You may consider trying some of these tips and strategies to promote personal, holistic wellness.

**PHYSICAL WELLNESS**

- Try to get between 6-8 hours of sleep every night. To aid in this, try not to engage with electronics 30 minutes before sleeping and avoid mood altering substances
- Move your body in a way that feels good for you. Physical exercise and movement can have a positive impact on mood
- Fuel your body with food that is enjoyable and try to eat 3 meals a day

**EMOTIONAL WELLNESS**

- Write in a journal to express emotions, or find other creative emotional outlets
- Give yourself permission to cry, feel angry, or express other challenging emotions in safe ways
- Challenge negative thoughts and negative self-talk with positive encouragement

**ACADEMIC/OCCUPATIONAL WELLNESS**

- Set realistic study or work goals
- Create intentional time to work in a calm setting
- Take breaks between long tasks
- Break larger tasks into smaller, more manageable portions

**SOCIAL WELLNESS**

- Get together with those close to you to engage in a stress relieving activity like watching a movie or playing an intramural sport
- Reach out to someone who you may not have spoken to in a while, or express gratitude to an important person in your life

**APPS**

There are several apps you can add to your phone to support your mental health. A brief list of options include:

- Calm
- Headspace
- Insight Timer
- MoodTools
- Paced Breathing
- Calm Harm
- Happify
- Mindfulness Coach
- Moodfit