



# EEEEEE

Brought to you by the Nutrition Connection in the Center for Health and Well-Being

December 2, 2024



## S

## G

## 6



Prep quick, balanced meals with lean protein, whole grains, healthy fats, and plenty of vegetables.

Keep healthy snacks like nuts, fruit, yogurt, or hummus on hand to avoid temptations.

Carry a reusable water bottle to ensure you're drinking enough water throughout the day.

Even 15–20 minutes of yoga, bodyweight exercises, or a brisk walk can improve energy and focus.

Check out the campus gym or join fitness classes to increase activity.

Between study sessions, take a walk or stretch to keep your body active.

Go to bed and wake up at the same time each day to establish a consistent sleep schedule.

Reduce blue light exposure by avoiding devices at least 30 minutes before sleeping.

Use an eye mask, blackout curtains, or white noise apps to improve sleep quality.

Use planners or apps to keep track of deadlines and avoid last-minute stress.

Learn to say "no" to commitments that may overwhelm your schedule.

Try relaxing activities like crocheting or meditation to unwind.

Connect with peers who prioritize healthy habits and mutual support.

Regularly check in with family and friends to maintain a sense of connection.

Find activities that align with your interests for social and emotional well-being.

Step away from studying to recharge with hobbies or outdoor time.

Swap late-night coffee for herbal tea to reduce jitters and promote relaxation.

Reward yourself for adopting even minor healthy habits to stay motivated.

Focus on one or two habits at a time rather than overwhelming yourself with drastic changes.

Make a connection between the goal you are setting and exactly why you want to accomplish it.

Use a journal or app to monitor and celebrate your improvements.

Adjust strategies if something isn't working and remember progress is better than perfection.

