

101 Health and Wellness Tips for College Students



DIET



- Learn proper portion size.
- Vary your meals.
- Eat breakfast.
- Keep healthy snacks around.
- Drink moderately.
- Don't fight stress by eating
- Drink water.
- Limit sugary and caffeinated beverages.
- Try to eat fruits and veggies.
- Limit junk food.
- Make it convenient to eat right. .
- Don't skip meals.
- Indulge every once in awhile.
- Take vitamins.
- Get help for eating disorders.

EXERCISE

- Stretch first.
- Ride your bike.
- Play a sport.
- Use safety equipment.
- Head to the gym.
- Take advantage of fitness courses.
- Walk to class.
- Incorporate different kinds of exercise in your routine.
- Make it fun.
- Bring a friend. .
- Take advantage of open spaces.

SLEEP

- Take a nap.
- Don't work in bed.
- Get a full night's rest whenever possible.
- Stick to a schedule.
- Avoid all nighters.
- Create a bedtime routine.
- Avoid caffeine, eating and drinking right before bed.
- Keep your room dark and quiet.
- Understand that lack of sleep can have a big impact.
- Work out bedtimes with roommates.



SEXUAL HEALTH

- Get tested.
- Always use protection.
- Discuss issues with your partner.
- Get regular exams.
- Take advantage of vaccinations.
- Attend informational classes.
- Find someone to talk to.
- Don't do anything you're not comfortable with.

ILLNESS

- Wash your hands.
- Avoid sharing beverages.
- Don't go to class.
- Get to the doctor.
- Drink lots of fluids.
- Get a flu shot.
- Avoid ill friends.
- Don't touch your eyes, nose or mouth.
- Try simple over the counter remedies.
- Keep immunizations up to date.

STRESS

- Create a routine.
- Put limits on work hours.
- Give yourself a break.
- Be realistic.
- Understand you can't do everything.
- Get help.
- Take advantage of campus meditation and yoga programs.
- Cut back if needed.
- Relax with hobbies.
- Give yourself plenty of time.
- Spend time with friends.
- Don't let yourself get run down.
- Learn time management skills.

MENTAL HEALTH

- Don't be afraid to ask for help.
- Keep in touch with family and friends.
- Build new friendships.
- Expect things to change.
- Understand that it may take time to fit in. .
- Don't let stress get the best of you
- Realize you don't have to please everyone.
- Know the signs of depression.
- Build on your confidence
- Find strength in numbers.
- Volunteer.
- Get involved on campus.
- Set goals.



MISCELLANEOUS

- Avoid walking to class in flip flops.
- Keep backpacks from being too heavy.
- Quit smoking.
- Don't drink and drive.
- Make sure you have emergency contacts.
- Wear sunscreen.
- Monitor existing health conditions carefully.
- Be aware that health concerns differ for men and women.
- Assert yourself.



For more information please visited the following website

healthservices.camden.rutgers.edu/topics_wellness