**Stress**

- Schedule time to practice mindfulness exercises (i.e., breathing exercises, yoga, light stretching, or other practices that calm your mind) daily, especially during times of heightened stress.

**Anxiety/Depression**

- When you notice your emotional or physical symptoms, reflect on the underlying factors that may be contributing to them. Are you experiencing symptoms due to stress, illness, or other factors?

**Sleep**

- To get your best sleep, try to maintain a consistent sleep schedule, sticking to the same sleep and wake times every night.

**Work**

- It's important to manage your time effectively and avoid overcommitting yourself. Create a schedule that prioritizes your needs, including work, study, personal goals, and leisure activities.

**Cold/Flu/Sore Throat**

- If you feel a cold or flu coming on, begin taking your flu vaccine early in the fall before flu season begins (CDC, 2019).

**References**