



Try Progressive Muscle Relaxation or another mindfulness exercise



Take 30 minutes to do something that you enjoy

Make a to-do list and check off tasks as you complete them

Spend some time outside and do something that activates one of your senses

Replace a flavored beverage with water and notice any differences you feel

Take a break to stretch for one full minute a few times during the day and notice how you feel after



Give three strangers a compliment this week

Tell someone in your life that you're grateful for them

Set a boundary or say no to something



Avoid screen time 30 minutes before going to sleep

Plan out your study sessions for the upcoming week

Have a conversation with someone new

**Great Work!**  
You've completed 3 Weeks to Wellness!

Write down five things that you like about yourself and five things that you like about a friend



Set a sleep goal and stick to it for 2 nights this week

If taking a nap, limit it to 20-30 minutes

Do a screen-free activity with a friend such as attending an event or having a meal together

Reach out to a friend or family member that you haven't spoken to in a while



Do something to make your sleeping space more comfortable/relaxing, such as adding a cozy blanket, using white noise, or decluttering the space



**START HERE!**



Reserve your bed for sleep and don't use it for other activities such as studying

Register for the Refresh Sleep app to help improve your sleep

Avoid caffeine after 2:00PM