7 TIPS TO CULTIVATE WELLBEING

* Get enough sleep
Sure, the beginning of the semester is buzzing with excitement, but trust us: everyone regrets pulling all-nighters. Make sure you get between 6 and 8 hours of sleep each night to keep your mood, concentration, energy, and stress levels in check. (Pro tip: For optimal rest, steer clear of electronic screens for a couple of hours before bed.)

* Buy a plant
Adding some green to your room can improve your mood, decrease stress and anxiety, and even help you focus on your homework. Try a spider plant or cactus—they tolerate dorm life especially well.

* Make time for fun
An hour of leisure activity that brings pleasure (think concerts, Frisbee, or even video games) can be a great source of relaxation, as well as a boost to your problem-solving skills and creativity. Just make sure the activity fits harmoniously into your life and doesn’t create stress or interfere with your relationships or obligations.

* Connect to something bigger
Connecting to the “big picture” in whatever way feels meaningful for you—volunteer work, attending religious services, sitting in front of a painting at the Weisman, or taking a mindful stroll along the river—is a beautiful way to untangle yourself from the stress that arises during a busy academic life.

* Stock your fridge
Every fridge should always contain: a fruit, a vegetable, and a source of calcium (such as cheese, beans, milk, or calcium-fortified soy milk). Nutrient-rich foods you can grab on your way to class, such as apples or yogurt, will help keep you feeling satisfied and less likely to reach for salty or sugary snacks, which can zap your energy and leave you feeling lethargic.

* Say hi to your neighbor
Help develop a sense of community on campus by greeting others with a smile. Our behavior is “contagious”—your kindness will spread, contributing to a friendlier, more trusting community.

* Schedule time to de-stress
Don’t wait until you feel overwhelmed to try and manage stress—make time now for things that you know will keep you calm. Plan ahead to use free campus resources, like free meditation (Stress Busters) and hanging out with therapy animals (PAWS).

Take Charge of Your Health & Wellbeing at:
www.takingcharge.csh.umn.edu