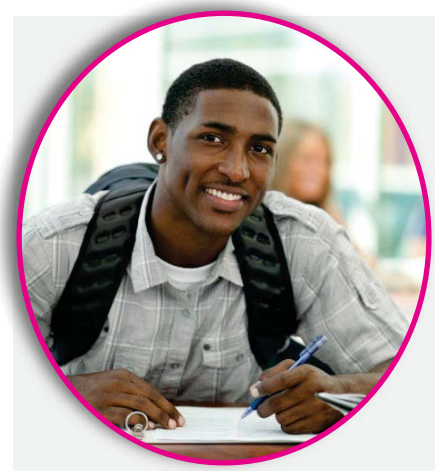
STUDENT health101™

STALL STREET JOURNAL

October 2012 [A WEEKLY DOSE OF KNOWLEDGE] Volume 8, Issue 2, Week 1



You Can Do It!

Juggling all you need to do can be stressful. Try these proven techniques to get things under control.

Assess Your Priorities

It might feel like there are tons of things to do, all at the same time. Take a moment to figure out what's essential and what can be delegated or set aside.

Create a Plan

Organize assignments, and other tasks or events, based on due dates. Plan ahead and map out your strategy for completing things incrementally.

Find Support

Reach out to advisors, mentors, friends, and others for assistance tackling your to-do list. If you feel overwhelmed, talking with a counselor or someone else you trust can help.

Unwind

Make time for sleep, healthy meals, physical activity, and fun. Taking care of yourself will actually help you work more efficiently and effectively.

IN THIS MONTH'S ISSUE OF *STUDENT HEALTH 101*:

Fetching Coffee?

Jump-start your career with a meaningful internship.

READ *STUDENT HEALTH 101* TODAY:

http://readsh101.com/wlu.html

Student Health Center
540-458-8401
Lower level Davis Residence Hall

Counseling Services
540-458-8590
Early-Fielding

Office of Health Promotion
540-458-4501
Elrod Commons, Room 250

Campus Recreation
Warner Center 416
540-458-8244