



Maintaining healthy habits is crucial for university students to ensure well-being, academic success, and personal growth. Here are some key healthy habits to consider:

Balanced Diet: Consume a well-balanced diet rich in fruits, vegetables, lean proteins, and whole grains. Avoid excessive fast food and sugary snacks. Proper nutrition supports both physical and mental health. Listen to your body, which foods make you feel energised, and which make you feel tired and lazy?

Regular Exercise: Incorporate regular physical activity into your routine. It is a mood enhancer which makes you feel good! It can reduce stress and enhances cognitive function through improved oxygenation of the brain. This is essential for optimal brain function and overall cognitive health. Adequate oxygen supply ensures that brain cells receive the energy they need to function efficiently. JCUSA provides good gym and sports facilities for you to use.

remember and use, particularly in a high stress environment like exams.

Time Management: Personal time is just as important as study time. These need to be in balance to maintain stable mental health.

Hydration: Stay well-hydrated by drinking plenty of water throughout the day. Dehydration can lead to fatigue and decreased cognitive function. If you are new to the tropics issue.

Regular Health Check-ups: Schedule regular check-ups with a healthcare professional to monitor your physical and mental health. JCUHealth has a _____ number of services you can access.

Social Connections: Maintain a social support network. Building positive relationships and seeking support from friends and family can help you manage stress and stay emotionally healthy. JCUSA has many clubs and societies you can join.

Limit Alcohol and Substance Use: Consume alcohol in moderation, if at all, and avoid recreational drug use. These substances can have a negative impact on



