

Maintaining healthy habits is crucial for university students to ensure well-being, academic success, and personal growth. Here are some key healthy habits to consider:

Balanced Diet: Consume a well-balanced diet rich in fruits, vegetables, lean proteins, and whole grains. Avoid excessive fast food and sugary snacks. Proper nutrition supports both physical and mental health. Listen to your body, which foods make you feel energised, and which make you feel tired and lazy?

Regular Exercise: Incorporate regular physical activity into your routine. It is a mood enhancer which makes you feel good! It can reduce stress and enhances cognitive function through improved oxygenation of the brain. This is essential for optimal brain function and overall cognitive health. Adequate oxygen supply ensures that brain cells receive the energy they need to function efficiently. JCUSA provides good gym and sports facilities for you to use.

Adequate Sleep: Aim for 7-9 hours of quality sleep per night. Sleep is essential for memory consolidation, focus, and overall well-being. Research shows that the optimum sleep window for memory formation is between 10pm and 3am.

Stress Management: Develop effective stress management techniques, such as deep breathing, meditation, mindfulness, or yoga. Recognize when you need a break and prioritize self-care. The seven second breath technique is easy to remember and use, particularly in a high stress environment like exams.

Time Management: Personal time is just as important as study time. These need to be in balance to maintain stable mental health.

Hydration: Stay well-hydrated by drinking plenty of water throughout the day. Dehydration can lead to fatigue and decreased cognitive function. If you are new to the tropics, this can be a real issue.

Regular Health Check-ups: Schedule regular check-ups with a healthcare professional to monitor your physical and mental health. JCUHealth has a number of services you can access.

Social Connections: Maintain a social support network. Building positive relationships and seeking support from friends and family can help you manage stress and stay emotionally healthy. JCUSA has many clubs and societies you can join.

Limit Alcohol and Substance Use: Consume alcohol in moderation, if at all, and avoid recreational drug use. These substances can have a negative impact on

your physical and mental health. If you need assistance with managing your stress or substance use you can access [JCU counselling and wellbeing services here](#).

Academic Support: Utilise academic resources, such as lecturers' office hours, [peer advice](#), [Learning Advisors](#) and [Librarians](#). Seek help when needed to ensure academic success and reduce stress. If you seek help early in your academic career you will have a more successful time. Don't be ashamed to seek support, everyone needs a coach now and then.

Financial Management: Develop a budget and manage your finances wisely. Financial stress can negatively affect your well-being and academic performance. You can seek help [with financial management here](#).

Monitor Screen Time: Manage your screen time by taking breaks from electronic devices. Excessive screen time may lead to a sedentary lifestyle which can negatively impact sleep and mental health, or contribute to physical health issues. Excessive screen use may also impair cognitive function, reduce attention spans, and negatively impact interpersonal skills. Excessive social media use may also lead to negative mental health effects. It is wise to establish boundaries, take digital breaks, and engage in offline activities to maintain mental well-being.

Safety Awareness: Be aware of safety measures on and off campus. Know emergency procedures and stay informed about campus security. Download the [JCUApp](#) to stay up to date with security information.

Remember that everyone's needs are different, so it's essential to tailor these healthy habits to your specific circumstances and preferences. Prioritising your physical and mental health will contribute to a more successful and enjoyable university experience.