



Your whole health

# Cultivating Healthy Habits



## First

Intentionally balance the aspects of your life (school, social time, fun, discipline, etc)

## Balance

Does not necessarily mean "equal amounts of time."

## Choose

Whatever the proportions are, all





There are many  
methods to  
balance your  
time.



ANOTHER IMPORTANT ELEMENT  
OF YOUR HEALTH IS...

# Sleeping Well



# Why is suff

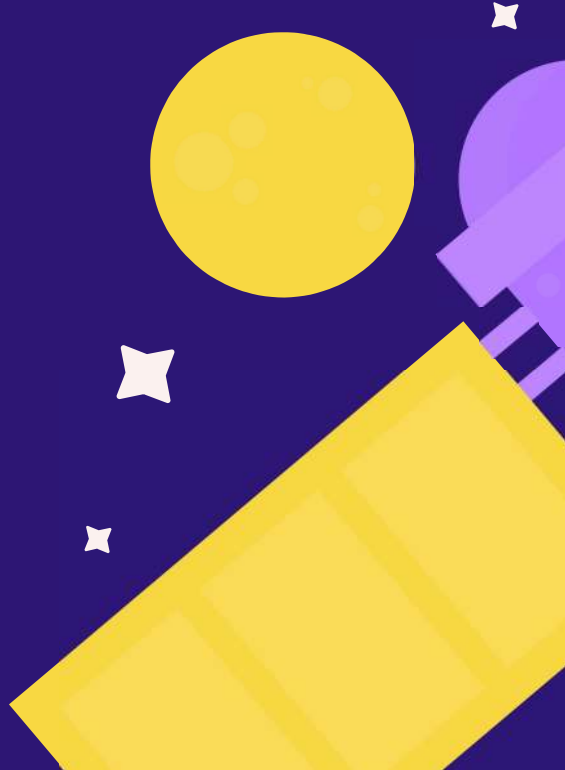
- Poor sleep o
- Good sleep productivity
- Deep sleep
- Sufficient s social inter



DO YOU SLEEP

What makes good sleep  
difficult for

WHAT HELPS YOU  
SLEEP BETTER?



# Pitfalls of Insuffici



ANXIETY AND TENSION



DEPRESSION



**TIME SPENT  
DREAMING**

**6 years**

**TOTAL TIME**

**In a person's life**



**As we watch the  
following video,  
listen for how sleep  
affects immune  
function.**

WHAT STOOD  
OUT TO YOU IN  
THAT TED TALK?



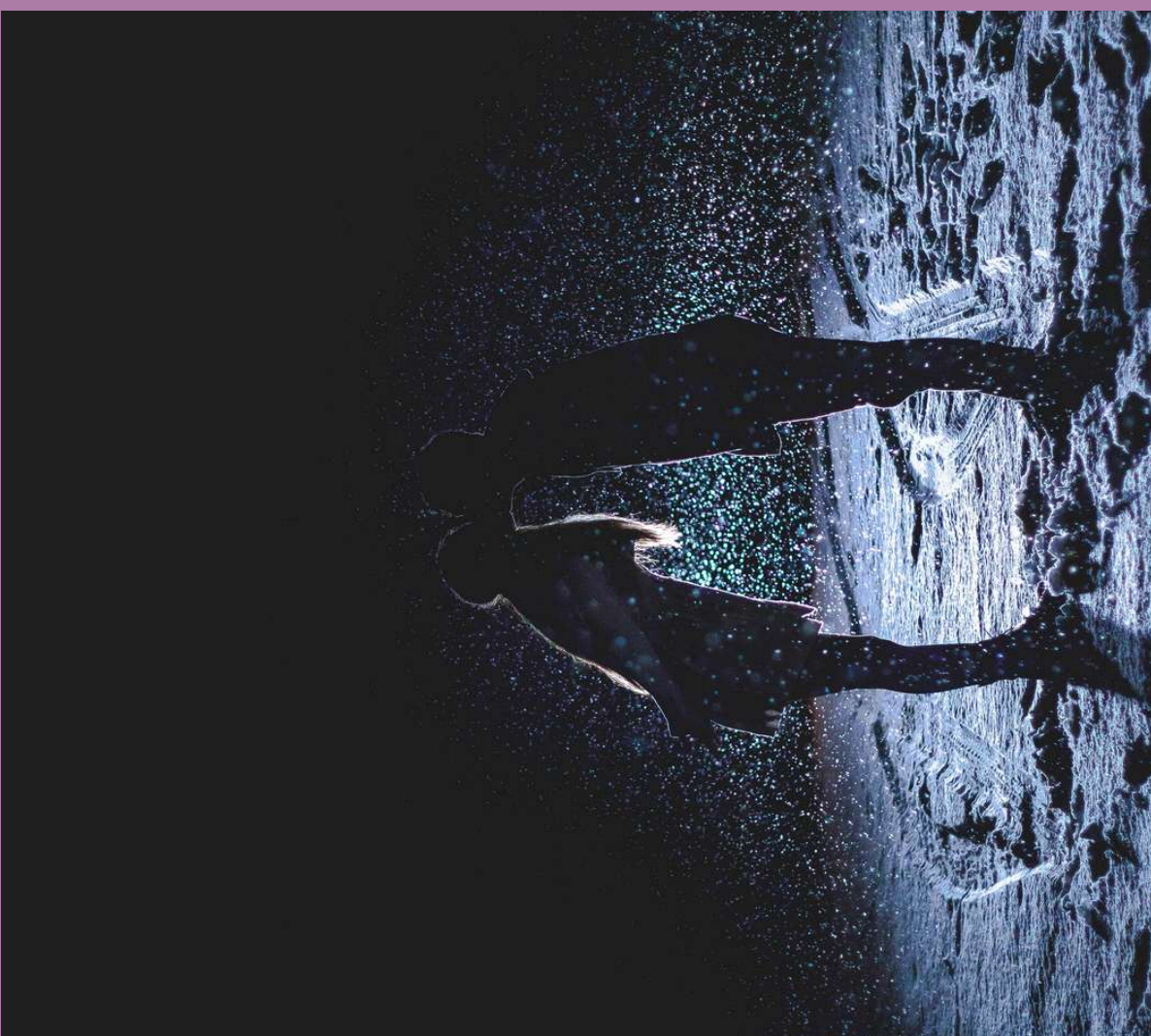
How good sleep improves immune function:

- Helps resist infection.
- Faster recovery from illness.
- "Waste" removal from our minds, toxins that lead to illnesses like



# 6 tips for better







**Asynchronous  
Planners [Organizing]  
Set wellness goal  
Survey**