What is Wellness?

Wellness is the interdependent and interactive combination of love for what is done each day, the quality of relationships, the security of finances, the vibrancy of physical health, the self-awareness and emotional resiliency, and the pride taken in what is contributed to our communities.
Challenges During College

Many students struggle with multiple aspects of wellness while transitioning to college life, such as...

➔ Stress
➔ Weight Gain
➔ Academic Rigor
➔ Social Life
➔ Finances
Handling Stress

➔ Stress management is not easy - it is a skill we must develop
➔ We tend to engage in less self-care when we need it the most
➔ Focus on managing your time efficiently
➔ Engage in physical activity
➔ Poor sleep can contribute to the development of depression, anxiety, and other psychological disorders

Campus Resources
- Counseling Center
- Wellness Coaching
- Meditation Sessions
- Yoga Classes
Preventing Weight Gain

➔ Avoid late night snacking and caffeine
➔ Stock up on healthy snacks
➔ Stay active in a way that fits you best
➔ Be smart in the dining halls
➔ Stay hydrated
➔ Develop a consistent sleep schedule

Campus Resources
Dietitians
Nutrition Facts
Group Fitness Classes
Personal Trainers
H.O.W.L.
Achieving Academic Success

➔ Prioritize
➔ Schedule your study time
➔ Go to class...and pay attention!
➔ Find a study buddy

Campus Resources
Academic Counseling
Tutorial Center
Departmental Tutors
Professors
Staying Social

➔ Join a club, organization, or Greek life
➔ Live on campus
➔ On-campus employment
➔ Study abroad
➔ Know when to say no
Managing Money

➔ Look for job opportunities that fit your schedule
➔ Plan low-cost/free outings with friends or SO
➔ Stick to a budget
➔ Be a smart shopper
➔ It’s never too early to start saving

Campus Resources
Office of Scholarships and Financial Aid
Dollars and Sense
SALT
Financial Literacy Month
Engaging in Self-Care

**At School:**
- Fuel your body with foods that energize
- Be flexible
- Don’t make a mountain out of a molehill
- Be positive
- Be 10 minutes early

**At Home:**
- Listen to your body
- Get enough sleep (aim for 8!)
- Destress
- Meditate
- Take time for yourself - disconnect
- Exercise Regularly
RELAX
Contact Us

Additional information and resources

➔ recreation.dasa.ncsu.edu
   /wellness-2/

➔ wellness.ncsu.edu

➔ urec-wellness@ncsu.edu