

# Mental Health Tips for the Classroom

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## 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
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## 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)
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## 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

