

# KEEP YOUR MIND & BODY HEALTHY IN COLLEGE



Academic and personal success in college begins with keeping your body functioning at its best and staying healthy. Read the 8 tips below for taking care of your body and mind!

by Fast Forward College Coaching



## 1 GET A GOOD NIGHT'S SLEEP

Did you know that staying up all night can affect your mind and body for the next 7 days? Try to go to sleep at the same time every night (this includes the weekends!).

## 2 KEEP A SCHEDULE

College offers a lot of free time but our bodies work best when we are on a schedule. Wake up at the same time each day, eat at the same time, and plan time for homework. Your mind and body will thank you for it!



## 3 FEED YOUR BRAIN

Imagine that everything you eat is fuel for your brain. Do you want a brain that runs on cheese pizza or a brain that runs on fruit and yogurt? Put food into your body that will help you stay focused in that morning General Psych 101 class!



## 4 TAKE A BREAK

Working all day on homework isn't healthy. Your body and mind need to take breaks. After working for 45 minutes take a 10 minute break. Get up and walk around. Get a drink or snack. Everything in moderation - this includes homework too.

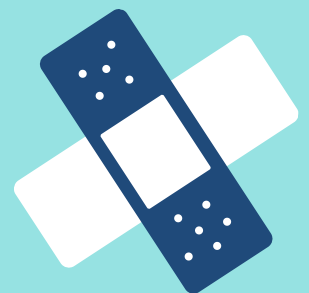
## 5 ATTEND SOCIAL EVENTS

Humans are social beings and one of the best ways to make friends in college is to attend activities and events on campus. Staying busy keeps your mind busy. A bored brain = an anxious brain. Remember to leave your dorm room everyday!



## 6 KNOW THE LOCATION OF CAMPUS HEALTH/COUNSELING SERVICES

Living and taking classes with hundreds of college students means that you have a good chance of sharing germs. Know the location of the campus Health Center. Also, know the location of the counseling center if you (or a friend) need a professional to talk to. Mental and physical health are important!



## 7 HAVE A PLAN FOR WHEN THINGS ARE DIFFICULT

Have a 'toolbox' of strategies and activities that you can use when feeling stressed or overwhelmed. A few suggestions are yoga, going for a walk, watching a funny movie, looking at a picture of a pet, listening to music, etc. Find what works for you BEFORE you need it.

## 8 STAY PHYSICALLY ACTIVE

With the free time of college, it can be tempting to stay in your room and watch Netflix, TikTok or play videogames. Go outside for a walk and bring a friend. Play a pick up game of basketball. Take pictures at a nearby park. The fresh air and exercise is good for both your body and your brain.



For more college tips: [www.fastforwardcollegecoaching.com](http://www.fastforwardcollegecoaching.com)

This is not medical advice. These are tips to stay healthy and feel good in college. Always talk to your doctor when you have questions about your mental or physical health.