



## FOUR SIMPLE STEPS

Taking good care of your body and mind can make a difference in how well you do in your day-to-day life and how well you manage change. Exercising, eating right, getting enough rest and relaxing will not only set you on the right path to wellness, but also help you achieve and enjoy daily activities more and improve how you deal with life's challenges. Caring for yourself may take a little extra time, but you will feel better and more successful. Here's what you need and why it helps:



### A healthy diet:

- Improves your ability to learn.
- Means eating a nutritious breakfast everyday. Skipping meals leads to a lack of energy.
- Includes eating something nutritious every time you have a meal. Try substituting processed foods with a salad or swapping something fried for a piece of fruit.
- Requires limiting your alcohol intake.
- Avoids excessive amounts of caffeine. Caffeine dehydrates you. Drink at least 8 glasses of water a day to prevent dehydration.

### Regular exercise:

- Elevates mood, reduces stress, increases energy level, improves appearance, and stimulates the release of endorphins and serotonin, which makes you happier.
- Increases alertness and creativity.
- Improves your overall mental and physical well-being. Even taking a 15-minute walk, 3 times a week, can help.
- Keeps you active and also creates more opportunities to meet new friends!
- Decreases stress. On days when you are feeling overwhelmed, hit the gym or do another type of exercise.



### Relaxation:

- Means taking time each day to unwind, especially before sleeping. Listen to music, read or do whatever you enjoy. Alcohol or drugs are not the way to go.
- Offers a distraction from problems, a sense of competence and many other benefits.
- Means getting a good laugh. Laughing decreases pain, may help your heart and lungs, promotes muscle relaxation and can reduce anxiety.

### Plenty of rest:

- Means getting at least 7-9 hours of sleep. This is essential and will make you more attentive and active. Inadequate sleep can lead to mood changes and lowered resistance to illness.
- Provides the physical and psychological resources to cope with everyday life. Without it, you have to work harder to get daily tasks done and you have less energy.
- Includes cutting back on alcohol consumption because it can disturb your sleep. Though you might fall asleep faster, your body will not be as rested.

