MODULE 6

WELLNESS HABITS IN COLLEGE

STUDENTS
STRESS LESS COACHING

Students Stress Less Coaching LLC, 2022 - All rights reserved

http://www.mannaproject.org/

MODULE 6

Course Objective:

To learn how to successfully balance college life and prioritize your wellness.

To explore the 6 dimensions of wellness and apply 4 main components of **college wellness** to your daily college routine.

Sleep

Body Movement

Basic Nutrition

Stress Management

You will:

- ❑ Learn the importance of life balance and overall well-being in college.
- ❑ Learn the difference between *wellness* and *well-being*.
- ❑ Learn 4 skills that support wellness
- ❑ Learn 4 main areas of wellness for college students
- ❑ Take a closer look at sleep, basic nutrition, body movement, and stress management components of a college wellness plan.
- ❑ Take a wellness assessment based on the 8 dimensions of wellness.
- ❑ Define wellbeing for yourself – take a personal wellness inventory.
- ❑ Create your best wellness plan for college that includes the 4 main pillars of college wellness in this module.

WELLNESS HABITS and College Life Balance

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

The importance of life balance and overall well-being in college

Establishing and maintaining your overall well-being in college is important to your college success. In fact, it can be considered as being the most important foundational support for all aspects of your college success.

If your physical health, mental health, and overall wellness are not solid, other areas such as academics and relationships suffer. Your state of well-being needs to be optimal so you can flourish in college.

Wellness is not just **fitness**. Wellness is not just being "not sick." ***Wellness is a conscious and deliberate process of making choices for a balanced and satisfying life.*** Wellness is a skill that, once solid, supports your best self for learning and thriving in college.

Wellness is a skill.

In this module, for the purpose of supporting and encouraging college student success, you will focus on **4 specific areas of college wellness**:

- Sleep health
- Basic nutrition for college
- Body movement
- Stress Management

All dimensions of wellbeing are important and should be considered when creating life balance, but in college, based on statistics, these four areas are the most crucial for students' overall well-being.

"You can get better at well-being. It's a skill you can train for."

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

With the many demands, pressures, and expectations of college, your state of ***wellbeing*** is often disrupted. Areas of wellness such as social wellness, emotional wellness, and self-care habits are neglected.

It is crucial for college students to learn and practice how to balance **all areas of college life** as a busy college student. These are all examples in the 6 dimensions of wellness:

- Incorporate fun and enjoyment with academic pressures.
- Prioritize nutrition, sleep, and fitness.
- Feel confident with finances and relationships.
- Manage emotions and foster personal development.
- Be a part of community.
- Involve yourself in leadership and service.
- Foster spiritual growth.

Balance is nurturing your **whole self** within *every part of your daily living*.

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Wellness Statistics for College Students

In the 2023 Thriving College Student Survey, compared to 2022 results, there is good news. Read about it HERE:

56% of students surveyed experienced chronic stress.

Three in four students say stress is negatively impacting their ability to learn, focus and do well academically.

About half of college students (52%) have received mental health treatment from a mental health professional and 1 in 6 have done so on campus.

As of 2022, around 50 percent of surveyed students in the U.S. agreed or strongly agreed that their health and well-being were priorities at the college or university they were currently

For the second year in a row, listening to music remains the number one behavior students engage with to manage stress (cited by 82% of respondents) followed by socializing with friends (cited by 67% of respondents).

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

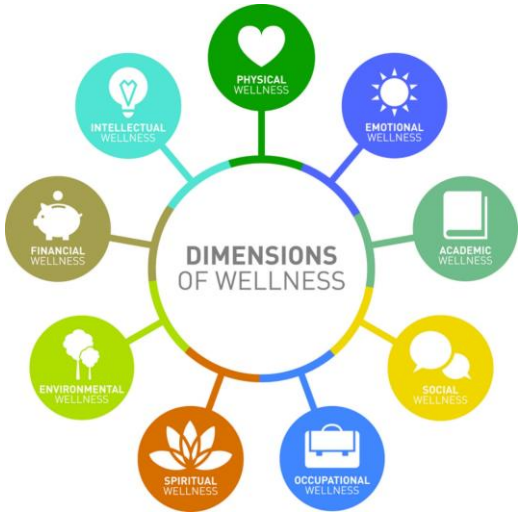
MODULE 6

Wellness or Well-being:

Well-being is a broader term that includes an overall description (and state) of your human health. It focuses on your *whole self*. Therefore, *well-being* includes *various dimensions* of **wellness**:

- Physical wellness
- Social wellness
- Emotional wellness
- Financial wellness
- Mental wellness
- Spiritual wellness
- Community wellness
- Vocational/School/Occupational wellness

These dimensions are connected and affect one another. If one dimension is neglected or disturbed, the others respond is some way. This is the reason establishing a life balance is crucial for optimal health.



https://belencommunitycare.com/

Wellness is the more commonly-used term, and although most think this means just your physical health, **wellness** is the state of **one specific aspect** of your overall health.

Wellness is also how you behave, and the habits you have that contribute to your well-being.

"Wellness describes a healthy lifestyle beyond acute illness. It refers to a state of physical health in which people have the ability and energy to do what they want to do in life, without chronic suffering. Although wellness means something different at every stage of life, it's primarily supported through habits of eating, physical activity and quality sleep that leads to positive health outcomes."
https://www.gallup.com/workplace/340202/wellness-wellbeing-difference.aspx

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

4 Skills Neuroscience Supports for Overall Well-being:

Neuroscientists have researched how neural circuits in the brain can either support or negatively affect well-being when you engage in consistent habits and behaviors in these 4 areas:

Resilience	Outlook	Attention	Generosity
Reframing and overcoming adversity.	Adopting a positive mindset and fixing negative mindsets.	Practicing mindfulness activities. Turning down distracting things in life.	Activate brain circuits when giving to others – kindness.

Check this out:

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

The 4 Areas of Well-being for College Students:

SLEEP HABITS

Lack of sleep affects every area of your daily living. Academic performance is affected by sleep health.

BODY MOVEMENT

Physical health is a large contributing factor in your overall well-being. The body affects the brain. The brain affects the body.

BASIC NUTRITIONAL NEEDS

Food affects brain health. Food affects body health.

STRESS MANAGEMENT

The ability to manage stress contributes to your capacity to enjoy life.

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Sleep Health

Every person needs different amounts of sleep to function. College students, on average, require about 7-9 hours of sleep each night. However, 70-90% of students are getting less than 7 hours of sleep each night.

The demands and busy nature of college life is the main reason college students seem to be at a higher risk of being sleep deprived.

Sleep is one component of college life that can not be overlooked as you are actively learning. Every part of your health and daily functioning depends on the state of your sleep health.

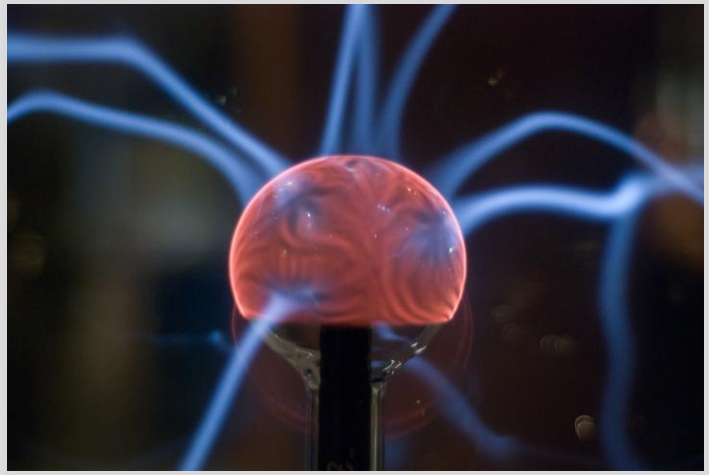
The brain needs to rest. It needs to regenerate, recharge, and revive. Quantitative studies show, there is a direct impact on academic performance when sleep quality suffers. Therefore, sleep should be one of the highest priorities of college life.

There are various parts of college that affect your sleep health. *Stress* is one of the biggest factors that impact sleep. Researchers now believe that sleep deprivation could contribute to the onset of mental health problems.

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Sleep Health



"At the onset of puberty, teens have a circadian rhythm shift, and their body clocks shift to a later schedule. It also connects to the release of melatonin, which is what primes our bodies to sleep. When kids become teenagers, melatonin begins to be released later than it used to. That means teens are not ready to fall asleep until 11 p.m. Because the same melatonin does not recede until later, teens end up wanting to sleep in more than they used to. So, they sleep more." Lisa L. Lewis. The Sleep-Deprived Teen: Why Our Teenagers Are So Tired, and How Parents and Schools Can Help Them Thrive,

High schoolers guide to sleep

Get Sleep in College

What to do when you can not sleep in college

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Sleep Health

Results of Lack of Sleep

- Poor sleep (quantity and quality) affects mood
- Brain cells slow down and become weaker, affecting cell communication
- Leads to mental and memory lapses.
- The ability to hold attention decreases
- Less sleep can cause glucose to spike
- Poor problem-solving and critical thinking
- Academic performance suffers
- Information organization is difficult
- Weakens immune system
- Decreases ghrelin (the hunger hormone) production
- Leads to anxiety and depression
- Depletes hormones needed for more energy
- Delays tissue repair
- Causes confusion
- Causes short tempered reactions

All-nighters and cramming sessions are detrimental to sleep health and to academic performance.

Sleep deprivation can cause just as much decline in academic performance as binge-drinking or drug use.

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Sleep Health

10 Ways to improve your sleep health:

- ❑ Put down devices and eliminate distractions an hour before bedtime and engage in some wind down activity (30-60 minutes). The LED lights decrease melatonin production (the natural sleep hormone).
- ❑ Make your room dark and cool. Be sure to turn off devices that light up.
- ❑ Create a nighttime routine that includes a sleep schedule. Be sure to stick to this schedule on the weekends.
- ❑ Getting sunlight early in the day helps set your body's natural rhythms.
- ❑ Eat dinner early in the evening and limit fluids before bedtime.
- ❑ Rest is different from sleep. Rest before bedtime by stopping your activities and relaxing your thoughts.
- ❑ Refrain from eating sugar and high fat before bed. Eat foods high in fiber to spend more time in the restorative phase of sleep.
- ❑ Limit caffeine after noon. Avoid alcohol.
- ❑ Daily body movement
- ❑ Reserve your bed for sleep, not studying or watching TV.

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Sleep Health

Follow a Sleep Diary

Fill out each day to review your sleep last night and how it affected you today.

12:00am	I went to bed at:	yes	I had caffeine/alcohol (Y/N).
8:15am	I woke up at:	no	I felt sleepy throughout the day today.
35	Last night it took me _ minutes to fall asleep:	cheerful	My mood today is:_____
7	My quality of sleep (1-10) was (1 - poor).	journal	Activities before bed last night___:
calm	Today I feel ____.	45 mins.	Did I move my body yesterday?
dreams	My sleep was made difficult by:	Kind of	Did I effectively manage stress?
none	I woke up ___ times.	A little	Did I worry yesterday?
no	I took a nap yesterday (Y/N)?	yes	Did I have to make myself go to sleep?

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Body Movement

Transitioning to college often means new physical fitness habits. Physical fitness, or body movement, is one component of overall wellness that gets neglected in college. Busy and demanding lives, autonomous living and the freedom *not* to exercise, social and academic preferences, and the low priority of body movement are often causes of students decreasing regular activity.

Surprisingly, last year, 54% of a group of college students surveyed reported making their health and wellness a priority. However, research shows that about 50% of all college students exercise less than one time a week. More than 25% of college students who do not regularly exercise believe they are fit and healthy. Forgetting and neglecting physical fitness in college can be a constant struggle.

In general, ***fitness*** includes cardiovascular and muscular activity, endurance, flexibility, and body composition. With an average of 76 hours of free time each week in college, there is opportunity to stay physically active. Prioritizing time to move your body is key. Your physical, emotional, and mental health (and academic performance) improve when you exercise.

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Body Movement

College students who exercise for at least 20 minutes each day, 3X per week are less likely to experience stress and low mood. They are also more social. GPA is reported to slightly rise, as well, when you exercise often each week.

The Most Participated Physical Activities by College Students:

- Cardio – 75.9 %
- Weightlifting – 45.45 %
- Yoga – 12.30%

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Body Movement

Physical activity refers to any bodily movement produced by the contraction of skeletal muscle that increases energy expenditure above a basal level to enhance health.

Exercise is a form of physical activity that is planned, structured, repetitive, and performed with the goal of improving health or fitness. Although all exercise is physical activity, not all physical activity is exercise.

https://www.askideas.com

First, body movement does not have to be interpreted as running a marathon or joining an expensive off-campus fitness center.

In college, the key is to prioritize physical activity, so that you are engaging in about 150 minutes of moderate-intensity aerobic activity a week. You should add intensity and strengthen muscles several times a week, as well, according to the American Heart Association.

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

Body Movement

4 TYPES OF EXERCISE

strength resistance	flexibility	balance	endurance
Keep muscle groups active and in use for extended periods of time, repeating the same movements (until fatigued). **EXAMPLES:** Pull-ups Chin-ups Push-ups Kettlebell swing Romanian deadlifts Free weights Source: AHA online	Stretching muscles and using range of motion at the joints to improve flexibility. HOLD stretches. Breathe normally. **EXAMPLES:** Swimming Yoga Leg Wall stretch Pilates Foam roller	Helps you control and stabilize your body's position (in space). Helps prevent injury and falls, as these exercises stabilize joints as well. **EXAMPLES:** Balance board Stability ball Yoga Pilates Weight shift exercises	Increase breathing and heartrate (heart/lung). Also called "aerobic" exercise. Uses major muscle groups. Keeps circulatory system strong. **EXERCISES:** Walking Swimming Climbing stairs Dancing Biking *For overall fitness*

Students Stress Less Coaching LLC 2021

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Body Movement

How to Prioritize Body Movement in College

Whether you prefer to exercise by yourself or with others, just move your body. College campuses make it easy and accessible for students to stay fit, offering classes and gatherings like campus-wide yoga, extending fitness center hours, and encouraging you to try new body-moving activities. It is your responsibility to make fitness a priority.

- ❑ Make body movement routine.
- ❑ Schedule exercise.
- ❑ Find a couple of activities you like and alternate them.
- ❑ Try a new fitness event with a friend.
- ❑ Challenge yourself to learn or practice a new fitness activity.
- ❑ Make weekly exercise goals.
- ❑ Make daily exercise goals.
- ❑ On your busiest day, move your body.
- ❑ Incorporate both stretching and breathing.
- ❑ Take advantage of exercise apps.

"Physical fitness is not only one of the most important keys to a healthy body. It is the basis of dynamic and creative intellectual activity."
JFK

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Basic Nutritional Needs

Despite most colleges offering healthy food options, managing a healthy diet can be a struggle for college students. Whether you arrive on campus with little knowledge about diet and nutrition or have intentions of extending your healthy choices from home, eating for mental, emotional, and physical benefits in college can be difficult.

You are essentially responsible for your own health for maybe the first time. Trying to incorporate healthy eating while balancing academic life and social life presents a challenge. Making intentional healthy nutritional choices must be a priority while a busy college student.

59% of American college students are nutrient deficient.

Zinc, calcium, and Vitamin B12 are the nutrients lacking in college student consumption.

DISCLAIMER: *Students Stress Less Coaching, LLC* does not advise, treat or suggest dietary actions or changes.

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Basic Nutritional Needs

Reasons for Making Poor Nutrition Choices in College:

- Fast food temptations
- Late night studying – convenience
- Social temptations
- Lack of scheduling and timing to eat
- Access to vending machines and snacks
- Lack of nutritional knowledge
- Cost of healthy foods
- Freedom to make uneducated food choices
- All you can eat meal plans on campus
- Stress eating
- Choosing high sugar drinks and processed foods
- Swiping a card versus spending cash can lead to poor food and drink choices
- Lack of appliances in dorms

DISCLAIMER: *Students Stress Less Coaching, LLC* does not advise, treat or suggest dietary actions or changes.

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Basic Nutritional Needs

Guidelines for Making Healthy Dietary Choices in College:

- Use food as nourishment.
- Choose a variety of nutrient dense foods (colorful).
- Substitute healthy choices when possible.
- Avoid microwavable and processed foods.
- Avoid sugar, alcohol, and high fats.
- Schedule regular eating times.
- Choose nutrition for stress management.
- Avoid stimulants like caffeine when needing to sleep or study.
- Avoid fad diets and be aware of marketing.
- Avoid emotional eating.
- Make healthy dorm dishes like scrambled eggs.
- Add fruits and vegetables to every meal.
- Pay attention to nutritional labels the dining hall provides for served items.
- Pack healthy snacks in your backpack.

Remember:
Excess calories not used as energy are stored as fat.

https://youtu.be/AkTEJOX5nLg

DISCLAIMER: *Students Stress Less Coaching, LLC* does not advise, treat or suggest dietary actions or changes.

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Basic Nutritional Needs

Foods for the Nervous System and the Brain

Slow releasing complex carbs (energy for brain boost):

- Oatmeal
- Whole grains
- Brown rice
- Sweet potatoes
- Starchy vegetables
- Bananas, spinach, broccoli

Misleading "healthy" Food and Drinks:

- Smoothies
- Energy drinks
- Sugary coffees
- Power bars
- Yogurts
- Cereal

Empty Calorie Examples:

- Soda
- Candy
- Cakes
- Pastries
- Alcohol

Healthy Fats:

- Avocado
- Cold water fish – sardine, tuna
- Walnuts
- Almonds
- Olive Oil

Foods That Might Raise Serotonin:

- Oranges
- Whey
- Apples
- Turkey (other poultry)
- Cheese and milk
- Eggs
- Pineapple
- Tofu
- Salmon
- Carbohydrates
- Spinach

Garlic:

Removes cholesterol-reducing stress in the brain.

Antioxidant Foods (reduces oxidative stress):

Cocoa Spinach Berries Green tea

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Basic Nutritional Needs

Cortisol, the *stress hormone*, is released when you feel stress. Although cortisol is not unhealthy short-term, as it is the immediate need to protect the body from stress, *too much cortisol* for *too long* is unhealthy.

Inflammation and blood pressure issues can be the result of chronic, unmanaged stress. It is important to note that the *gut should be healthy to help fight inflammation*. About 80-90% of Serotonin is produced in the gut.

Get Plenty of Vitamin Bs:

- Turn energy-yielding foods into fuel
- protect immune system
- help memory and problem-solving

- ✓ Dark leafy vegetables
- ✓ Whole grains
- ✓ Eggs
- ✓ Beans, lentils, garbanzo beans
- ✓ Citrus fruits
- ✓ Avocados
- ✓ Meat and fish

These Foods Help Combat Cortisol and Stress (in various ways – see citation):

- Whole grains
- Spinach
- Fortified cereals
- Lean beef, chicken, turkey, organ meats
- Tuna, sardines, salmon, herring, oysters
- Eggs, milk, yogurt
- Walnuts, almonds
- Lentils,
- Chia seeds, flax seeds
- Olive oil
- Avocados, bananas, broccoli
- Pumpkin seeds
- Dark chocolate
- Kefir, Kimchi, Greek yogurt, Kombucha

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Stress Management

Module 1 is about **Stress and Anxiety Management**. *Because optimal wellness is created with the management of stress*, stress management is included here in WELLNESS HABITS IN COLLEGE as one of the main 4 pillars of wellness.

Everything but Books – 8 Necessary Skills to SurTHRIVE Freshman Year of College is developed and designed on the foundation of stress management. For college students, the ability to independently cope with stress is critical for thriving during your college experience. Your emotional wellbeing, mental wellbeing, social wellbeing, academic wellbeing, and physical wellbeing ALL depend on how well you can manage stress.

While there is no exact way(s) to reduce stress every time you feel overwhelmed, it is key to practice consistent preventative stress-reducing activities and techniques daily while in college to achieve optimal wellness.

The American College of Health Association states that on average, 44.9% of college students experience "more than *average*" levels of stress:

- **31% students say exams are the most significant cause of stress.**
- **30.5% say relationships cause them stress.**
- **70% of students say money stresses them.**
- **53% of students say they neglect their social life because of stress.**
- **36.5% of students claim the stress is the biggest reason for poor academic performance.**

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Stress Managment

As you refer to **Module 1** to manage stress and anxiety, here are some reminders that will keep you feeling emotionally stable and capable to handle all that college life presents, and offers:

Adopt a "can do" mindset right away. A positive mindset stabilizes you emotionally and mentally.

Be intentional in everything you do (effort) and with every choice you make in college.

Your choices determine your outcome in every situation in life.

There are effective ways to manage your emotional states. Use them daily as emotional and mental protection.

Practice gratitude daily. You have worked hard and deserve to be where you are. Remind yourself of this.

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Stress Management 😟

Controlling everything is tiring and trying to stay on top of everything is exhausting. Focus on your absolute priorities, let go of the rest.

Cognitive	Physical	Environmental	Other
Therapy	Artistic expression	Music	Conflict resolution
Hobbies	Deep breathing	Nature	Prayer
Meditation	Natural medicine	Pets	
Mindfulness	Physical exercise	Spa visits	
Planning	Relaxation		
Reading	Yoga		
Time management			

This Photo by Unknown Author is licensed under CC BY-SA-NC

TRY THIS SELF-CARE ASSESSMENT:
https://www.mentoring.org/wp-content/uploads/2020/03/MARCH_2015_Self_Care_Assessment.pdf

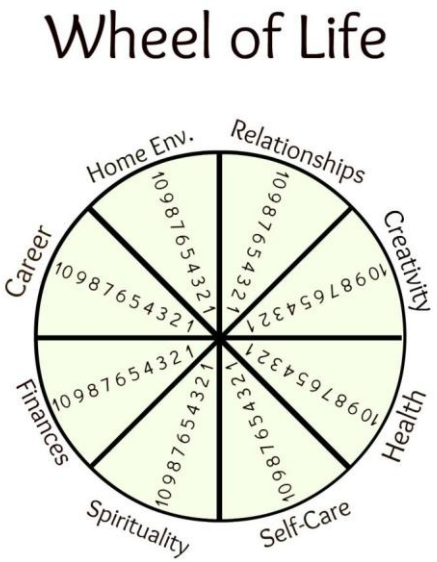
Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

A commonly used wellness assessment

Dimensions of Wellness

This is a fun exercise to assess your satisfaction in 8 areas of your life. The areas in which you score the lowest may need attention and should be incorporated more into your daily life so that you live a balanced life. *CLICK both wheels* and follow the directions on The Wellness Wheel.

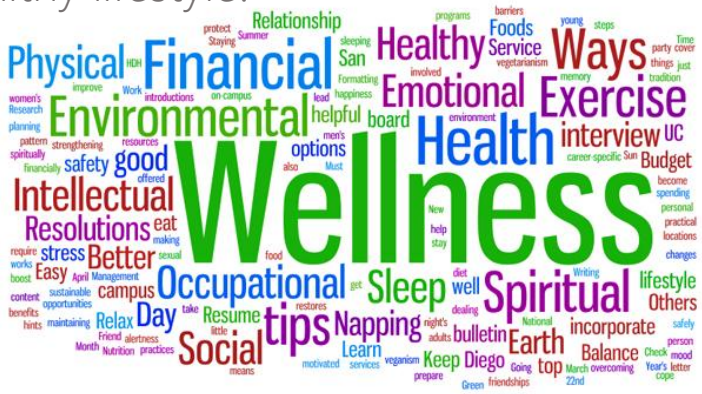


Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

MODULE 6

Define *wellness* for yourself

Wellness is a responsibility you have *to yourself*. You are responsible for choices, intentions, behaviors, and habits that lead to a healthy lifestyle.



https://gastoncountyarc.org/

Wellness is both preventative and proactive.

- Wellness is a mindset.
- Wellness is "an active pursuit" of the optimal state of health and well-being.
- Wellness is a balance of many dimensions of health that need to work together.
- Recognize what you *want* for your well-being and distinguish this from what you *need*.

Take this personal wellness inventory.

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

Create Your Own Wellness Plan in College

As you strive to keep a healthy balance in your day-to-day college life, stay aware of what both fills you up and makes you spill (tip) over.

Beware of the situations in life that disrupt your balance and cause you to feel out of sync with life.

Identify situations, people, thoughts, memories, ideas that cause you to feel imbalanced and use **H.A.L.T.**

Take a survey of your:

- Hunger
- Anger
- Loneliness
- Tiredness

Make efforts to ***restore wellness*** in whatever areas of your life need attention and balance.

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved

Notes

Record 3 things that stand out to you at the end of this module.
Write any questions or thoughts you might have about this module.

1.

2.

3.

Get College Ready, 2024, Students Stress Less Coaching LLC, All rights reserved