

# 10 Tips for College Health

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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**MICA**  
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