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- Studies show that melatonin—important for sleep—is impacted by the temperature of your room
- Consuming significant amounts of sugar can negatively affect your mental health



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Try

- A 10-minute walk to relieve immediate symptoms of anxiety and 20-30 minutes of exercise daily to better your overall mental health.
- Keeping your bedroom at 60-67 degrees for a great night's rest!
- Choosing desserts that are low in refined sugar and replace sugary drinks with water.



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Did You Know?

- Surveyed college students in Canada who were involved with campus ministries had less doctor appointments, scored a higher sense of well-being and were shown to cope with stress better than their peers.
- Spiritual dedication is related to lower reactivity to stress and better sense of well-being.
- Gratitude is protective against stress and can better physical health.



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- Engaging in weekly campus ministry events or LifeGroups
- Participating in a spiritual activity daily, such as prayer or devotions.
- Gratitude journaling each night before bed. Listing 2-3 things you are grateful for each day can help you close your day with a positive perspective.



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- 50% of students report their anxiety affecting their academic performance (NAMI)
- 1 in 3 students report prolonged bouts of depression (NAMI)
- 80% of students report feeling overwhelmed with responsibilities (NAMI)



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Try

- A quick breathing exercise when feeling anxious—inhale through nose for a count of 4, hold for a count of 7, exhale through mouth for a count of 8.
- Establishing a self-care routine. Schedule regular times for eating, exercising and sleeping.
- Reaching out for help! FYE and Retention can help you organize your academic life, as well as connect you with campus resources.



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Did You Know?

- You are brainwashed while you sleep. Waves of fresh cerebrospinal fluid roll in every 20 seconds to wash your brain.
- Exercise can help you achieve better grades.
- Outdoor exercise is one of the best ways to reduce hyperactivity and inattention associated ADHD. It can relieve stress, boost your mood, and calm your anxious mind while helping you to focus.



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- Having your brain washed every night is critical for good brain health. Get your sleep!
- Regular exercise reduces anxiety and depression and helps you focus and remember what you study.
- Plan time to take a walk outdoors every day to reduce ADHD symptoms.



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- A recent survey reported 64% of students reported feeling lonely (ACHA)
- Quality of social interactions, not quantity helps to combat loneliness
- Loneliness can be contagious. Being close to someone experiencing loneliness makes you 52% more likely to experience loneliness as well



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Try

- Keeping your dorm door open so people can stop by, say “hi” and hang out.
- Spending a minimum amount of time in your room (except for sleeping) to avoid isolating behaviors.
- Attending campus activities during evenings and weekends and join a student-led group (clubs, LifeGroups, student government, etc.).



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