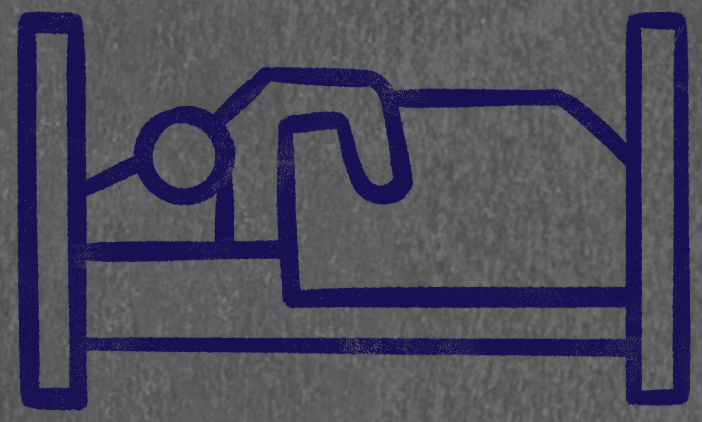


THE CLAREMONT COLLEGES

TIPS FOR A HEALTHIER SCHOOL YEAR

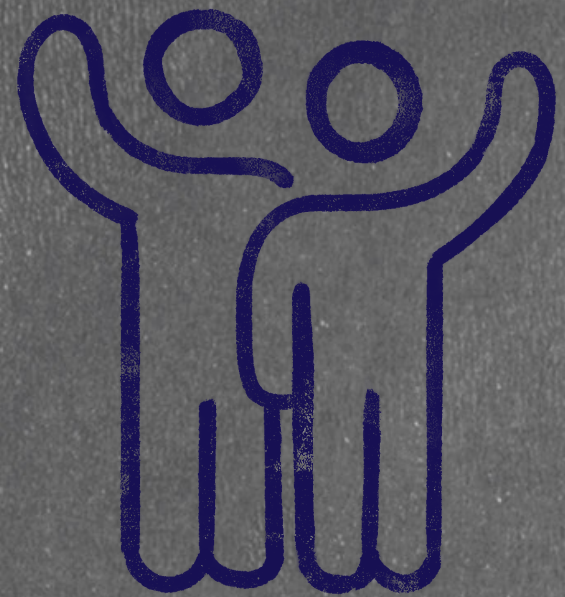
STUDENT HEALTH SERVICES &
MONSIEUR COUNSELING & PSYCHOLOGICAL SERVICES



1 PRIORITIZE SLEEP

Stick to a consistent sleep schedule—go to bed and wake up at the same time daily, including weekends. Lack of sleep affects mood and focus.

2 CONNECT



Initiate connection with other students and campus groups. Be mindful of balancing alone time with social time.

3 MOVE

MOVE

Joyful movement matters—whether it's a walk, desk stretch, or wheelchair roll, staying active boosts well-being.



4 KNOW YOUR LIMITS

Know your limits with alcohol and substances. Pace yourself and know when to say no! Be aware of your environment and stick with friends you trust.



5

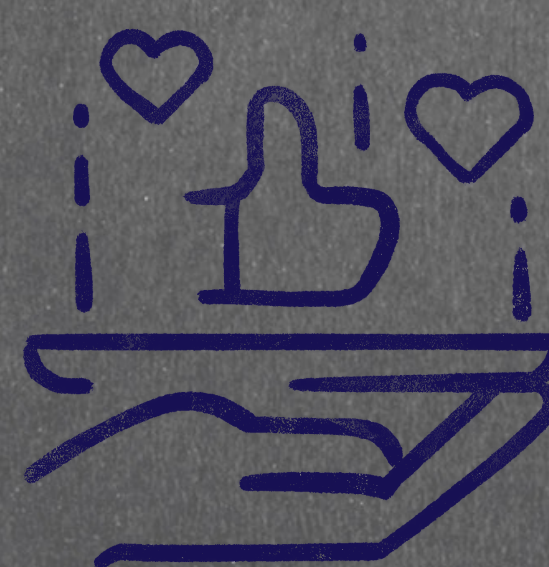
PRIORITIZE SAFETY

Set boundaries in relationships and look for consent. Think F.R.I.E.S.- Freely Given, Reversible, Informed, Enthusiastic, Specific. Use safe sex barriers.



6 STRATEGIZE YOUR STRESS

Manage stress by using relaxation techniques and balancing work with personal time.



7 FUEL YOUR BODY & MIND



Staying hydrated and eating on a regular schedule helps improve memory, focus, and academic performance.

9 MAKE TIME FOR SELF-CARE

Reward yourself, allow yourself to make mistakes, and tap into your campus resources!



10

ASK FOR HELP

We're here to support you! The Claremont Colleges Services offers a range of student resources. Scan the QR code to learn more.

