How To Start The Year Off On A Healthy Note...

**Be Informed of Campus Security**
Be aware of surroundings, including people. Stay alert and tuned into potential exit routes.
Trust your instincts, if you feel something is not right, call for help.
On Campus Emergency: 617.373.3333
Off campus Emergency: 911

**Get Physical Activity**
Be active for at least a 1/2 hour per day.

**Have Healthy Relationships**
Communication is essential. Take time to talk with and listen to your friends and loved ones.
Avoid relationships with those who drink heavily or use drugs, act aggressively, or treat you disrespectfully.
Lower your risk for sexual violence by trusting your gut. If anything in your relationship makes you feel uncomfortable, talk to someone you can trust.

**Eat a Balanced Diet**
Fruits and vegetables are a natural source of energy and are one of the best eat-on-the-go foods.
Be sure to eat regular healthy meals to help you maintain your energy level.

**Fight Fatigue and Sleep Deprivation**
Avoid stimulants like caffeine and nicotine. Have a good sleeping environment. Stick to a sleep schedule.
See your health care provider if you continue to have trouble sleeping.
Avoid pulling an all-nighter to study.

**Maintain Mental Health**
Develop a support network of friends. Talk with professors, counselors, family, and friends for advice and support.
Regular physical activity can improve one’s mood, relieve depression, and increase feelings of well-being.

**Get Vaccinated**