

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

