

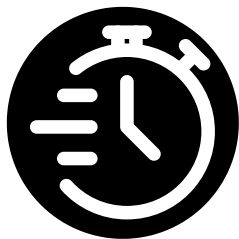
COLLEGE 101

WELLNESS TIPS FOR COLLEGE*

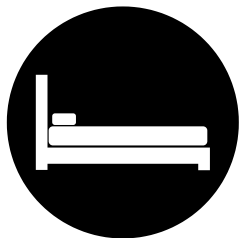


***These tips are focused on college students, but most of the tips can be useful for ALL ages and stages of life.**

Sleep 101



Take a nap on occasion. A short nap can do wonders for your energy levels.



Don't do work while in bed. Keep your workspace separate from your sleep space to keep insomnia at bay.



Stick to a schedule. With different classes/work hours every day it can be hard to stick to a schedule, but keeping sleep times similar from day to day can greatly improve your chances of getting a good night's sleep.



Discuss quiet time with roommates. When sharing a room it can be hard to go to bed and not get worked up when you don't want to. Try to work with your roomies to make sure each of you get the sleep you need.



Avoid all-nighters. While you may feel like you need to study all night to do well, you might be doing yourself a disservice. Not getting enough sleep can impair your ability to do well, regardless of how much you've studied.



Avoid caffeine, eating and drinking right before bed. All of these activities can throw off your body's internal clock so try to limit meals and caffeine consumption to a few hours before bed.

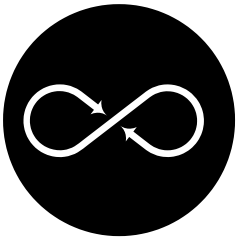
Stress 101



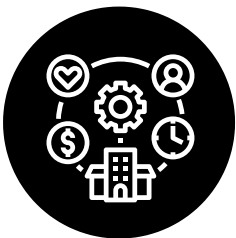
Create a routine & learn time management skills. If you get yourself in the habit of studying, working out and sleeping certain hours, it will be easier to fit in all the things you need to do in a day without feeling too stressed out. Learn to create a time budget for everything you want to do and be willing to adjust as necessary.



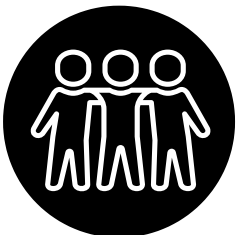
Give yourself a break. If you've been working steadily for hours, give your eyes and mind a chance for a rest. You can come back feeling more refreshed and ready to go.



Be realistic and understand you can't do everything. Sometimes there's just no way you're going to get everything done you'd like to in one day. Understand that you can only do so much and cut back if you need to.



Take advantage of college resources. Many campuses have an academic center or coaching available to help you with time management, studying and much more. Campus counseling centers offer free counseling. They can help you deal with stress and other problems students experience.



Spend time with friends. There are few things that can cheer you up like being around the people you like most.



Find time to do the things you love. Maybe learn something new, but try to incorporate the time for just you and your thing!

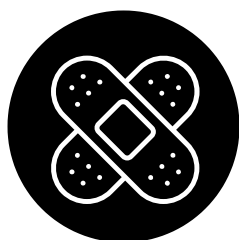
Physical Health 101



Exercise: Utilize campus resources. Play a sport. Walk or bike to class. Encourage a friend to come along!

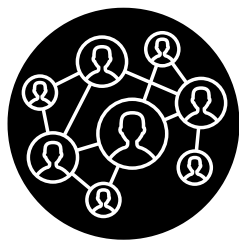


Nutrition: Keep healthy snacks around. Avoid stress eating. Avoid sugary and caffeinated beverages. Don't skip meals.



Illness: Wash your hands. Keep up with and be aware of your medication. Sharing is not always caring. When necessary, get to the doctor.

Mental Health 101



Keep in touch with family and friends. You can help beat homesickness and loneliness by keeping in touch.



Get involved. Joining clubs and social groups on campus can help you meet new friends and keep you from feeling lonely or isolated. Sometimes volunteering can give you a sense of satisfaction you can't get from work or class work. So get out in the community and help others.



Don't be afraid to ask for help. Many people feel embarrassed or ashamed to ask for help with their depression or other mental health concerns. Just remember many of these experiences are normal and treatable.