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
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