Student Wellness and Self-Care Tips
Staying Healthy

• Join intramurals or a sports/recreation club and meet others who love to stay active!
• Check out some Vikes Rec fitness classes
• Eat a balanced diet including breakfast every morning
• Consult with a nutritionist
• Limit caffeine after 2pm
• Maintain a consistent sleep schedule of at least 7-9 hours per night
• Limit alcohol consumption
• Be proactive with any health concerns and make an appointment with Health Services
Getting Academic Help

• Meet with an academic advisor to sort out your courses
• Form a peer study group with classmates
• Find a good tutor or visit the UVic academic help and resource centres
• Take a Learning Skills course to learn strategies and techniques for classroom success
• Use visiting office hours to discuss learning topics with instructors and TAs
Reducing Stress

- Meet friends through clubs, volunteering and classes
- Stay present by practicing mindfulness or meditating
- Try acupuncture or massage to relieve stress
- Get outside and connect with nature by going for a walk or hike
- Exercising releases endorphins in your body to help combat the negative effects of stress
- Plan ahead for coursework and keep an updated schedule
- Remember academics are only one aspect of healthy student life

Finding balance is key!
Finding Support

• Seek support from friends and family
• Join a club, course union or advocacy group
• Talk to an academic advisor
• Make an appointment to see a counsellor and talk things out
• If you need an academic accommodation, visit the RCSD
• Attend one of the counselling support groups, which are dedicated to a variety of different topics
• For psychiatric support and prescriptions, visit Health Services

Remember you are not alone!