



# 10 Tips for College Health

**College is an adventure. But it's also pretty stressful.**

**Here are just a few tips to help you stay healthy:**

- 1** Visit the Health Center for regular check-ups.
- 2** Get vaccinated – for human papilloma virus (HPV), tetanus, flu, and other diseases.
- 3** Sleep – do your best to not stay up all night; maintain a regular sleep schedule.
- 4** Exercise!
- 5** Eat well – regular, healthy meals maintain your energy levels.
- 6** Maintain mental health – learn about stress management and get help for anxiety or depression.
- 7** Avoid substance use.
- 8** Prevent sexually transmitted diseases (STDs) – If you choose to be sexually active, know what protection to use.
- 9** Don't smoke/quit smoking.
- 10** Keep healthy relationships – feeling scared, humiliated, pressured, or controlled are all signs of an unhealthy relationship. Talk to someone you trust for help.

**Need help with any of these tips?**

**We're here to help – so, comes see us!**

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