

TIPS TO ACHIEVE MENTAL WELLNESS AND HAPPINESS WHILE IN UNIVERSITY:

***The pressure of school, work, money, family, relationships, and physical health can take a toll on our mental health....the good news is that YOU can do something about it and attempt to create a more balanced and bearable life. Life as a student is not easy, and we get it!

The following wellness tips are the first steps in taking charge of your own happiness.

Always keep in mind that even the smallest actions can produce big changes...so, what are you waiting for? Start today!

RENEW YOUR OPTIMISM

- Eat a healthy breakfast: cereal or whole-wheat bread; fruit; and low-fat or fat-free milk or orange juice without added sugar
- If emotions are getting you down, get help from a trusted family member, friend or your health care provider.
- Relax with 20 minutes of calming activities.
- Smile! Laugh out loud easily and often by finding humor in silly goings-on.
- Wind down before bedtime to promote good sleep, which for most is 7-8 hours.

ENJOY A NEW PERSPECTIVE

- Call a friend or reconnect with an old friend.
- Write down the good things that happened to you today.
- Clear the clutter at home and in your work space.
- Explore a subject or hobby that you have found interesting but have never taken the time to pursue.
- Fix something that is broken.

MANAGE SCHOOL STRESS

- Try to control the number of major changes occurring in your life at one time. It is okay to say no.
- Turn your worry into concern – take action – is there anything you can do about the situation. Ask yourself “Is the situation really that bad? Could it be worse?”
- We all need recharge time – just remember to take it!
- Procrastination leads to stress: Plan ahead.
- Breathe: While we all know how to breathe, many of us do not know how to breathe correctly. Deep breathing is one of the best ways to lower stress in the body.
- Practice mindfulness meditation: Mindfulness involves keeping your mind in the present moment, non-judgmentally, rather than ruminating about the past or worrying about the future.

ACHIEVE SCHOOL-LIFE BALANCE

- Be aware of your limitations — accept that no one can do or have it all.
- Recognize that balance requires making choices and a willingness to change what isn't working.
- Combine study time with fun time!
- Surround yourself with awesome people who support you and challenge you to be the best YOU can be
- It is okay to ask for support! Friends, family, and university counselling services are there to help if you need them.