



Laney Student Health Services

10 General Health & Self-Care Tips



1. Drink 8 glasses of water a day or herbal teas

2. Eat some protein (eggs, chicken, fish, meats, nuts, beans) at each meal. This helps with learning by making us more alert, attentive, thinking more quickly, and having motivation.

3. Reduce sugar consumption in the form of refined sugars (candy, soda, cookies, anything with high fructose corn syrup) and refined grains (white rice, white bread, pasta).

4. Eat more fruits and vegetables. 5-9 fistful size servings. As an example 1 small apple equals a serving.



5. Don't skip breakfast. It's the most important meal of the day.

6. Stop eating 3 hours before bedtime. This can affect the quality of sleep. Take 5 deep breaths before you go to sleep.

7. Eat the full spectrum of colors of fruits and vegetables (red apple, yellow squash, green kale, oranges, purple eggplant, etc.)

8. Walk, run, dance at least 20 minutes in nature at least 3 times a week.



9. Feel your feelings, talk to friends, teachers, counselors about deep pain or anger.

10. Connect daily with your spirit world, either by your church, reading a holy book, prayer, being in nature/at a park or anything that connects you to the great spirit of the universe.

