

Tips for A Healthy Academic Year

1. **Create a routine & be intentional**
2. **Master the art of living in the here and now**
3. **Protect your time - Put limits on work hours**
4. **Take initiative and be proactive**
5. **Learn to forgive others and yourself**
6. **Understand you can't do everything**
7. **Take advantage of campus support programs**
8. **Relax with hobbies**
9. **Give yourself plenty of time.**
10. **Build healthy boundaries**
11. **Nurture family bonds**
12. **Keep in touch with distant family and friends**
13. **Build new friendships**
14. **Don't let yourself get run down**
15. **Learn time management skills**
16. **Don't be afraid to ask for help**
17. **Expect things to change – Be flexible**
18. **Don't let stress get the best of you**
19. **Realize you don't have to please everyone**
20. **Know the signs of depression**
21. **Prepare for the winter blues**
22. **Volunteer**
23. **Develop the habit of optimism**
24. **Take care of your body**
25. **Take care of your soul – stay connected with your Creator**

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world. H Tubman