

Stressed Out?

Check out these Tips for Managing Stress

Move your Body!

Go for a walk, run, lift weights, do Zumba, biking, hiking, or other preferred exercise
Get outside and get some fresh air!

Get enough sleep and rest!



Sleep is vital to academic success! Did you know college students should be getting 7-9 hours of sleep a night?

Make a bedtime ritual to ensure that you are getting enough sleep each night!