STRESS

- Stick to a consistent sleep schedule: Go to bed and get up at approximately the same time each day.
- Practice relaxation techniques, such as deep breathing, meditation, or yoga.
- Incorporate at least 30 minutes of gentle movement into your day, such as walking or stretching.
- Avoid screens and technology away at least 30 minutes before bedtime, as the blue light can interfere with your body's sleep cycle.
- Engage in mindfulness exercises, such as breathing exercises, yoga, or light stretching.
- Eat a balanced diet that includes fruits, vegetables, whole grains, lean protein, and healthy fats.
- Stay hydrated by drinking plenty of water throughout the day.
- Exercise regularly to reduce stress and improve your overall health.
- Get enough sleep, ideally 7-9 hours per night, as sleep is essential for physical and mental wellness.
- Avoid stressors as much as possible, or find alternative ways to cope with stress.
- Seek support from friends, family, or a mental health professional when needed.

ANXIETY/DEPRESSION

- Identify your emotional distress. Are you feeling sad, mad, glad, or scared?
- Practice deep breathing to help reduce physical stressors in the body, increase mental clarity, improve concentration, and lower your heart rate.
- Keep track of your emotional, physical, mental, and behavioral health daily.
- Incorporate 30 minutes of gentle exercise into your day, such as walking or yoga.
- Avoid overthinking and overanalyzing your problems, as this can lead to greater worry and anxiety.
- Accept things you cannot change and focus on what you can control or change.
- Adapt by setting realistic expectations, adjusting your standards for yourself, and accepting responsibilities.

SLEEP

- Get enough sleep, ideally 7-9 hours per night, to help your body and mind function at their best.
- Create a pleasant bedroom environment by promoting a serene temperature (between 60-67 degrees), close the curtains, and surround yourself with soothing scents.
- Avoid caffeine, alcohol, and other stimulants at least 6 hours before bedtime.
- Keep your bedroom dark and quiet and use room-darkening curtains to achieve optimal rest.
- Incorporate sleep-promoting activities such as reading, meditating, or deep breathing to help you fall asleep.
- Practice good sleep hygiene, such as keeping your bedroom for sleeping only, avoiding activities in your bedroom, and avoiding naps during the day.

COLD/FLU/SORE THROAT

- Get enough rest to help your body fight off infections.
- Drink plenty of fluids, especially water, to stay hydrated.
- Use saline nasal sprays to help reduce congestion and keep your sinuses healthy.
- Use over-the-counter pain medications to alleviate discomfort and fever.
- Use a humidifier to keep your air moist and reduce the dryness that can cause discomfort.
- Use cough suppressant or expectorant medications as directed by your healthcare provider.

REFERENCES

- Unplug! Limit screen time, if you can. The average college student spends 7-11 hours a day on screens.