

# Essential Tips for Mental and Physical Wellness

- 1. Make self-care and wellness a “non-negotiable”.** Too often our personal care and wellness goes out the window when we are stressed and living a busy lifestyle. These healthy habits are, perhaps, the most critical in stressful times because without wellness and self-care we are more susceptible to burnout, depression, anxiety, and difficulty in our personal lives and relationships. There are many areas we can partake in self-care. **\*\*Check out the wellness wheel and see where you stand in caring for yourself. \*\***
- 2. Get good sleep!** Prioritize a sleep and wind-down routine. Sleep is essential for physical health but also emotion management. Consistency is key! We are unable to regulate ourselves effectively when we are not recharged.
- 3. Build a support network.** A positive support network is a great buffer in difficult times. It can mean the difference between giving up and success. We are social creatures so we need to nurture connection for overall wellness. Get involved, invest in relationships that energize you. You can always stop in the counseling center for more support. 😊
- 4. Get active!** Physical activity works wonders for the mind and body. A healthy exercise routine can be as effective as a low dose antidepressant and antianxiety. Movement boosts mood and increases physical health as well.
- 5. Eat regularly.** One meal a day doesn't cut it. Our mood can fluctuate greatly from low blood sugar or being “hangry.” Eating a balanced diet greatly impacts our mood and healthy foods help us physically and mentally.
- 6. Celebrate little victories.** Progress not perfection. Give yourself a pat on the back for little successes and give yourself permission to be kind to yourself. Reward yourself with something healthy that “fills your emotional cup.” Exercise, face timing a friend, taking a trip, participating in a hobby etc. The possibilities are endless!
- 7. Set boundaries!** Perhaps one of the most important wellness tips is to be aware of how much you give to others. We set boundaries not to offend or hurt others. We set boundaries to honor ourselves. This is a form of self-care and kindness. You cannot pour from an empty cup. “No.” is a complete sentence and you need not wear a cape. Recognize you are human and have needs too.

\*This is not a comprehensive list but a starting place to begin the process. Coming in for counseling can help you map out your own personalized way of implementing wellness strategies. \* To make an appointment fill out our online form at [www.bhsu.edu/studentcounseling](http://www.bhsu.edu/studentcounseling)