefits if you do more!!
- Playing sports is a great alternative
 - 20-25 minutes a day
 - SASE Sports and SASE Fitness are great ways to stay active!!

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND

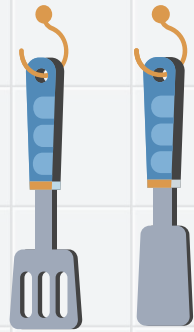
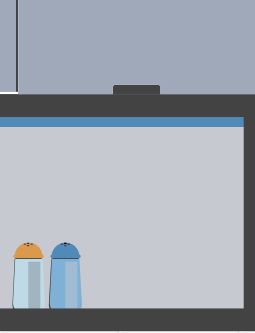
Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



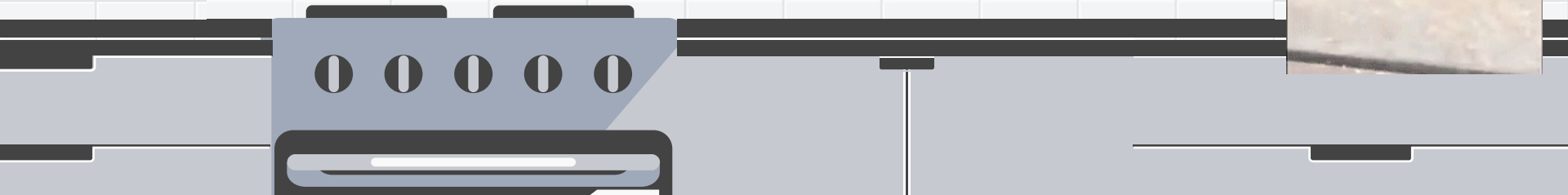
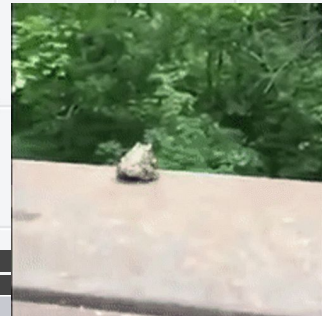
Tight on time this week? **Start with just 5 minutes.** It all adds up!

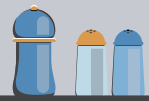




COMPETITION 1!!

BROAD JUMP COMPETITION





COMPETITION 2!!

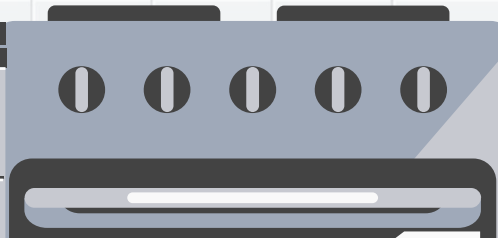
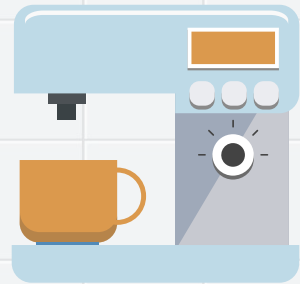
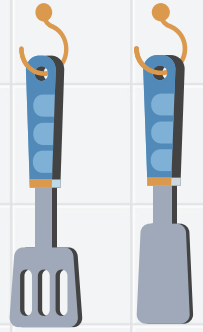
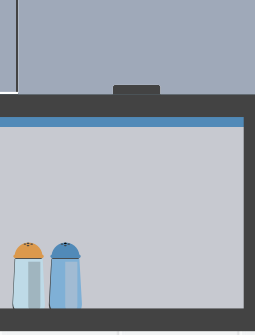
PUSH UP COMPETITION

When you find out your dog is stronger than you



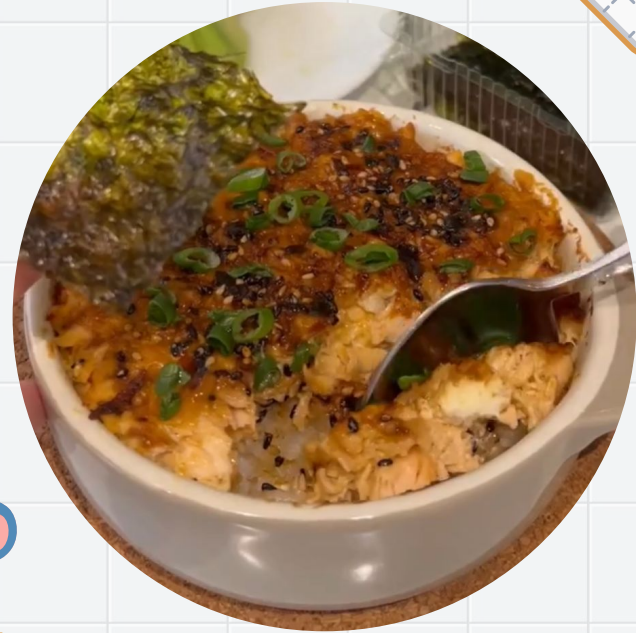
LIVE DEMO

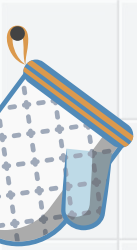
SUSHI BAKE



SUSHI BAKE

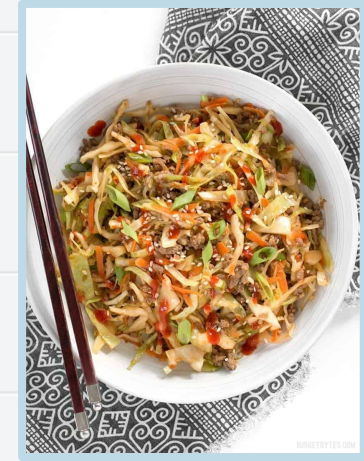
- ¼ lb salmon
- 2-3 imitation crab sticks
- 2 tbsp regular mayo
- 1 tsp sriracha
- 2 tbsp cream cheese
- 1 cup white rice
- Furikake
- Kewpie mayo
- Hoisin sauce
- Green Onion
- Seaweed





Food

- Academics are important but so is your **health**
 - Having a good life balance + Eating well & enough
- Why you should meal prep? → Save time + money
- Getting started meal prepping
 - Buy good containers (microwave + freezer safe)
 - Designate a day to meal prep for the next couple days
 - Veggie + protein + grains
 - If you're short on time opt for frozen options
 - Finding cheap and easy recipes
 - <https://www.budgetbytes.com/>
 - @collegechefron (tt)
 - Creative ways to use your microwave, airfryer, etc
 -





Rice Cooker Recipes

Giant Pancakes



1. Make pancake batter
2. Grease your rice cooker, add the batter (less than halfway point)
3. Let cook for 30-45 minutes

Customize

1. Pancake batters
 - a. Just add water mix
 - b. Protein pancakes: 1 cup oats, 1 banana, 2 eggs, 1/2 cup egg whites, 1 teaspoon baking powder, a pinch of salt + cinnamon, 1-2 scoops protein powder in a blender
2. Add Topping/Mix ins
 - a. Matcha, PB fit, chocolate chips, fresh fruit





Rice Cooker Recipes

Asian Style Rice

1. Wash rice and add 1:1 rice into a pot
2. Prep and cut veggies
3. Protein (eggs, cubed chicken, sausage)
4. Make sauce
5. Assemble the veggies and protein on top the rice and drizzle the sauce and garnish

Customize

1. Sauce
 - a. 3 tbsp soy sauce
 - b. 1 tsp sesame oil
 - c. 3 tbsp oyster sauce
 - d. 2 tbsp sugar
 - e. 5 garlic cloves (grated)
 - f. ½ knob ginger (grated)
2. Veggies
 - a. Carrots, mushrooms





**Alumni
Spotlight!!!**



Alumni Spotlight: Nick Brown

Major: Mechanical and Aerospace Engineering

Class of: Spring 2017

SASE Involvement: General Body Member

Company: Customer Engineer @ *Google*

Hometown: Fort Myers, FL

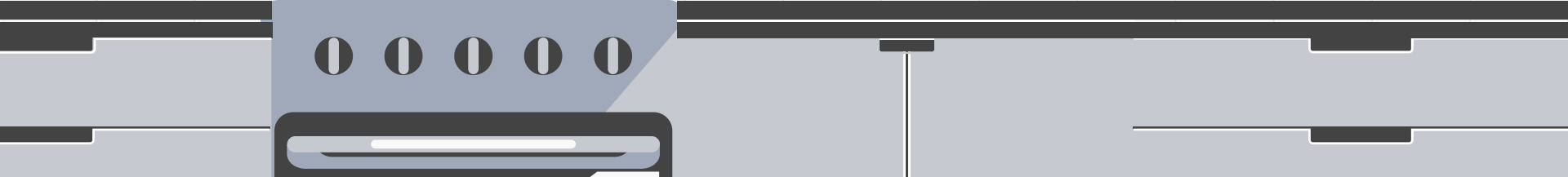
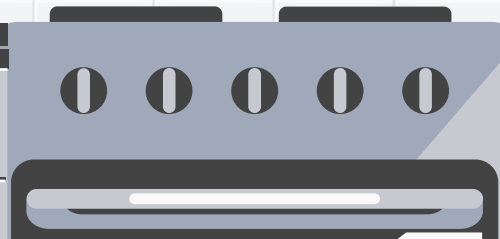
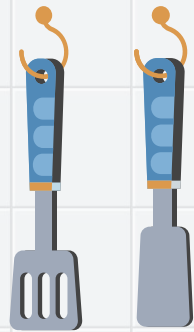
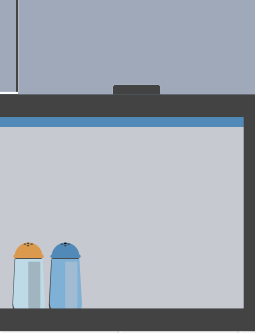
Fun Fact: I played for a professional soccer academy out of the Netherlands.



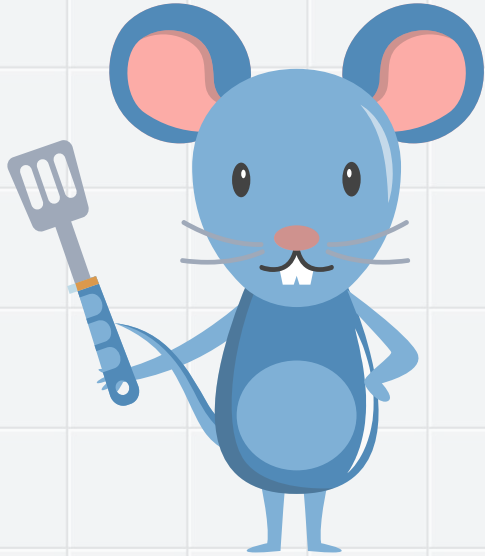


Kahoot!!

REVEAL SUSHI BAKE



Sushi Bake Recipe

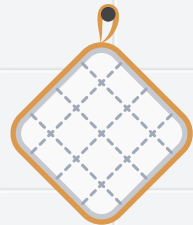
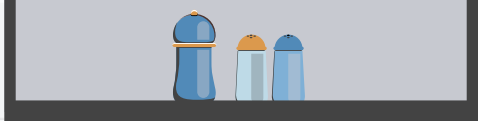




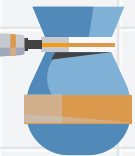
HAPPY BIRTHDAY! SASE TURNS 16

on our count of three, say... “Happy Birthday SASE!”





Internal Plugs!



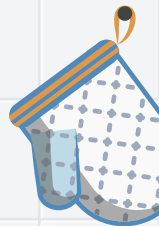
SASE

START

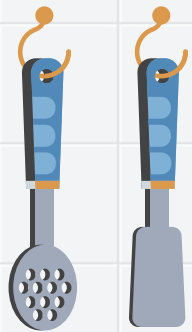
Field Day

11/18 10am-1pm
@Flavet Field
Sign Up By 11/15!!!

The poster features a central blue planet with a green ring. A red fish-like character is on the left, a green fish-like character is below it, and a grey character with a top hat and a grey robot-like character are on the right. A blue character is at the bottom right. In the bottom left, a girl in a pink dress and a boy in a yellow shirt with 'SASE' on it are cheering. The background is light blue with white starburst patterns. A 'START' button is in the top left, and the 'SASE' logo is in the top right.



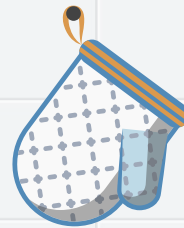


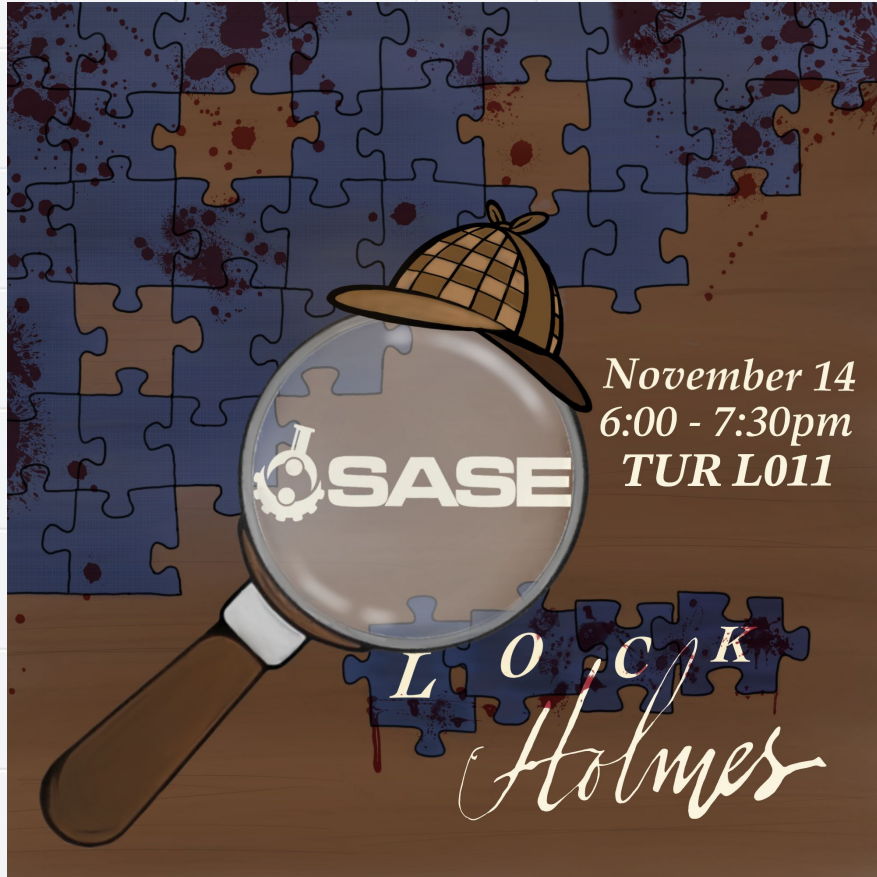


SASE CS2 TOURNAMENT
REGISTRATION CLOSES 11/07
GRAND FINALS ON 11/20

Two CS2 players in tactical gear, including helmets and orange-tinted goggles, are shown in a dynamic pose. The player in the foreground is holding a baton, while the player behind is holding a rifle. The background features a grey and orange color scheme with diagonal lines.

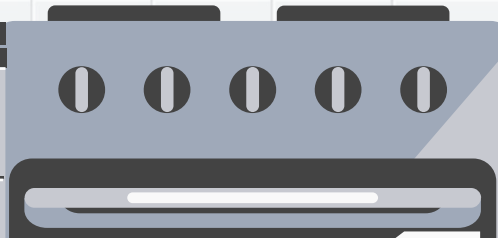
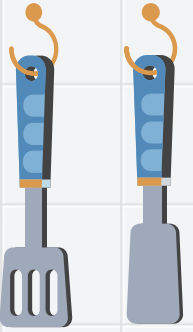
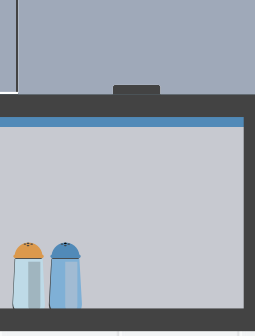
 **SASE**





RSVP here!

External Plugs!



JOEYS WINGS 5K & KIDS OBSTACLE RUN

A FAMILY EVENT TO SUPPORT PEDIATRIC CANCER FAMILIES

JOEY'S WINGS



★ RUNS WILL
BE TIMED BY
CHIPS ★

FREE 3D MEDAL!



RACE INFO:
FREE T-SHIRT • FREE FOOD
RAFFLES • FAMILY ACTIVITIES

8:30AM, SATURDAY, DECEMBER 2ND, 2023
SANTA FE COLLEGE, GAINESVILLE, FL
REGISTER AT WWW.JOEYSWINGS.ORG

