Mental Health “Tips”
(for Faculty & Staff to share with students)

- Ensure you are getting 7-9 hours of sleep per night to ensure optimal functioning of your brain and body. If possible, try to have a consistent sleep time / wake time to regulate your body.

- Strive to eat three meals per day, following the recommendations of Canada’s Food Guide. Don’t skip breakfast! Your brain needs to be nourished!

- Take a break from studying and spend some time with your friends. Social contact is an important part of self-care.

- Take a break from studying and get some exercise. You don’t have to go the gym! Go for a walk, play a sport with friends, go for a bike ride. Exercise is an important part of self-care.

- Ask for help when you need it! Don’t wait until it’s too late.

- At the end of every day, see if you can write down three good things that happened that day. Make this practice a regular habit and notice the impact it has on your perception and mood.

- Practice gratitude! Say thank you to people. Let people know how much and why you appreciate them. Research shows that grateful people are generally happier.

- Volunteer! Contribute to a cause that is larger than yourself.

- Cut back on substances. Alcohol, drugs, and cigarettes are not helping to strengthen your mental health.

- Make time in the day to laugh: Visit with friends. Watch a YouTube video. Read material online. Go to a comedy show. Spend time reminiscing.

- Build mindful practice into your everyday life: Meditate. Try Yoga. Download and explore the CALM app on your phone. Engage in a deep breathing exercise. Colour a picture.

- Pay it forward! Do something nice for someone else when someone does something nice for you.

- Find one wholly kind thing to do and do it.

- Reevaluate your goals and ensure they are realistic.

- Spend some time outside.