HEALTHY HABITS

- Schedule 30 minutes of exercise 5X/week
- Get 7-9 hours of sleep per night
- Spend 5 minutes reading a positive book
- Take 5 deep breaths when feeling stressed

MENTAL HEALTH

- Plan a study session with a new friend
- Try a stress reduction app
- Get involved in campus organizations
- Name 3 things that you are grateful for every morning

ESTABLISH SUPPORT

- Seek professional help immediately if you feel overwhelmed
- Use a planner or app to stay organized and stay proactive about your wellness
- Get connected to a primary care provider and a pharmacy
- Learn the location of the fitness centers, dining halls with healthy options, and the student health center

PROMOTING HAPPY HEALTHY PEOPLE

COLLEGE OF PUBLIC HEALTH AND HEALTH PROFESSIONS
UNIVERSITY OF FLORIDA

This checklist was adapted from a checklist created by: The National Consortium for Building Healthy Academic Communities