

# How to Stay Well and Take Care of our Well-Being

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We are all aware of the fact that “Health is Wealth” and that we must stay healthy, eat healthy and have a healthy lifestyle. However, implementing it in real life is not as easy as it sounds. Being a student, always being occupied with classes, assignments, and deadlines. Amidst all this chaos, maintaining a healthy lifestyle might not be our first priority.

Let us figure out some effortless ways to implement a healthy lifestyle in our chaotic student life.

## **WELLNESS versus WELL-BEING**

### **THE DIFFERENCE**

Simply, wellness is what we refer to as having a “healthy lifestyle.” The daily habits that we do to attain or maintain better health. For me, it’s drinking warm water first thing in the morning.

Well-Being, on the other hand, is the state of being happy and healthy emotionally, physically, and psychologically.

### **THE CONNECTION**

When we have a healthy lifestyle, it is obvious that we will feel more satisfied and happier with our life. This happiness is our well-being.

## **HEALTHY HABITS FOR A HEALTHY LIFESTYLE**

Now that we know that we can take care of our well-being by having a healthy lifestyle. Here are some helpful tips you can implement to have a healthy lifestyle:

### **Drink Water**

It is simple and it is important. According to Mayo Clinic, men should consume about 3.7 liters of fluid per day and women should consume about 2.7 liters of water per day. However, it can be difficult to keep track of the amount of water we consume every day.

In that case, you can tie drinking water to one of your daily routines, like a habit of drinking water before every meal or after you brush your teeth. You can also try flavoring up your

water with lemons or cucumbers. Personally, I have a habit of keeping a bottle of water in front of me every time I sit to study so that I can consume water without making any extra effort and keep myself hydrated.

### **Add some fruits & veggies!**

Try adding an apple or a banana to your breakfast or have them as your evening snack. You can also try making them interesting just like water.

Here are some quick snack ideas you may want to try:

Apple with peanut butter

Banana Milkshake

Strawberries with yogurt

Celery with hummus

Berries with oats

### **Try Something Healthy**

Try something new that is healthy and makes you feel happy. It can be a certain type of yoga class or a dance style.

**Athletics and Recreation** has a lot of in-person activities planned for students every week at every campus. There is something for everyone – from de-stress yoga to hip-hop fusion.

### **Turn Off Your Screens**

We spend most of our time in front of screens doing assignments or watching movies. However, staying constantly in front of screens can have a negative impact on our wellness.

Medically speaking, unregulated screen time can cause mood swings, irritation, and anxiety.

Try to take “screen-free” breaks in between. Instead of watching a movie or checking out social media, you can go out for a walk (and leave your phone at home!) or just listen to a trending song and give some breaks to your eyes.

### **Get Enough Sleep**

Nothing feels better than having a great night’s sleep. The freshness of the morning gives the

perfect start to our day. The Centers for Disease Control and Prevention recommends at least 7 hours of sleep for all adults.

However, some of us might face difficulty sleeping. It can be because of academic pressure or other mental health conditions like fatigue, depression, and anxiety. If you find yourself facing such problems, you can always access Seneca's [Personal Counselling and Accessible Learning Services](#). These services offer support to students in managing the complexities of college life and are confidential and free of cost.

## **BONUS**

Keep an eye out for the "Wellness Tip of the Week" reel presented by the Peer Wellness Ambassador Team, on Seneca's [Student Life IG Page](#) every Thursday.

## **MY TAKE AS A STUDENT:**

It can be hard to manage everything but making small changes to our lifestyle can have major positive impacts. Also, being a Seneca student comes with a lot of benefits, so make sure to take advantage of all the available services and opportunities.

Content was adapted from the following resources:

[Meraki](#)

[NewYork-Presbyterian](#)

[Mayo Clinic – Speaking of Health](#)

[Mayo Clinic – Healthy Lifestyle](#)

[Dr. Kara](#)

[National Institute of Health](#)

[Centers for Disease Control and Prevention](#)



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