



When we're under stress, it's common to reach for comfort foods.



The recommendation from Professor Lowry to “feed your body a forest” is a good reminder to seek out fruits and vegetables and try new ones, when possible. Also, when you have limited access to diverse and healthy foods, spending some time in natural environments can be good for your gut health. Time outside in the sun and fresh air, especially if it's combined with movement like walking, hiking, or other exercise is a great way to care for your body, even when social distancing requires you to do so on your own.



Check the resource section on Canvas for additional ideas about nutrition and campus supports.



TOOL 2

### Rest and Replenish

Sleep is often the first area of physical functioning that gets disrupted under times of stress. Unfortunately, sleep deprivation and fragmentation can impact your health, wellness, and learning. Valuing sleep is critical, even though some sleep disruption when starting college is common (and may be especially the case right now).



TOOL 3

### Plan Accomplishment, Connecting, or Engaging Activities (ACE)

Another way to support your wellness is to make use of the connections between what you do and how you feel. Small adjustments in daily activities can make a big difference in how you feel. Activities that boost your wellness often fall into one of three categories, which we note with the acronym “ACE.”

Accomplishment activities provide a sense of achievement, mastery, or getting things done.

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## Connecting activities engage you with other people.

Starting college today is likely to change your social world and access to support in significant ways.

Revisit the Unit 3 and Unit 4 Wellness Workbooks to reflect on some of the people, places, pets, passions, and plants and ideas for connection. Practice making time to connect, especially if you are feeling stressed.



Some ideas from Unit 3 and 4 include: Surprise someone with a small act of kindness, attend office hours, reach out to a classmate, make a phone call to say hello to someone you feel close to, host a virtual game night, or water your plants.

## Enjoyment activities provide a sense of pleasure, delight, or fun.

During this time, some of the activities you typically engage in may be unavailable.

Think outside the box and engage in things that bring you enjoyment



Identify at least one ACE activity that you want to add to your schedule this week. Even though it can be challenging due to social distancing or other restrictions, small steps to do even one ACE activity during your day can help reduce stress and support your wellness.

