

Ten Tips for College Students Wellness and Academic Success!

1. Prioritize Sleep

College life mean busy course schedules, studying, socializing and often resident hall activities. It's such a special time in life, and you hate to miss out on a thing, but your body needs rest to stay strong!

Aim for at least 7-8 hours of sleep per night-this is when your immune system does its best work to keep you healthy! Tip! Create a relaxing nighttime routine by turning off your devices an hour before bed, taking a warm shower, or bath, doing some light reading, and thinking about what you are grateful for. 😊

2. Stay Hydrated

With colder weather it's easy to forget about hydration, but staying hydrated winter or summer is key to a healthy immune system. You might want to add a squeeze of lemon for some extra vitamin C and a refreshing taste! If your urine is not light

yellow or clear there is a good chance you need to pay closer attention to hydration. Keep in mind that alcohol and caffeine are dehydrating. So, they do not add to your hydration. 🥛

3. Get Some Exercise

Staying active in-between classes increases your circulation and can go a long way to help boost your immune system by helping your immune cells move through your body more efficiently. Even a 20-minute daily walk or bike ride (don't forget to wear a helmet while biking) can do the trick! 🚲 .

4. Eat Breakfast

After morning hydration, the next important step for keeping energy up is to eat a healthy breakfast. This gets your body and brain ready to be at your best for learning in classes. Aim to include protein, healthy fats and fiber at each meal. An example for a healthy breakfast might be scrambled eggs with cheese, toast, uncured bacon or sausage and fresh

fruit with plain yogurt. It's important to start your day with a protein and not a sweet to better maintain blood sugar throughout the morning and keep mid-morning hunger at bay.

5. Manage your stress

College life can be stressful, and it is important to manage your stress in healthy ways.

- 1) Join a yoga class at the campus health center.
- 2) Talk with your parents, trusted friend, coach or counselor about what is causing anxiety.
- 3) Practice mindfulness and meditation. Most things we worry about are in the past or a future that we don't know about yet. When we practice staying in the moment, so much of our stress melts away. Seek support when needed.

6. Avoid alcohol, and other drugs. This will prevent hangovers, being late for class, sleep disturbances.

You can party in college without doing drugs or drinking alcohol. These agents create problems and not solve them. 😊

7. Take Good Care of Your Emotional Health

There are many changes and challenges when becoming accustomed to college life. Be kind and patient with yourself while you are adjusting to more independent living that college life brings. This is a wonderful time for insight and personal growth. If you are feeling overly stressed or not sleeping due to anxiety, seek support. Your college wellness center is a good place to start. Always make your mental wellbeing a priority. 💙

8. Manage Your Time Wisely

Set goals for each day and week. Making sure that you schedule enough time for adequate sleep, studying, relaxation and socialization.

Remember if you find you no longer have time for family and friends, self-care, or if you find yourself becoming irritated, or there is a decline in academic performance these may be some of the signs of becoming overwhelmed. This is telling you that you should review your goals, expectations and priorities.



9. Cut Yourself Some Slack

With so many changes and new experiences even though they are mostly fun and positive, it is possible to get into a thinking loop of negative self-talk. Work on reframing your thoughts they are not helping you enjoy the wonderful experience that higher education was designed to be. Take some time for quiet reflection and try replacing a negative thought or worry to a positive. For example: Instead of thinking everything could go wrong, replace that with What if everything goes so right! 😊

10. Take Aways

Prioritize Rest, Stay Active, Practice Time Management, Embrace Community as well as personal self-care time, abstain from recreational drug and alcohol use, eat well balance meals throughout the day, make use of campus resources when needed, and above all else enjoy this very special time in your life! 😊