

10 ACTION STEPS TO EMBED WELLBEING IN YOUR COLLEGE LIFE

Find links to many helpful resources at morris.umn.edu/MorrisLetsThrive

1. **Include a wellbeing practice in your day.** Choose something you enjoy—it'll help you better manage life's stresses.
 - Spend meaningful time with friends.
 - Enjoy a hobby.
 - Focus on your breathing and try meditation.

2. **Got 5 minutes? Spend it outside!** Being in nature gives your wellbeing a boost.

Research shows that more time in nature not only greatly improves your overall health, cognitive functioning, and sense of well-being, but importantly leads to making better environmental decisions.

—www.nature-Rx.org

3. **Move your body.** Exercise benefits all aspects of your health and wellbeing! Even a 15-minute walk makes a difference. Check out the Regional Fitness Center's yoga and other great mind/body options.
4. **Build a gratitude positive psychology practice into your daily routine.** It can take as little as 2 minutes a day. Check out the Grateful App to learn how!
5. **Build new skills and understanding to address depression, stress, social anxiety, and healthy sleep.** Complete an assessment, explore learning modules, or work with a coach via the confidential UMN Learn to Live online program. (code: UMN)

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6. **Take a little time to eat well.** Try focusing on eating fruits and veggies every day, and invite a floor-or class-mate to join you. Connect with Morris [Healthy Eating](#), the Native Student Garden, and the Organic Garden. Reach out for [food resources](#)—many options are available on campus and in the community.
7. **Access free, confidential campus health and wellbeing resources** like [Student Counseling](#), [Health Service](#), and the [Disability Resource Center](#).
8. **Worried? Procrastinating? Take one small positive first step.** It could be as simple as reaching out to someone who can share the journey.
9. **Talk to someone!** Talk to your friends, faculty, your adviser, a [success coach](#), or another staff member. Swing by and chat with a [Let's Talk counselor](#).

And, last but *definitely* not least:

10. **Get enough sleep!** It's a good use of time: 8-10 hours of sleep each night make academics as well as life better. Browse the [Mayo Clinic website](#) for sleep tips.

Recent studies have shown that adequate sleep is essential to feeling awake and alert, maintaining good health and working at peak performance. After two weeks of sleeping six hours or less a night, students feel as bad and perform as poorly as someone who has gone without sleep for 48 hours.

New research also highlights the importance of sleep in learning and memory. Students getting adequate amounts of sleep performed better on memory and motor tasks than did students deprived of sleep.

—Lawrence Epstein, MD, medical director of Sleep Health Centers, Brighton, MA, at American Academy of Sleep Medicine, 2017

Morris Let's Thrive is a holistic model infusing evidence-based mental health and wellbeing practices, skill building, information, and resources into University of Minnesota Morris students' curricular and co-curricular lives. Through attention to the seven dimensions of wellbeing, it provides tools to cultivate a balanced and fulfilling life.

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