

# Top 10 Ways to Discover the Power in You!

Adapted from the Campus Health Service University of Arizona

## 1. **Stay Healthy!**

Cover Your Cough, Wash Your Hands, Stay Home When Sick. Sounds simple but many people don't do it. The most common illness you'll see this semester is a "cold" or the "flu." Stay healthy – wash your hands OFTEN: before you eat, after using the restroom, and after shaking hands with someone. Keep your hands away from your face.

## 2. **Got Sleep? Make it a PRIORITY.**

Avoid "all-nighters." Lack of sleep affects academic and athlete performance as well as your immune system. You may have to give up some TV, socializing, or other activity, but you'll have more energy in the end.

## 3. **Learn to Say "No." Manage Your Stress.**

You can't control everything stressful (class work/exams, relationships, work, etc.), but you CAN choose what to spend your time on. Be realistic with your commitments. Be honest about what you can and cannot do.

## 4. **Exercise Your Mind.**

Take a break from your books. Visit LCVA – Longwood Center for Visual Arts, support our Lancer athletic teams, join an intramural team sport, visit Wilcks Lake, play miniature golf, rent a free movie from our library!

## 5. **Nourish Your Spiritual Health.**

Take time each week to relax, pray, study, meditate, worship, enjoy nature and the outdoors, visit museums, attend cultural, musical and artistic events, talk with a friend, or do whatever renews your spiritual dimension. Everyone has different ways of doing this.

## 6. **Exercise - Make it Fun!**

Exercise should be fun! Do something you enjoy! Take a class from the Campus Recreation Center i.e. Yoga, aerobics. Walk or hike outdoors with friends. Moving your body can help you relax, improve your mood, and help you sleep. Exercise also helps relieve anxiety, stress, and depression.

## 7. **Eat Your Rainbow.**

In other words, eat a wide variety of colorful foods everyday. Good examples are soups, salads, or hot dishes with many ingredients. Eat your favorite things but spice up your weekly fare with something new or different. Avoid "fast" foods that are high fat, sugary, fried, or covered in dipping sauces. Drink LOTS of water.

## 8. **Play it SAFE.**

Protect yourself. If sexually active: GET CONSENT and use condoms and contraception (if needed). Always buckle your seatbelt. Drive the speed limit. Wear a helmet. Use sunscreen.

## 9. **Alcohol? MODERATION.**

Consuming no more than one drink per hour (a drink=4 oz. of wine=12 oz. beer=1 oz. hard liquor) is usually a safe level. Over half of Longwood students drink fewer than 4 drinks when they "party". If you choose to drink, alternate alcoholic beverages with water, juice or soda. Eat before you drink.

## 10. **Laugh Everyday. It Feels Good!**

Search for the humor in everyday life. Laughter improves your health! It provides an internal workout, decreases stress and strengthens your immune system. Read comic books, watch a comedy show, movie, or video. Keep a cartoon or joke book around.