

S.T.A.H.L. NEWS

Students Talking About Healthy Lifestyles

Brought to you by the IUP Counseling Center March 24, 2025

Spring into healthy habits

SELF-CARE TIPS:

- Make sleep a priority & practice good sleep hygiene
- Try relaxation, meditation, or mindfulness exercises
- Add movement to your day
- Spend time outdoors
- Stay hydrated
- Spend time on your hobbies
- Make time for yourself
- Connect with others
- Take breaks
- Be kind to yourself
- Set boundaries
- Reach out to your support system when needed
- Clean your space
- Set small goals
- Practice gratitude

HOW TO START HEALTHY HABITS

1. Set a small, manageable goal
2. Plan how you can implement it into everyday life
3. Make a list of why this goal will help you (to refer back to)
4. Start implementing it!
5. Be kind to yourself if you don't always do it

RESOURCES

Clarity

Free app for managing stress, anxiety, and low mood

Down Dog

Free app w/IUP email
Meditation app to help you relax!

Crisis Resources:

Armstrong-Indiana Crisis Hotline
1-877-333-2470/Text Hello to 741741
National Suicide Prevention Lifeline
1-800-273-8255 or 988
Campus Police 724-357-2141

IUP Tutoring Center

103 Stabley Library;
Walk-in peer tutoring assistance

Disability Access and Advising (D2A2)

246 Stouffer Hall;
Accommodations and services for students with disabilities of all kinds, including learning, physical, hearing, vision, or psychological

IMPORTANCE OF HEALTHY HABITS

- Physical health directly impacts mental health
- Healthy habits are associated with higher grades
- Healthy habits reduce the risk of getting sick
- Healthy habits can help increase your focus and memory

IUP COUNSELING CENTER

MONDAY - FRIDAY

8AM- 4:30 PM

WALK-IN HOURS

MONDAY - FRIDAY 1-3 PM

724-357-2621

CENTER FOR HEALTH & WELL-BEING, G31
WWW.IUP.EDU/COUNSELINGCENTER
COUNSELING-CENTER@IUP.EDU