


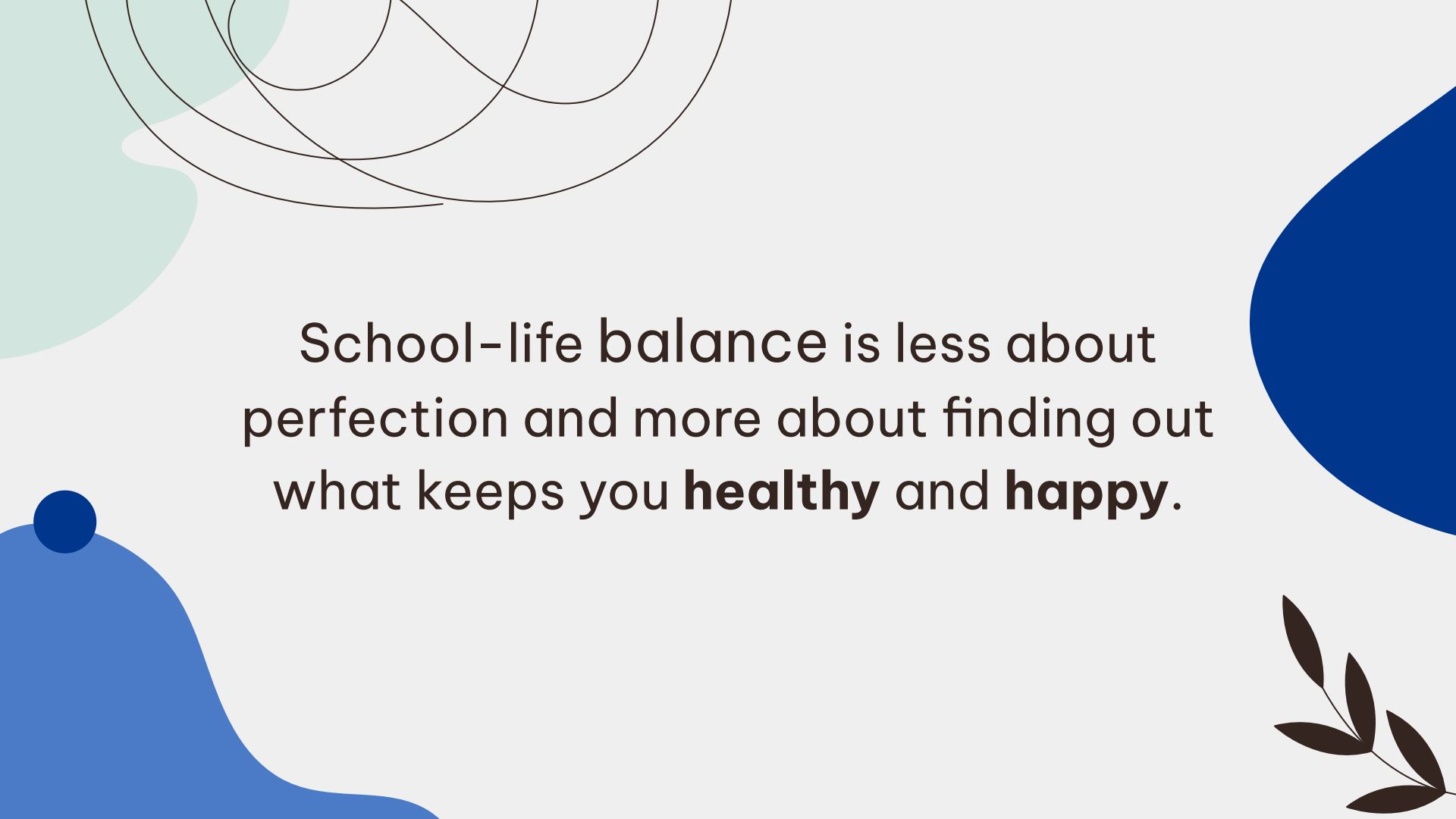


# Finding Balance in School Life






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School-life balance is less about  
perfection and more about finding out  
what keeps you **healthy** and **happy**.



Best way to succeed is have a  
well balanced life!

# School-life balance affects mental health

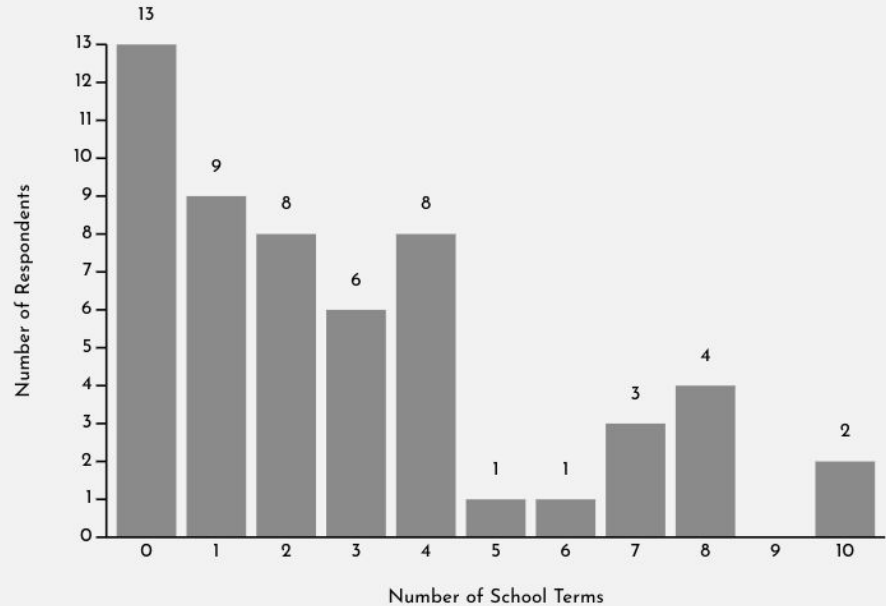
Having a **good** school-life balance with enough sleep and enough food can **positively** affect your mental health

Having a **bad** school-life balance with not enough sleep and not enough food can **negatively** affect your mental health

# How many school terms were you affected by struggles associated with mental health?

Number of Respondents (n): 55

<https://sexxv.github.io/classprofile/>



# Strategies for Balance

**01**

## **Routine**

Consistent sleep and meals, it is crazy how much of a difference this makes.

**02**

## **Move Your Body**

Doesn't need to be the gym, you can walk, stretch, dance, play intramurals.

**03**

## **Stay Social**

Stay connected with friends, family, or peers. Don't isolate during stressful weeks.

**04**

## **Know Your Resources**

Campus counseling, peer mentors, prof office hours. Use them early, not just in crisis.

**05**

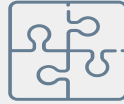
## **Take Time to Rest**

It is extremely important to set aside designated time to rest.

# Closing Messages



Remember, you can struggle, and still graduate.



Balance looks different for everyone, find what works for you.



You're not alone, and it's always okay to reach out for help.