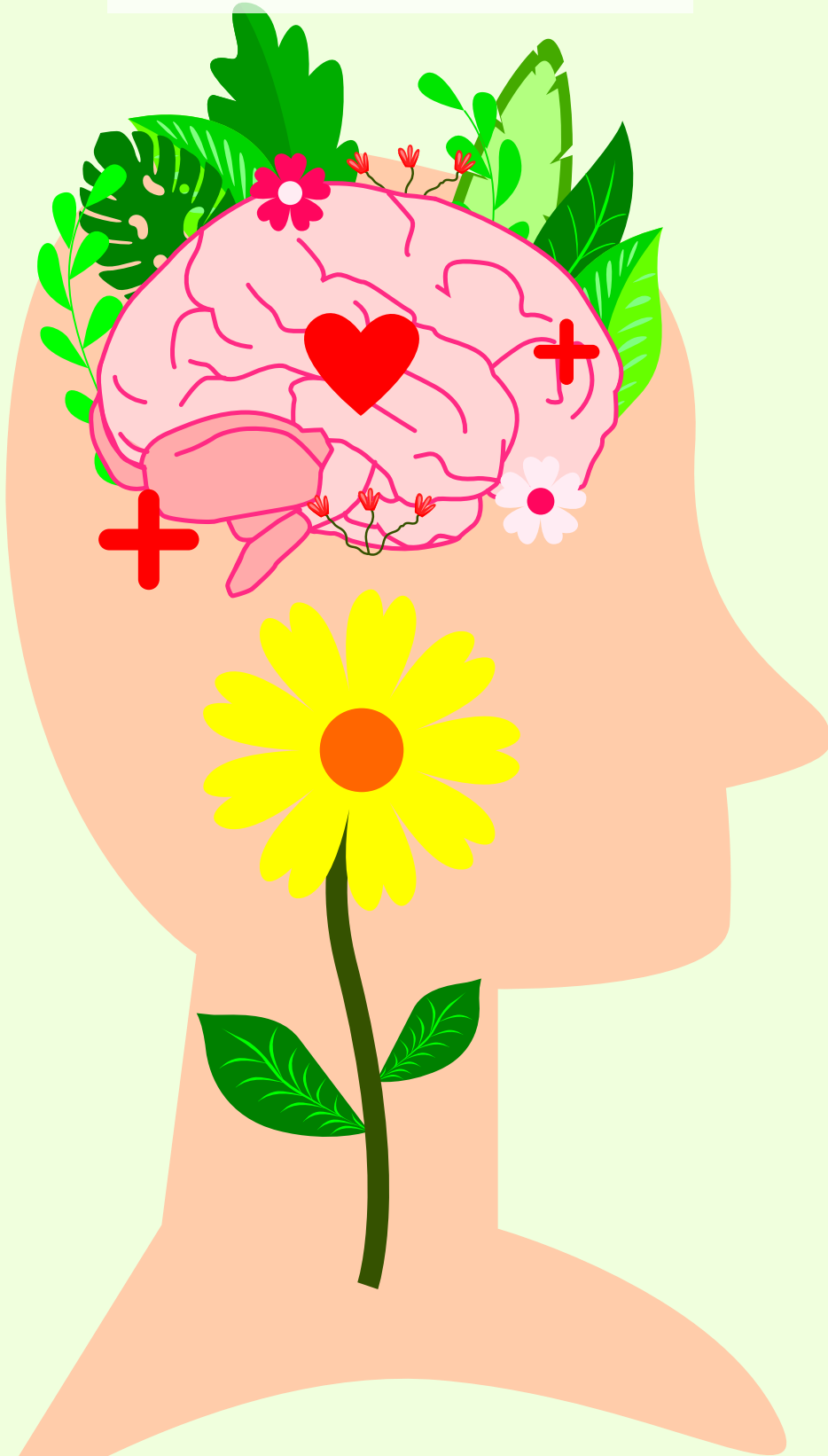


5 FACTORS OF WELLNESS



Sleep:

Getting enough sleep helps improve mood and reduce stress

Diet:

Eating a balanced diet supports brain health and boosts emotional well-being.

Exercise:

Regular physical activity releases endorphins that enhance mood and reduce anxiety.

Mindfulness:

Practicing mindfulness helps manage stress and promotes emotional balance.

Nature:

Spending time in nature lowers stress and improves overall happiness.



5 FACTORS OF WELLNESS

What do they mean to you?

1. Sleep: _____

2. Diet: _____

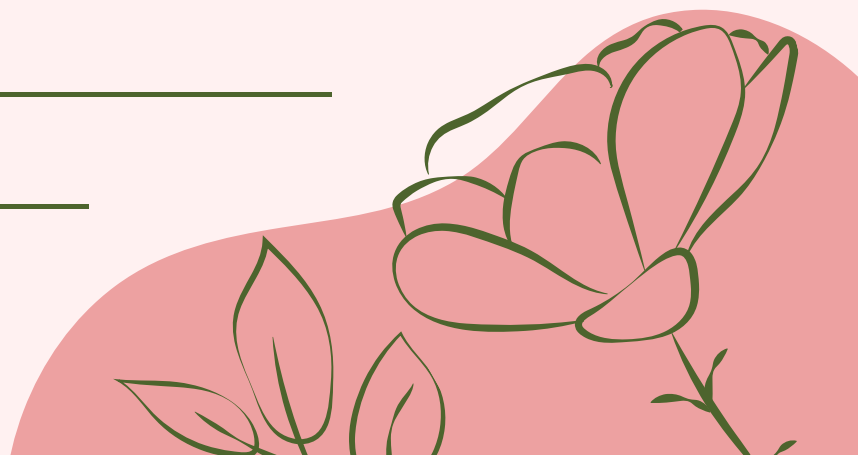
3. Exercise: _____

4. Mindfulness: _____

5. Nature: _____

Factor Focusing On: _____

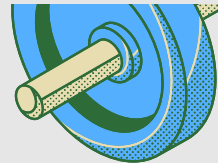
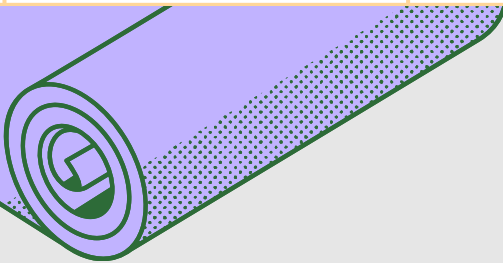
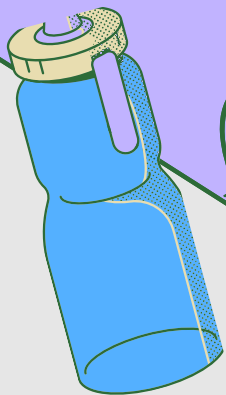
My Goal: _____



Weekly Sleep Diary

	Wake-up Time	Bed Time	Total Hours Slept
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

MADE BY KARLEIGH STEINER



Exercises You Can Do in 10 Minutes

- **Stretch**
- **Try Yoga**
- **Go for a walk**
- **Dance**
- **Jump rope**
- **Hula hoop**
- **Play with a pet**
- **Take the stairs**
- **Play outdoor games with a friend**

Tip: try guided exercises on YouTube

For Campus Gym Hours:



MADE BY KARLEIGH STEINER

A COLLEGE STUDENTS DAILY FOOD PYRAMID

Don't skip meals!

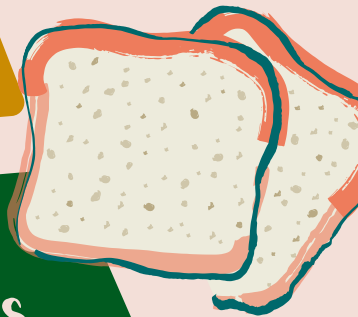
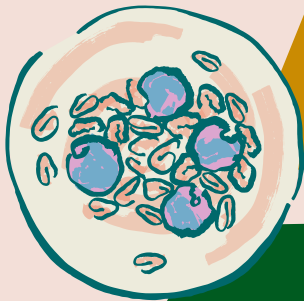
Drink Lots of water!

Small amounts of fats, sugar, and salt



2 servings of proteins

3 servings of dairy



3-5 servings of whole grains

5-7 servings of fruits and vegetables



Weekly Food Journal

	Breakfast	Lunch	Dinner	Snacks
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

The Sleep Hygiene Checklist

Stick to a sleep schedule

Get 7–9 hours of sleep each night

Keep your room cool, dark, and quiet

Avoid screens for 1 hour before bed

Establish a relaxing bedtime routine

Avoid caffeine for 5 hours before bed

Limit daytime napping

Keep your bed only for sleeping

Best Hikes In Connecticut

1. Chauncey Peak
2. Ragged Mountain
3. Sleeping Giant
4. Bear Mountain
5. Wadsworth Falls
6. Talcott Mountain
7. Bluff Point State Park and Coastal Reserve
8. Mirror Lake, Castle Craig, and Merimere Reservoir
9. Giuffrida Park
10. Gay City State Park

For more trails check out
[AllTrails.com](https://www.alltrails.com)



Weekly Sleep Diary

Wake-up Time

Bed Time

Total Hours Slept

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Weekly Sleep Diary

Wake-up Time

Bed Time

Total Hours Slept

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Nature Scavenger Hunt

Something green

.....

Something thin

.....

Something alive

.....

Something sharp

.....

Something rough

.....

Something brittle

.....

Something soft

.....

Something translucent

.....

Something scented

.....

Something white

.....



3 Ways to Practice Mindfulness

1. **Guided Meditation:** listen to an experienced practitioner guide you through meditation.
2. **Body Scan:** Bring attention to your body, noticing different sensations, as you mentally scan different sensations throughout your body.
3. **Breathing Exercises:** Calming breathing techniques for stress and anxiety.



Body Scan:

www.headspace.com/meditation/body-scan



Guided Meditation:

www.tarabrach.com/guided-meditations/

Breathing Exercises:

www.healthline.com/health/breathing-exercises-for-anxiety





Gratitude Journaling

Prompts

1. What is one good thing that you often take for granted?
2. Who do you need to thank? Why?
3. What are three things you're grateful for?
4. What do you appreciate about yourself?
5. What made you smile today?
6. What is a happy childhood memory?
7. Who are three people in your life that you are grateful for? Why?
8. What do you love about where you live?
9. What brings you joy?
10. What have you learned from gratitude journaling?



A large white rectangular area with horizontal black lines, serving as a writing space.