

SPECIAL EDITION WEEKLY WELLNESS & COUNSELING NEWSLETTER

**Inside the April 13
issue:**

**Sleep Hygiene
Intuitive Eating**

Hello Ursinus!

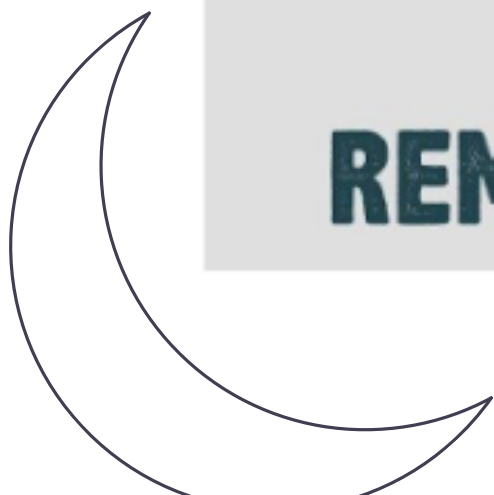
**The team at Wellness is continuing to think of you and wish you well!
Just a reminder, if you'd like to obtain a consultation with a counselor, you may complete our request form by clicking on the bear to the right, or you can email at wellness@ursinus.edu and we will assist you in scheduling a consultation time.**

Take care of yourselves!



Twelve Tips to Improve Your Sleep

- 1** TURN YOUR BEDROOM INTO A SLEEP-INDUCING ENVIRONMENT
- 2** AVOID CAFFEINE, ALCOHOL, NICOTINE, AND CHEMICALS THAT INTERFERE WITH SLEEP
- 3** ESTABLISH A SOOTHING PRE-SLEEP ROUTINE
- 4** GO TO SLEEP WHEN YOU'RE TRULY TIRED
- 5** DON'T BE A NIGHTTIME CLOCK WATCHER
- 6** SPEND TIME IN THE SUNLIGHT TO CALIBRATE YOUR NATURAL CLOCK
- 7** KEEP A CONSISTENT SLEEP SCHEDULE
- 8** NAP EARLY-- OR NOT AT ALL
- 9** LIGHTEN UP ON EVENING MEALS
- 10** LIMIT TV WATCHING AND HOMEWORK IN BED
- 11** EXERCISE EARLY IN THE DAY
- 12** STICK WITH YOUR COMMITMENT TO IMPROVE SLEEP





More Resources

TRY OUT SOME
MEDITATION APPS

calm

headspace



PRACTICE SOME
GUIDED YOGA

do yoga
with me

down dog



REGISTER FOR A
LIBRARY CARD
AND DOWNLOAD
THESE APPS FOR
AUDIOBOOKS &
EBOOKS

libby

hoopla

FOLLOW
INSTAGRAMS
WITH POSITIVE
MESSAGING

