





START YOUR SPRING 22 SEMESTER OFF RIGHT!

 **Establish a routine** - Having a daily routine can help you feel more in control of your life. Using simple schedules or to-do lists is a good way to practice keeping on top of responsibilities.

 **Maintain a healthy diet** - Our brain gets its energy from the food we eat, so consuming a range of healthy foods and proteins will encourage healthy conversations between the chemical messengers in the brain and reduce high blood sugar levels which can cause hyperactivity. Avoiding sugar is also an effective way of decreasing hyperactivity.

 **Exercise regularly** - Exercise stimulates the brain's attention system and improves self-control which can lessen impulsiveness and encourage sustained attention.

 **Go to bed on time** - Serotonin and dopamine are important hormones involved in the sleep wake cycle that regulate mood and behavior. It's important to prioritize getting 7-9 hours of sleep per night.