

STUDENT WELLBEING CHECKLIST

1: TAKE CARE OF YOURSELF

- Eat well and get enough sleep.
- Stay active, but don't overdo it.
- Practice good personal hygiene.

2: BUILD POSITIVE RELATIONSHIPS

- Seek and offer support to classmates to strengthen relationships with them.
- Develop a regular peer study group.
- Take time to be social and have fun with friends.

3: PRACTICE SELF-AWARENESS AND SELF-CARE

- Take time to reflect on your mental health and emotional state.
- Find activities that bring you comfort and joy.
- Make time for yourself to relax and be mindful.

4: MANAGE TIME EFFECTIVELY

- Prioritize tasks and break them down into smaller parts.
- Create *realistic* goals and timelines.
- Set aside time for yourself to unwind and relax.

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5: GET HELP WHEN NEEDED

- Identify mental health resources on campus.
- Connect with mental health professionals for support.
- Utilise support groups or online communities as needed.

6: GET INVOLVED IN CAMPUS LIFE

- Join student organisations and clubs.
- Participate in campus events.
- Connect with other students.

7: MANAGE STRESS AND ANXIETY

- Practice relaxation techniques such as deep breathing and mindfulness.
- Take regular breaks throughout the day.
- Identify activities that help you manage stress.

8: SET BOUNDARIES

- Learn to say no when needed.
- Set limits on the amount of time you spend on social media.
- Respect your own limits and boundaries.

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9: DEVELOP HEALTHY COPING MECHANISMS

- Make time for yourself to relax and unwind.
- Find positive activities to help you cope with difficult emotions.
- Work on any perfectionist tendencies to relieve pressure on yourself.

10: SEEK SUPPORT WHEN NEEDED

- Connect with friends and family.
- Utilise support groups or online communities.
- Seek onsite well-being support.
- Talk to a mental health professional.

If you'd like to connect with one of our therapists for specific mental health concerns around overwhelm, stress, anxiety, or depression, you can make contact [here](#).