WELL-BEING CHECKLIST

□ Mental & Emotional Health

☐ Sleep 7–9 hours most nights
☐ Take breaks while studying
☐ Practice stress relief (breathing, journaling, meditation)
☐ Notice and challenge negative self-talk
☐ Ask for help when overwhelmed

□ Physical Health

☐ Eat regular, balanced meals
☐ Drink enough water
☐ Move your body (check out RecWell for various options)
☐ Attend health or counseling appointments
☐ Take medications as prescribed

□ Academic Well-Being

☐ Attend classes or watch recordings
☐ Track assignments and deadlines
☐ Start work before due dates
☐ Ask questions (professor, TA, tutoring)
☐ Review feedback and adjust study habits

□□□ Social & Support

☐ Talk with at least one supportive person
☐ Spend time with friends or classmates
☐ Set boundaries around time and energy
☐ Stay connected with family or mentors
☐ Get involved with a student club or organization

WELL-BEING CHECKLIST

□ Balance & Self-Care

☐ Keep a realistic daily schedule
☐ Take breaks without guilt
☐ Do something enjoyable or relaxing
☐ Limit excessive screen or social media time

□ Campus Resources

☐ I know how to contact:
- University Counseling Services
- Academic Advising
- University Student Health
- Office of Student Advocacy

☐ I use campus resources when needed

□ Weekly Check-In

☐ I feel safe
☐ I feel supported
☐ I know where to get help

If any are unchecked: reach out to campus support or a trusted person.

Notes / Reflections
