Eat and hydrate before you start drinking.

Drink a glass of water after every alcoholic drink to slow down and stay hydrated.

Designate a driver or call STRIPES for a safe ride home — 573-442-9672.

Set your drink limit and stick to it even if you have a designated driver.

“Just for the Health of It”
573-882-7481 • studenthealth.missouri.edu
WAKE UP TO BETTER SLEEP

• Maintain a regular bedtime & wake time
• Reserve your bed for sleep and intimacy
• Exercise regularly during the day so your body feels tired enough to want rest at night
• Avoid stimulants, like caffeine, a few hours before bedtime
• Avoid hitting the snooze button — it puts your body & mind back in sleep mode, making it harder to get up

• Practice deep breathing techniques to calm the mind and body. Check out our audios & videos
• Engage in a relaxing activity before bed, such as listening to music or reading for pleasure
• Eat an early dinner & try to eat light snacks in the evening when you are studying
• If you are having trouble falling asleep, do something relaxing in another room and once you are sleepy return to bed

• Turn off digital devices at least 30 minutes before bedtime
• Alcohol and other drugs throw off the sleep cycle
• Our brains and bodies need 7-9 hours of sleep each night to restore balance
• Create a relaxing bedroom atmosphere (dark, quiet, not too hot or too cold)

Student Health Center
University of Missouri Health
4 steps to getting out of a funk

1. Slow down
2. Do something simple, but rewarding
3. Finish that simple something
4. Ask for help

- These steps are in no particular order.
- Steps 2 and 3 are simple – pick something easy and do it. This something will give you a feeling of satisfaction that will fill you back up.
- Don’t give yourself more to do than you can do right now. Let your batteries recharge.
- If you need to ask for help, call the Behavioral Health staff at the MU Student Health Center.

573-882-1483
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SCIENCE-BACKED WAYS TO DE-STRESS

- Try drop-in yoga or meditation
- Have a good long laugh
- Soak in a hot shower
- Listen to your favorite music
- Grab a friend and go for a walk
- Breathe deeply
- Write in a journal
- Take a break & play a game
- Call someone just to chat
12 Ways To Practice Body Acceptance

Be grateful of what your body does. Say thank you because you can see, walk or hold another’s hands.

Embrace imperfection. Clothes are designed to touch your skin — wear comfortable clothing. Your self-worth cannot be weighed.

Pamper your body with something nice. Take a bath or put on some lotion.

Exercise because you love your body, not because you hate it. You have fat and you are not fat; you have fingernails and you are not fingernails.

Smile when you see a mirror.

Learn from a humble snail who is comfortable in its own shell. Scrutiny enlarges flaws. You only have one body — be kind to it and don't say something to yourself that you wouldn't say to someone else.

You have fingerprints and you are not fingerprints. You love your body, not because you hate it. You have fat and you are not fat.

If you frequently feel tired, sad or anxious, ask our behavioral health staff about talking to someone about how you're feeling.

573-882-1483

Eat to nourish your body, not your ego.
Throwing up dehydrates you and removes nourishment from your body. After throwing up, you need to slowly replace what your body’s missing to feel better. Here are the 6 steps.

01 **REHYDRATE**
Get a medicine cup or something similar and fill it 2/3 with water or a sports drink.

02 **PACE YOURSELF**
Schedule a drink every 5 minutes — it’s small enough that you won’t throw it up.

03 **INCREASE VOLUME**
Drink at a 5-min pace. Drink slowly. You want to keep it down.

04 **ADD FOOD**
Switch to other clear liquids like chicken broth or gelatin. If you can see through it — it’s mostly water. Slowly incorporate starchy foods like bananas, crackers, plain toast or rice.

05 **SANDWICH**
Start off with a plain turkey breast sandwich. Skip the cheese and mayo.

06 **DAIRY LAST**
The last thing you should incorporate back into your diet is dairy. It’s the most complicated food group to digest. Yogurt may help restore normal function.
about your health