

*Georgia Association of Nursing Students*

**DECEMBER 2018**

# WINTER WONDERLAND

*Bundle up for the holidays, and enjoy a  
warm cup of hot cocoa*

*A message from the Publications  
Director*

Hello fellow nursing students of Georgia! My name is Olivia Granger and I wanted to, along with the rest of the GANS board, hope that you had a happy holidays.

During this season, it is important to remember families and patients in the hospital and to keep mindfulness at the forefront of our consciousness.

As the start of a new semester comes close to beginning, I hope some of the sections in this newsletter will help you to start the new years off strong!

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GANS WISHES YOU A

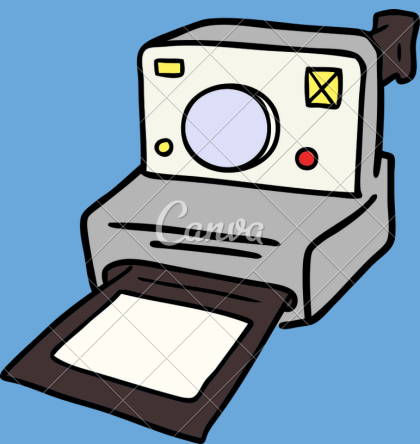
**HAPPY  
NEW  
YEAR!!**

Enjoy celebratinag with your loved  
ones!





Let us know what you have done  
over your break!  
**GANS** would love to hear from  
you.



# GANS Volunteer Opportunities

VICTORIA CARBONE

[gans.community@gmail.com](mailto:gans.community@gmail.com)

[www.ganursingstudents.com](http://www.ganursingstudents.com) • Georgia

Stay up to date on the website  
and from your district directors  
about volunteer events!

January is fast approaching, so  
be on the look out for those.

BEGIN AGAIN

**NEW  
YEAR  
2019**



# SET NEW GOALS

The new year is the perfect time to start making routine habits. Think about personal goals you have, as well as nursing school goals.

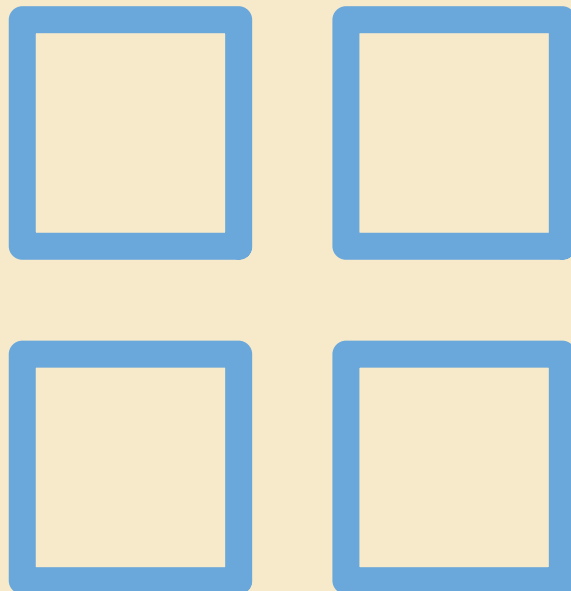
When setting goals, make sure to have short term and long term goals.



# ORGANIZE

Being organized can help relieve stress during a difficult time or a big test coming up. Invest in some containers, binders, a planner, highlighters, and different color coded notebooks to manage everything.

Organizing school materials, especially, can help you understand the material and ace the next exam.





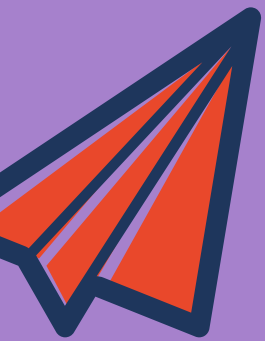
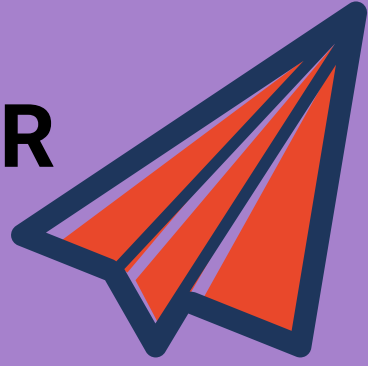
# ESTABLISH COPING MECHANISMS

Dealing with stress is a major challenge in school, and finding an outlet where you can destress is very important.

Take up a new hobby, learn a new skill, exercise, participate in yoga, talk to a counselor, or journal to destress and take care of your mental, physical, and spiritual health.



# REACH OUT TO YOUR DISTRICT DIRECTORS



**North District: Victoria Ferlauto**

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