

# STAYING HEALTHY AT UNIVERSITY

## *The essential ingredients*

# 1

### **A RESILIENT BODY THAT LASTS THE DISTANCE**

Think of the semester as a race lasting 3-4 months (semester, study break, and exam period). To make it through this race in the best possible way, aim to stay in tip-top shape.

**SLEEP** How does sleep affect your studies? Well, scrimping on sleep can be similar to being under the influence of alcohol when it comes to concentrating and processing information. Sleep also helps consolidate what you've studied - that is, it helps form long term memories.

Poor sleep quality has been linked with impaired academic performance.

**HYDRATION** There is growing evidence that even mild dehydration impairs mood and cognitive performance. So, keep your water intake up.

**DIET** Your mind and body need fuel to run effectively and efficiently. Focus on a well-balanced diet that gives you sustained energy rather than relying on caffeine and sugar hits to get you through the day.

**EXERCISE** Exercise is often one of those things that students cut back on when they start to feel stressed, however it's a great way to manage stress, improve mood, and enhance your memory and concentration. The bottom line? Just. Get. Moving.

# 2

### **A CLEAR MIND TO MAKE DECISIONS THAT KEEP YOU SAFE**

Making sound choices means that you're less likely to face living with decisions made in the heat of the moment.

#### **ALCOHOL + DRUGS**

Woken up after a big night not knowing what you've done or who you've been with? One study of university students showed that around 50% of students drank at harmful levels, while another showed that 28% of students experienced serious personal issues in the past 12 months due to alcohol or other drug use.

Need help? Start here with our tips: [theskillcollective.com/blog/rethink-your-drink-alcohol-use-misuse-and-tips-for-cutting-down](https://theskillcollective.com/blog/rethink-your-drink-alcohol-use-misuse-and-tips-for-cutting-down)

#### **INTENSE EMOTIONS + MENTAL HEALTH**

Rage, anxiety, panic, depression, invincibility, or lust - intense emotions and mental health issues can often get in the way of making sound decisions. If you find these impacting on your judgement and actions, seek help from a mental health professional to learn new coping skills.

#### REFERENCES

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Take a look at our accompanying blog post at [theskillcollective.com/blog/staying-healthy-at-university](https://theskillcollective.com/blog/staying-healthy-at-university)