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Recommended Citation

Georgia Southern University, "Newsroom" (2008). *Newsroom*. 279.
<https://digitalcommons.georgiasouthern.edu/newsroom/279>

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Georgia Southern University Expert Offers Tips on Reducing Holiday Stress

DECEMBER 12, 2008



**GEORGIA
SOUTHERN
UNIVERSITY**

The holidays are supposed to be a joyous time, but many people feel overwhelmed by the extra cooking, shopping, spending and expectations that come with the celebrations.

Dr. Pamela Feldt, Assistant Professor in Georgia Southern University's Department of Psychology, offers these five tips to keep holiday stress in check.

Keep Expectations Realistic

Become aware of your stress inducing ideas about the holiday season and challenge them. No one's house, children, gifts or baking is perfect. Yours don't have to be perfect, either. It's a better idea to focus on what gives you and your family pleasure, rather than what you think you

ought to be doing.

Watch What You Eat

It's OK to eat some cookies and other sweet treats if you follow two simple rules. First, don't beat yourself up for doing so. Second, don't skip real food (like vegetables and protein) in order to cut calories after you've eaten sweets. It is entirely possible to sugar-stress your body, which makes it more difficult to cope with other stressors.

Only Drink In Moderation

If you drink, drink no more than two drinks per day. Also, make sure that you give your body time to metabolize the alcohol before you go to bed. If you don't, you may wake up in the middle of the night and not be able to get back to sleep. Getting enough sleep is an important stress reducer.

Exercise

Make time for some exercise. Even minimal exercise (ten minutes at a time) outside in the sunshine and fresh air helps to reduce stress and improve your mood.

Organize

Make a calendar on which you put everything that needs to be done during the holiday season, including special activities for all family members and routine things that need to be accomplished, such as car maintenance and medical appointments. Once you have all of your appointments down on a calendar, you can see if you are scheduled to be in two places at once and make plans to deal with the schedule conflict. Creating the calendar can be a fun activity for the whole family to enjoy together. – See more at:

<http://news.georgiasouthern.edu/pressrelease.php?id=1741#sthash.xNahLbrM.dpuf>

Georgia Southern University Releases Retailers Survey Information

DECEMBER 12, 2008



A recent survey by Georgia Southern University's Bureau of Business Research and Economic Development found local retail businesses were pessimistic about the 2008 holiday shopping season outlook.

During a survey conducted the last week in October, the Bureau of Business Research and Economic Development completed 278 phone surveys of retailers in eleven Georgia counties (including Bulloch, Chatham, Effingham and Bryan) and three South Carolina counties (Hampton, Jasper and Beaufort). The retail businesses were asked a series of questions regarding the economy and how they believed they would fare during the 2008 holiday shopping season.

Here is how retailers responded to key questions in the survey:

- Eighty-seven percent said the national economy was doing worse in 2008 compared to 2007.
- Fifty percent said their company's financial status was the same as last year.
- Twenty-four percent said their company was worse off than last year.
- Forty-one percent said they think their holiday sales will be the same as last year.
- Thirty-four percent said they believe their holiday sales will be worse than last year.
- Seventy-six percent said they would not hire additional employees during the holiday season.
- Fifty-six percent said they are concerned that high levels of consumer debt will curtail consumer spending during the holiday season.

This is the sixth year that the Bureau of Business Research and Development has conducted this survey of retailers leading up to the holiday season. The Bureau of Business Research and Development is a unit of Georgia Southern University's College of Business Administration.

Georgia Southern University Celebrates Fall 2008 Commencement

DECEMBER 12, 2008



Georgia Southern University honored approximately 1,250 graduates and their families at the Fall 2008 Commencement at Hanner Fieldhouse on Dec. 12.

The Fall 2008 graduates represented 21 countries and 22 states; however, 92 percent of the graduates were native Georgians. The youngest graduate was 21 years old, and the oldest was 61. The average age for the fall graduating class was 25.

Thirty-two students received doctoral degrees from the College of Education, the youngest of whom was 29. Women comprised 55 percent of Georgia Southern's Fall 2008 graduates (689 of 1,250).

A Georgia Southern alumna recognized as the nation's top principal was the speaker for the 9 a.m. ceremony for the College of Education, College of Health and Human Sciences and Jiann-Ping Hsu College of Public Health. Molly Howard, principal of Jefferson County High School in Louisville, Ga., was chosen as the 2007 Georgia High School Principal of the Year and was most recently named the 2008 National High School Principal of the Year, sponsored by MetLife and the National Association of Secondary School Principals.

The speaker for the 11 a.m. ceremony for the College of Business Administration and College of Information Technology was Ann Bordelon, the Senior Vice President/Chief Audit Executive of Wal-Mart Stores, Inc. In her current role, which she has held since June 2007, Bordelon is responsible for

overseeing a global staff of 500 in 14 countries. Prior to her current role, Bordelon was the Vice President of Finance for Wal-Mart's U.S. real estate division.

Georgia Southern University alumnus Chris Hobson was the speaker for the 1 p.m. ceremony for the College of Liberal Arts and Social Sciences and Allen E. Paulson College of Science and Technology. Hobson is the Senior Vice President for Research and Environmental Affairs for Southern Company. He is responsible for system-wide environmental issues and environmental compliance planning as well as research and development of new technology to address future challenges.