Healthy Habits
to try this term

Wake up early

Set an alarm for a few hours before your classes start so you can prepare for your day

Have breakfast

Feel energized and fueled up by starting your day with a healthy meal

Set goals for the day

Organize and prioritize your to-do items to help counter stress

Exercise regularly

Make time for little physical activity to keep your mind alert and your body healthy

Keep a consistent study schedule

Set aside time to go through what you have learned in class every day

Be mindful of your social media usage

Instead, leave time to socialize in person or over the phone

Have a mindfulness moment

Take a few minutes every day to practice mindfulness and ground yourself

Get enough sleep

Be consistent with your bed time and make sure your room is quiet, dark, and relaxing

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