Mental Health Tips for the Classroom

For Students
- Communicate with professors and ask for help when needed
- Spread out study times over small periods of time
- Balance homework with other activities

For Faculty
- Communicate and support students, especially regarding alternative methods of education (Zoom, asynchronous, etc.)
- Give yourself and your students occasional breaks in the classroom (stretching or mindfulness activities)
- Practice and model self-care in and out of the classroom (practice mindfulness, explain how you have practiced self-care and ask students how they have practiced self-care that week)

General Tips for Improving Mental Health
- Drink plenty of water
- Get at least 8 hours of sleep each night
- Exercise and spend time outdoors
- Eat healthy and well-balanced meals
- Maintain supportive and healthy relationships with friends and family
- Practice mindfulness
- Break up your daily routine occasionally