

WELLNESS TIPS

From the TMCC Wellness Committee

**The College for
the New Nevada**



CELEBRATE SMALL VICTORIES

Celebrate the little successes to keep your motivation.

If you see something say something - spread positivity. Each day try to find three things you like, and be sure to tell the person about it. Be genuine. "I love your mask, it makes your eyes really stand out" or thank someone online for a meme that made you laugh.

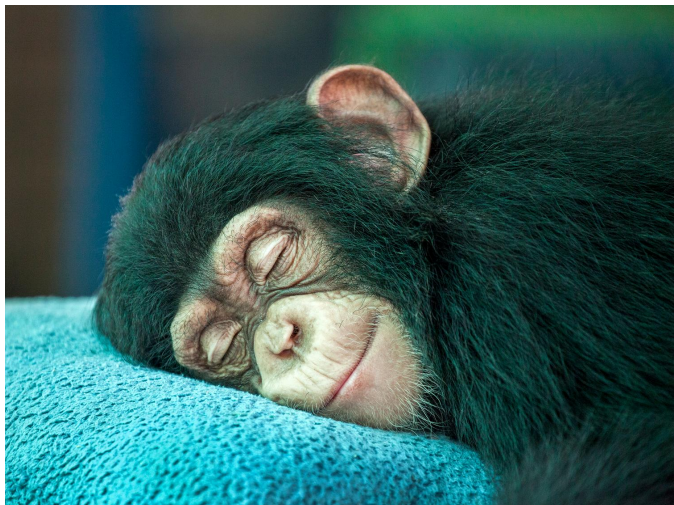
Lift someone up when they are down. Your kind words make a lasting impact.



SET ACHIEVABLE GOALS

Set goals for yourself (daily, weekly, monthly, semester) write them down and celebrate each time you achieve one!

Goals can be simple like take a shower or walk the dog- each of these tasks helps build your mental health and well-being.



GET PLENTY OF REST/SLEEP

Prioritize a healthy sleep routine.

Make sure to get enough sleep to support brain and muscle functioning for workouts, work and school.

FOOD IS FUEL / STAY HYDRATED

Drink lots of water and stay hydrated.

Create a healthy diet with a variety of fruits and vegetables.

Drink one less sugary drink per day and replace it with more water.



KEEP A ROUTINE & GET OUTSIDE

Keep a routine - this helps you mentally, physically, and emotionally and helps maintain productivity.

Make time for hobbies and personal interests in your routine.

Get outside and breathe fresh air.

**FINALLY - ALWAYS ...
WASH YOUR HANDS!
STAY HOME IF YOU'RE SICK!
MAINTAIN PHYSICAL DISTANCE, NOT MENTAL
DISTANCE...STAY IN TOUCH WITH THOSE WHO LIFT YOU UP.**