Taking care of psychological health and well-being is important for college students. College can be a time of changes, stress and identity development and frequently these transitions can affect our well-being. It isn’t uncommon for college students to experience feelings of sadness, anxiety, homesickness, school stress, relationship stress, or other pressures that can interfere with our daily activities. It is important to remember that someone might be able to help you or a friend. You can call the Counseling Center at 212-346-1526, or walk-in at 156 William St., 12th floor. Your Residential Life staff can also be a resource. The Counseling Center provides free services to students including individual psychotherapy, group counseling, couples counseling and other services. Sometimes just talking with a trained professional about sexual assault victimization or suicide, drug and alcohol problems, and other issues can be helpful. This counseling center can also provide help for other self-related concerns.

For you and your friends, someone might be able to help. It is important to remember that someone might be able to help you or a friend. You can call the Counseling Center at 212-346-1526, or walk-in at 156 William St., 12th floor. Your Residential Life staff can also be a resource. The Counseling Center provides free services to students including individual psychotherapy, group counseling, couples counseling and other services. Sometimes just talking with a trained professional about sexual assault victimization or suicide, drug and alcohol problems, and other issues can be helpful. This counseling center can also provide help for other self-related concerns.

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Transitioning to college and life in the residence halls can be a difficult lifestyle change. Sometimes it feels hard to figure out how to be a college student and take good care of yourself at the same time.

This booklet has been developed to offer you a quick reference guide on health and wellness and offers some basic principles for taking care of ourselves.

This booklet is yours to take notes in, color, fold, etc.. Just be sure to keep it accessible, ‘because it may come in handy!'

Look for upcoming programs on Wellness. Check with your RA/BA!
What is Self-Care?

- Self-Care simply means finding ways in which we can take good care of ourselves and promote wellness through various activities and behaviors.

- Self-Care techniques can differ from person to person. It is important to discover what works best for you.

- Stress Relief is a vital part of self-care. For some, meditation, yoga, massage or other relaxation exercises help relieve stress and restore a sense of balance.

- Tuning in to your feelings is another important component for self-care. Be aware of what you are feeling day to day.

- Talking with friends, family, an RA or a counselor is one way of gaining a better understanding or coping with overwhelming emotions.

- The healthy habits highlighted on the previous pages, eating well, sleeping and exercising are all also a form of self-care.

- Participating in fun activities, going out with friends, dancing, listening to music and other enjoyable events may be a form of self-care.

- Journaling, drawing, singing and other forms of artistic creativity are often ways we take care of ourselves and preserve well-being.

What is Wellness?

Wellness may mean different things for different people. In general, wellness refers to a state of good health and well being. Wellness includes multiple factors including: physical health, emotional health, and psychological well-being. Though achieving good health and wellness may be attained in different ways, there are some general guidelines that can help you feel more healthy and achieve an overall sense of wellness. The following pages include tips for achieving better health!
Healthy Habits

What are Good Sleeping Habits?

- The average young adult needs around 8-9 hours of sleep a night.
- Sleep is essential for various reasons, such as, healthy operation of the immune system, mood stability and concentration.
- A regular sleep schedule is ideal. It is important to try to go to bed and wake up around the same time every day.
- Drinking caffeinated beverages may negatively impact the quality of sleep. The caffeine in one cup of coffee can continue to effect you hours after drinking it. Try to limit your caffeine intake when possible.

How to Eat Healthy at College

- Busy college life, late night eating habits and cafeteria food can make it difficult to maintain healthy eating habits.
- Remember the basics: Eat a well-balanced diet with the appropriate servings from the basic food groups.
- Don’t forget the recommended 5 fruits and vegetables a day.
- Drink 8 glasses of water a day.
- Be sure to eat three balanced meals a day. Don’t skip breakfast!
- Be mindful of how much alcohol you consume. Drinking is associated with several health risks, including alcohol related accidents.

The Importance of Physical Activity

- Exercise is an important part of health and wellness.
- Even a little physical activity is better than none.
- Getting in work-outs can be difficult given the busy schedule of college life.
- Try taking the stairs instead of an elevator on your way to class. Or walk to a close by destination instead of taking the subway or a cab.
- Ideally it is helpful to get 30 minutes of cardio exercise a week and strength training a couple of days a week.
- Exercise has been shown to improve one’s physical health in many ways, but also can serve as a great form of stress relief.
- Find a physical activity that you enjoy, like biking or dancing and go with it. This way you can have fun and benefit from the exercise.
- Over-exercising is also a potential health risk. Don’t strain your body through exercising too frequently or intensely.