

# HEALTHY HABITS



## Sleep. Eat. Repeat.

It should be that easy, right? Our daily lives consist of so much more than just surviving. Daily life in college is stressful, and not just because of homework and big exams.

**8 in 10 College Students report high levels of stress—so you're not alone!**

We encounter many challenges and experiences for the first time in college such as: homesickness, financial constraints, physical safety, social pressure, and more.

**So, what can we do to rest and maintain healthy habits so we can thrive?**

### EAT

- Eat regular meals (including breakfast) at consistent mealtimes.
- Monitor your caffeine intake.
- Buy ready-made snacks.
- Stay hydrated to stay healthy.

### ACTIVITY

- Find an activity you love. No need to be the next American Ninja Warrior, it can be as easy as walking the Westmont Loop!
- Endorphins are not overrated. Exercise can sharpen your memory, lower stress, and increase energy and focus.

### SLEEP

- Sleep affects memory, processing and restoration and is often the first thing to be depleted when it comes to heavy weeks.
- Set a wind-down time. Pick up a book and put down your phone. Let your mind unwind.
- Set a consistent wake-up and bedtime and regulate your circadian rhythms.

### FOCUS

- Spend regular time in prayer or mindful concentration.
- Get outside and look at the horizon to rest your eyes and your brain.



**WESTMONT**

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