

# 15 Tips for balancing Mental Health And school

## 1. Make your bed every Moring.

- If you can make your bed every morning you have accomplished the first task of the day, and it will encourage you to do another task.
- <https://youtu.be/U6OoCaGsz94>

## 2. keep a calendar

- stay organized, know your schedule.
- Wayne State provides students with Microsoft office, there is a calendar that connects with student email.

## 3. Have gratitude

- even when it seems like everything is going wrong, remember to be thankful for the things going right.
- <http://www.thehappymovie.com>

## 4. Be your own Advocate

- Make sure you do good, speak up and get the extra help.
  - Speak to the SDS, speak to the CAPS
- <https://studentdisability.wayne.edu>  
<https://caps.wayne.edu>

## 5. Exercise

- endorphins will make your mind feel better.
- It is a good break from homework.

## 6. Work hard

- Make sure you put in your best effort
- Don't make excuses

## 7. Get involved

- Find a group on campus with shared interest
- Visit [getinvolved.wayne.edu](http://getinvolved.wayne.edu)

## 8. Communicate

- Talk about what's going on in your life, don't let things bottle up.
- It's okay to call home and cry about that test.

## 9. Fule your body

- Eat food, good food that will fuel your brain.
- Drink water, stay hydrated.

## 10. Stay balanced

- Everything in moderation
- make sure you are okay before anything else.

## 11. Study

- Even if you think you know the information, studying won't hurt.
- Find how you study the best.

## 12. Be your own biggest fan – Treat Yo Self.

- regardless of how many people you have on your side, always have yourself too.
- Gas yourself up.

## 13. Keep the future in mind

- Graduation isn't really "forever" away
- Know when your exams are, get prepared.

## 14. Cut toxic relationships

- If someone in your life is bring you down, you don't need them in your life.
- surround yourself with people you want to be more like.

## 15. SLEEP

- National Institutes of Health found sleep deprived students have lower GPA's due to the fact that it impacts memory and concentration.