

Staying Well

Info & Tips for Students

While your body has amazing powers to heal and keep you safe from disease, it's important that you do whatever you can to keep your body and immune system strong and healthy. Here's what you can do.

Get enough sleep

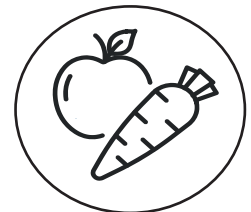
Young adults need 8–9 hours of sleep each night, but with their busy schedules, many do not get the amount of sleep they need.



To help you get to bed on time, try building sleep into your daily schedule, along with all of your other obligations.

Eat well

Eating a balanced diet will provide you with the nutrients you need to stay strong and healthy.



- ▶ Keep healthy snacks at home and in your backpack, such as fruits, vegetables, and nuts.
- ▶ Make sure you drink plenty of water and stay hydrated.
- ▶ If you are someone who pays close attention to their weight, make sure that it doesn't go too far or cause unhealthy eating habits.

For information on eating disorders, watch this quick video.



Avoid drugs and alcohol

Drug and alcohol use can have a devastating effect on your body and your life.



While drinking may seem harmless, the more you drink, the riskier it becomes. Whether it's a car accident, alcohol poisoning, or an assault, the dangers of drinking are real.

Some prescription drugs, such as opioids, are extremely addictive, and illegal opioids are often laced with deadly amounts of fentanyl or other drugs. Never risk it. Just one time can kill you.

Deal with stress

Stress is your body's reaction to change, demands, or difficult situations. Stress is a part of everyday life; however, too much stress can make you sick, compromise your immune system, and make day-to-day life more difficult. Use coping techniques such as meditation, relaxation, and deep breathing to help you through stressful times, and never be afraid to ask for help and support.



Get your check-ups

See your doctor for an annual check-up, and to discuss any health issues you may have. Your doctor will also provide the immunizations you need to reduce your risk of illness. Also, be sure to see your dentist every 6 months, and get your eyes checked regularly.

