



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Nutrition Connection in the Center for Health and Well-Being

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New Year, New Habits

Adopt Healthy Habits Before the New Year

Focus on Nutrition

- **Plan your meals:** Prep quick, balanced meals with lean protein, whole grains, healthy fats, and plenty of vegetables.
- **Snack smart:** Keep healthy snacks like nuts, fruit, yogurt, or hummus on hand to avoid temptations.
- **Stay hydrated:** Carry a reusable water bottle to ensure you're drinking enough water throughout the day.

Get Moving

- **Incorporate short workouts:** Even 15–20 minutes of yoga, bodyweight exercises, or a brisk walk can improve energy and focus.
- **Use campus resources:** Check out the campus gym or join fitness classes to increase activity.
- **Active breaks:** Between study sessions, take a walk or stretch to keep your body active.

Prioritize Sleep

- **Create a routine:** Go to bed and wake up at the same time each day to establish a consistent sleep schedule.
- **Limit screen time:** Reduce blue light exposure by avoiding devices at least 30 minutes before sleeping.
- **Set the scene:** Use an eye mask, blackout curtains, or white noise apps to improve sleep quality.

Manage Stress

- **Stay organized:** Use planners or apps to keep track of deadlines and avoid last-minute stress.
- **Set boundaries:** Learn to say "no" to commitments that may overwhelm your schedule.
- **Practice mindfulness:** Try relaxing activities like crocheting or meditation to unwind.

Foster Healthy Relationships

- **Surround yourself with positive influences:** Connect with peers who prioritize healthy habits and mutual support.
- **Stay in touch with loved ones:** Regularly check in with family and friends to maintain a sense of connection.
- **Join clubs or groups:** Find activities that align with your interests for social and emotional well-being.

Practice Self-Care

- **Take breaks:** Step away from studying to recharge with hobbies or outdoor time.
- **Limit caffeine:** Swap late-night coffee for herbal tea to reduce jitters and promote relaxation.
- **Celebrate small wins:** Reward yourself for adopting even minor healthy habits to stay motivated.

New Years is all about setting resolutions. Here are some steps to create long-lasting change.

Step 1: Break it Down

Focus on one or two habits at a time rather than overwhelming yourself with drastic changes.

Step 2: Make it Meaningful

Make a connection between the goal you are setting and exactly why you want to accomplish it.

Step 3: Track Your Progress

Use a journal or app to monitor and celebrate your improvements.

Step 4: Stay Flexible

Adjust strategies if something isn't working and remember progress is better than perfection.

