

# STAYING WELL WHILE IN COLLEGE

## JOYFUL MOVEMENT

The CDC recommends college students to move your body for 2 hours per week as well as eating a healthy, balanced diet.

Not only is exercise beneficial for a student's physical health, but it is also proven to relieve stress and improve mood.



## MENTAL BREAK

College is stressful. It's important to take mental breaks once in a while, such as taking a nap, going for a walk, or exercising.

## KNOW YOUR ENVIRONMENT

Knowing your environment and having a healthy environment will help you be successful in college. Having a productive and organized living and work space is important for any college student.

## SCHOOL/LIFE BALANCE

Give yourself permission to say no. It is easy to get run down by trying to do everything. Focus on the priorities that you truly love in order to balance your need for rest and learning.

## BE KIND TO YOURSELF

College is difficult both socially and academically. Being kind to yourself and practicing self-care are important to being successful and happy in college.

Taking time to focus on yourself and relax is key to staying well.



## STAY HYDRATED

Staying hydrated is important to a healthy diet and a healthy college lifestyle.

## USE YOUR RESOURCES

Baylor offers a variety of helpful resources both on campus and virtually. Baylor offers mental health support, nutrition and spiritual support. Reaching out and using these resources can help aid in a student's wellness during college.



## SLEEP

The CDC recommends college students to get 7-9 hours of sleep per night. Sleep is important to being successful academically and physically.