SPECIAL EDITION WEEKLY WELLNESS & COUNSELING NEWSLETTER



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

TURN YOUR
BEDROOM INTO A
SLEEP-INDUCING
ENVIRONMENT

AVOID CAFFEINE, ALCOHOL, NICOTINE, AND CHEMICALS THAT INTERFERE WITH SLEEP

ESTABLISH A SOOTHING PRE-SLEEP ROUTINE

GO TO SLEEP WHEN YOU'RE TRULY TIRED DON'T BE A
NIGHTIME CLOCK
WATCHER

SPEND TIME IN THE SUNLIGHT TO CALIBRATE YOUR NATURAL CLOCK

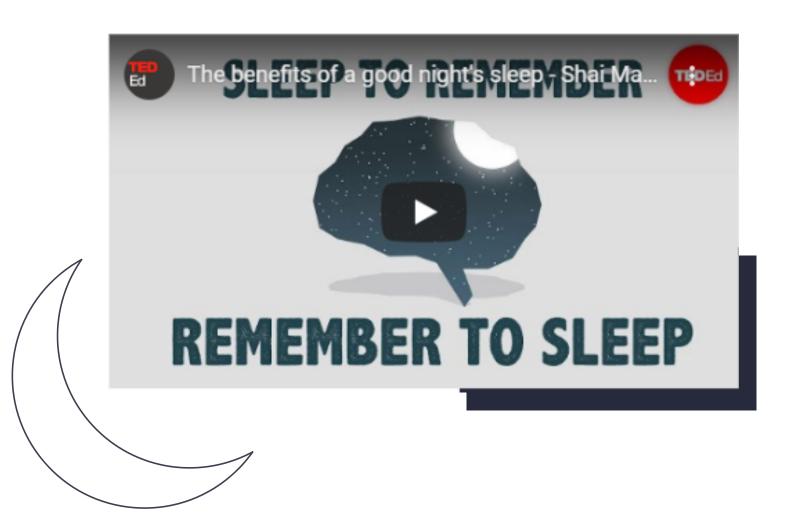
KEEP A
CONSISTENT
SLEEP SCHEDULE

NAP EARLY--OR NOT AT ALL LIGHTEN UP ON EVENING MEALS

LIMIT TV WATCHING AND HOMEWORK IN BED

EXERCISE EARLY IN THE DAY

STICK WITH YOUR COMMITMENT TO IMPROVE SLEEP





Scream a loud no to thoughts in your head that declare you're "good" for eating minimal calories or "bad" because you ate a piece of chocolate cake.

REJECT DIET
MENTALITY

say no to fad diets and rigid rules around eating.

HONOR YOUR HUNGER

keep your body fed with adequare calories. don't ignore your hunger cues!

MAKE PEACE WITH FOOD

restriction often leads to overeating, so give yourself permission to eat all foods.

CHALLENGE THE FOOD POLICE

stop equating your worth with the "good" or "bad" food you ate today.

RESPECT YOUR FULLNESS

tune in to your body's signals for fullness. a hunger scale can help you listen to your cues and avoid that overstuffed feeling.

DISCOVER
THE
SATISFACTION
FACTOR

food is an experience meant to be nourishing, joyful, and satisfying- if you let it be!

HONOR YOUR
FEELINGS
WITHOUT FOOD

find ways to comfort without food. try calling a friend or taking a relaxing bath.

RESPECT YOUR
BODY

learn to accept your body by remember that your worth does not increase as your size decreases.

EXERCISE--FEEL THE DIFFERENCE

exercise doesn't only count when it's at the gym, a walk with your dog is a great option.

HONOR YOUR HEALTH

anti-diet is not anti-health. choose nutrient-dense foods as often as you are able to.



TRY OUT SOME MEDITATION APPS

<u>calm</u>

<u>headspace</u>



PRACTICE SOME GUIDED YOGA

do yoga with me down dog



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

<u>libby</u>

<u>hoopla</u>

FOLLOW
INSTAGRAMS
WITH POSITIVE
MESSAGING

