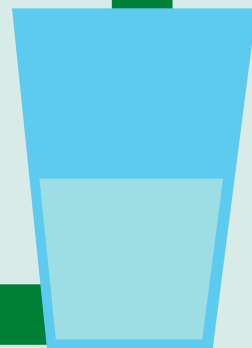
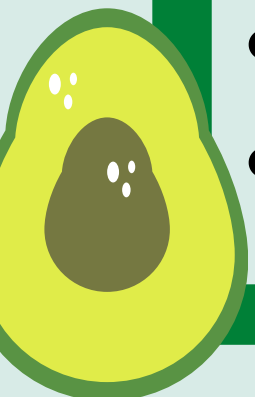


# Wellness Tips for Happy and Healthy Living

## Adopt a healthy & balanced diet.

**Having good eating habits can improve your physical health and your mood!**

- Limit saturated and trans fat consumption/emphasize on including unsaturated fats in diet
- Prioritize whole grains foods, fruits and vegetables and legumes
- Avoid consuming processed foods
- Consume high protein foods
- Prioritize low-fat meat
- Incorporate plant-based protein sources
- Limit red meat consumption
- Drink plenty of water everyday!



## What should I avoid/limit/restrict?

- Limit alcohol consumption
- Avoid/Quit smoking
- Restrict drug intake
- Limit screen time as much as possible.
  - Use the 20-20-20 rule (after each 20 minutes of work, look 20 feet away from your screen for 20 seconds)

## Have a regular physical activity routine

**Some activity is better than none!. Getting moving is key!**

**Here are some guidelines on physical activity that all students should consider:**

- Choose activities that best fit your interests, your abilities and your schedule.
- Engage in around 150 minutes per week of moderate- to high-intensity activity, such as walking, jogging, swimming or biking.
- Incorporate muscle-strengthening activity, at least twice a week.

**Why? Physical activity improves:**

- Sleep, Mental health and well-being, Functioning, Physical health, Anxiety symptoms

## "I don't have time."

- Decrease time spent on social media
- Improve time management skills with the use of planners and calendars
- Adopt an optimal sleep hygiene



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