Residence Hall Essentials

Tips for Healthy Living

SLEEP - Every other part of your schedule will be easier when you're well rested.

EAT RIGHT - Balanced meals not only keep your body fit, but a healthy diet can help resist sickness too.

STRIKE A BALANCE - Overloading on either fun or work will wear your body and mind out. Find a balance that works for you.

GET INVOLVED - Clubs, organizations, sports... they're all here for you to enjoy! Extracurricular activities are wonderful networking opportunities and can be great outlets from school-related stress.

MAKE TIME FOR YOURSELF - There's a lot going on, but don't forget to set aside time just for you.

USE YOUR RESOURCES - Auburn University has a plethora of resources for you, from the Medical Clinic and Student Counseling Services to Safe Harbor and Peer Health Educators, so use them!

www.auburn.edu/healthandwellness

Division of Student Affairs
Health Promotion and Wellness Services