

# DEVELOPING SCHOOL/LIFE BALANCE

Managing the stress of being a student can be difficult! Developing healthy habits to create balance in your life can help to reduce tension, anxiety, and improve overall wellbeing.



## TIME MANAGEMENT

Allow yourself to take frequent, but bounded breaks while studying. It may be helpful to **set a schedule** for yourself each day. Find what works best for you! Some students may set timers on their phones, while some prefer a traditional paper "planner."

*Take meaningful breaks - go for a short walk, stand and stretch, or listen to a favorite song*



## BE MINDFUL OF BASIC NEEDS

When we are feeling hungry, tired, or thirsty our performance will suffer! Basic needs also include **socialization**. Aim to eat 3 healthy meals per day, drink plenty of water, and reach out to friends/family.

*Aim for 8-10 glasses of fluid per day*

## KEEP COMMUNICATION OPEN

Even if you are following all of these strategies, it is normal to struggle and feel out of balance. Consider reaching out to your instructor(s) for extra guidance. Remember to lean on your support system and ask for help when needed. **Consider speaking with a Wellness counselor before stress escalates into feeling overwhelmed.**

**Rest and refresh.** Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores both your mind and body. Allow yourself some unfocused time each day to refresh, let your mind wander, go daydream. It's okay to add 'do nothing' to your to-do list!

### Need to talk?

Wellness Counselors are available by virtual appointment. Email [wellness@waketech.edu](mailto:wellness@waketech.edu) or visit [wellness.waketech.edu](http://wellness.waketech.edu) to schedule a session.