



COLLEGE STUDENT WELLNESS CHECKLIST



- 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
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- 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
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- 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**

