Wellness Checklist for Incoming College Students

- Establish healthy habits
  - Schedule physical activity, healthy eating and stress reduction like you schedule your classes
  - Learn the location of fitness centers, dining halls with healthy options and the student health center

- Find local health care
  - Get connected to a primary care provider and a pharmacy

- Make your mental health a priority
  - Start making friends
  - Get involved in campus organizations that interest you
  - Seek professional help immediately if you feel overwhelmed

- Find a system that works for you
  - Use a planner or an app to stay organized and proactive about your health and well-being