



Be Smart

Avoid stimulants or “study drugs”

Most successful college students excel academically without the use of artificial stimulants to concentrate or stay alert.

Alcohol and drugs

You already know the dangers. Plenty of students abstain. Ask yourself if alcohol or drugs will contribute to your well-being and success in college.

Practice abstinence or use protection

If you're sexually active, always use protection to prevent the risk of pregnancy and disease. Also get regular STD testing. Remember that abstinence is the only 100% effective method of prevention.

Be true to your values

Never do anything that makes you uncomfortable or causes you physical or emotional distress. Make your own choices and decisions, and do what's right for you.

Be Safe

- ▶ Keep the Campus Public Safety number in your phone's contact list. Call them if you ever feel threatened or unsafe.
- ▶ Most sexual assaults involve alcohol and known assailants. Choose your friends and companions wisely, and travel in groups at night.
- ▶ Beware of drink spiking. Never accept an open drink or leave a drink unattended.
- ▶ Never get in the car with someone who is under the influence. Call a friend or a rideshare service.

Asking for help is not a sign of weakness—it's a sign of wisdom. If you have a personal problem or concern, don't hesitate to ask for assistance.

Your college most likely offers professional and confidential services to help students with personal and health-related concerns. If you have a question or problem, take advantage of these services.

“The groundwork of all happiness is health.”

Janet Leigh Hunt



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Healthy Living



Have a great college experience!



Take Care of Yourself

Healthy Living

College success requires an alert mind and a healthy body.

Follow these tips to maintain good health, and to live a safe and balanced life while you are in college.

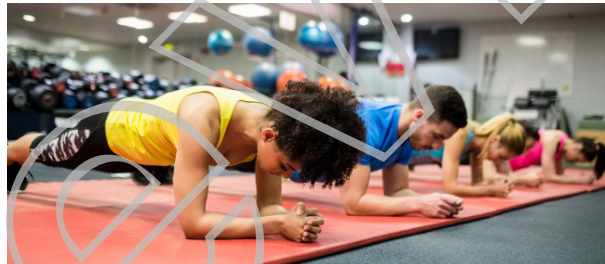
Get enough sleep

- ▶ Try to maintain a consistent sleep-wake cycle on weekdays.
- ▶ Avoid products with caffeine after 12:00 noon, and avoid nicotine altogether.
- ▶ If distracting sights and sounds are a problem, use ear plugs and a sleep mask to help block them out.
- ▶ Avoid over the counter sleep aids. If you suffer from insomnia, speak to a physician about prescription sleep medication.

The number one cause of health and academic problems in college is too little sleep.

Be physically active

- ▶ Work out at the fitness facility or rec center on a regular basis. Vary your exercise regimen to include stretching, weight training, and aerobic exercise.
- ▶ Participate in intramural sports or a club team.
- ▶ Walk or bike around campus rather than take a car or campus transportation.
- ▶ Take the stairs rather than the elevator.
- ▶ Get credit for keeping fit. If your college offers fitness classes, enroll in courses that enable you to burn some calories and enhance your health.



Choose your friends wisely

- ▶ Washing your hands is the best way to prevent the spread of disease. Wash your hands often and use hand sanitizers to prevent the spread of germs.
- ▶ Wear flip-flops in showers and locker rooms.
- ▶ Visit the Health Center at the first sign of illness. Learn about required immunizations, as well as voluntary vaccines such as flu, HPV, and Hepatitis V.
- ▶ Have information on your medications, prescriptions, and health insurance readily available.

Learn to relax

- ▶ College can be stressful. Check with your school's Recreation and Wellness Center about yoga, tai chi, or meditation classes.
- ▶ When you're stressed, talk to friends and family members. Confide in those you trust.
- ▶ If you feel that you're doing more than you can handle, look for activities that can be eliminated or postponed, and try to simplify your life.



Eat healthy

- ▶ Eat a healthy breakfast to keep you alert in your morning classes.
- ▶ Go easy on the starches, sugars, and processed food. Include plenty of fruit, vegetables, and light proteins in your diet.
- ▶ Avoid late night snacks. Consume most of your calories before 7 p.m.
- ▶ Graze on healthy snacks. Bypass the junk food and stock up on healthy alternatives.
- ▶ Drink plenty of water. Staying hydrated can help boost your concentration and keep you from overeating.