

The first year of college can be stressful, and trying to stay healthy while balancing academics, work, and social responsibilities can add significantly to that stress. For freshmen on a meal plan, navigating the dining hall and making time to exercise can be especially tricky. However, there are many manageable ways to stay healthy as you transition to college life. Here are some common wellness concerns that freshmen face, as well as some strategies to address them.

### **Balanced Eating at the Dining Hall**

Look for a variety in food groups when eating on campus. Learn what you need for a balanced meal by exploring [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). Check out the Banyan Dining Hall's online menu to plan beforehand and ensure you're eating balanced meals.

### **Regular Meals**

If you skip a meal due to rushing through your day, your chances of overeating later are greater. Try to eat consistently throughout the day to maintain your energy levels. Also, try keeping protein-rich snacks such as nuts, hardboiled eggs, and string cheese with you to hold you over between meals.

### **Mental Health**

Emotions play a huge role in your overall well-being, including your eating habits. Stress, anxiety, and other difficult emotions can lead to overeating or restricting food intake. Developing healthy coping mechanisms for dealing with emotions can help you feel more in control of your food.

### **Exercise**

Move your body by walking, swimming, taking a Seaside Activities class, or weight lifting at the student gym. Getting 30–45 minutes of moderate exercise three to four times a week can be helpful in reducing stress.

### **Hydration**

Make sure you are getting enough water. A good way to consistently get the hydration you need is by keeping a reusable water bottle with you so that you have a visual reminder to drink. Sometimes when you feel hungry, what your body really needs is water.

### **Sleep**

With homework, jobs, and other responsibilities, it can be easy to push sleep to the back burner. The current recommendation is to get 8 hours of sleep every night. Making sleep a priority can lead to better mental health, increased alertness, and better academic performance.



## ADDITIONAL RESOURCES

### **Seaside Wellness**

free gym tours,  
wellness coaching,  
and personal training  
sessions  
[seasiderwellness.as.me](http://seasiderwellness.as.me)

### **WSR Consultation**

free nutrition  
consultations  
(808) 675-3024  
[wsr@byuh.edu](mailto:wsr@byuh.edu)

### **Counseling Services**

(808) 675-3518  
[counselingservices@byuh.edu](mailto:counselingservices@byuh.edu)

### **Health Center**

(808) 675-3510  
[healthservices.byuh.edu](http://healthservices.byuh.edu)

[eatright.org](http://eatright.org)