College is an adventure. But it’s also pretty stressful.

Here are just a few tips to help you stay healthy:

1. Visit the health center for regular check-ups.

2. Get vaccinated - for human papilloma virus (HPV), tetanus, flu, and other diseases.

3. Sleep - do your best to not stay up all night finishing projects; maintain a regular sleep schedule.

4. Exercise!

5. Eat well - regular, healthy meals help maintain your energy levels.

6. Maintain mental health - learn about stress management and get help for anxiety or depression.

7. Avoid substance use.

8. Prevent sexually transmitted diseases (STDs) - if you choose to be sexually active, know what protection to use.

9. Don’t smoke/quit smoking.

10. Keep healthy relationships - feeling scared, humiliated, pressured, or controlled are all signs of an unhealthy relationship. Talk to someone you trust for help.

Need help with any of these tips? We’re here to help - so, come see us!

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