

The first year of college can be stressful, and trying to stay healthy while balancing academics, work, and social responsibilities can add significantly to that stress. For freshmen on a meal plan, navigating the dining hall and making time to exercise can be especially tricky. However, there are many manageable ways to stay healthy as you transition to college life. Here are some common wellness concerns that freshmen face, as well as some strategies to address them.

### BALANCED EATING IN THE DINING HALLS

Look for a variety in food groups when eating on campus. Learn what you need for a balanced meal by exploring [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). Download the "Dining Locations" feature on the BYU app to locate nutritional and allergen information.

### REGULAR MEALS

If you skip a meal due to rushing through your day, your chances of overeating later are greater. Try to eat consistently throughout the day to maintain your energy levels. Also, try keeping protein-rich snacks such as nuts, hardboiled eggs, and string cheese with you to hold you over between meals.

### MENTAL HEALTH

Emotions play a huge role in your overall wellbeing, including your eating habits. Stress, anxiety, and other difficult emotions can lead to overeating or restricting food intake. Developing healthy coping mechanisms for dealing with emotions can help you feel more in control of your food.

### EXERCISE

Move your body by walking, swimming, taking a STAC/SWELL class, or weight lifting at the student gym. Getting 30-45 minutes of moderate exercise three to four times a week can be helpful in reducing stress.

### HYDRATION

Make sure you are getting enough water. A good way to consistently get the hydration you need is by keeping a reusable water bottle with you so that you have a visual reminder to drink. Sometimes when you feel hungry, what your body really needs is water.

### SLEEP

With homework, jobs, and other responsibilities, it can be easy to push sleep to the backburner. The current recommendation is to get 8 hours of sleep every night. Making sleep a priority can lead to better mental health, increased alertness, and better academic performance.



#### RESOURCES

*WSR Nutrition and  
Wellness Consultant*  
3326 WSC  
801-422-4877  
[wsr-wellness@byu.edu](mailto:wsr-wellness@byu.edu)  
du

*BYU Counseling &  
Psychological  
Services (CAPS)*  
1500 WSC  
801-422-3035

*Kaitlin Kartchner,  
MS, RDN  
BYU Dining Services Dietician*  
[kaitlinkartchner@byu.edu](mailto:kaitlinkartchner@byu.edu)  
801-422-2573

*BYU Student Health  
Center*  
1750 N Wymount  
Terrace Dr, Provo UT  
801-422-2771

*Intuitive Eating*  
A book by Evelyn  
Tribole and Elyse  
Resch

[eatright.org](http://eatright.org)

[wsr.byu.edu](http://wsr.byu.edu)

3326 Wilkinson  
Student Center  
(801) 422-4877  
[wsr@byu.edu](mailto:wsr@byu.edu)



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