MAINTAINING A HEALTHY LIFESTYLE AS A COLLEGE STUDENT

With the start of Spring, it's a perfect excuse to do some seasonal cleaning. Eliminating things a little more simple and streamlined. This Spring cleaning happens in our lives to improve mental clarity and overall health.

By removing unnecessary things from the physical and mental environment.

1. **Reduce Excess Noise:** Reduce the amount of noise in your daily life. Use noise-cancelling headphones, turn off notifications on your phone, or use earplugs during sleep.

2. **Minimize Physical Clutter:** Declutter your living space. Surrounding yourself with unneeded items is a burden on the mind. Take time to assess and remove items that no longer serve a purpose.

3. **Rationalize Mental Clutter:** Organize your thoughts and reduce mental clutter. Make a list of goals and plans to focus on. A clear mind reduces stress and increases productivity.

4. **Clean Up Social Media:** Limit social media use. Too much time on social media can lead to a negative mental state.

5. **Limit Work Hours:** Work is necessary, but not the be-all and end-all. Take care of your mental health by setting boundaries between work and personal time.

As a college student, it's essential to maintain a healthy lifestyle. The mind needs to function well to achieve success. Maintain a balanced mental state through healthy habits and self-care.

UPCOMING EVENTS

Join the conversation please visit the USF Remote hub.

Manager (

Tag us in your posts or share ideas for our next newsletter with the Rec Sports

Follow Club Sports (

form has already been emailed to all participants by Jess.

Please allow time during your live sessions to complete the feedback form. The Survey Feedback Form Completion meeting.

which all current and new Officers can meet the week of April 26th for a 1-hour

After your Officer Elections have occurred, please email Jess a day and time in

Officer Transition Meetings

[President, Vice President, Treasurer, and Safety Officer] need to be elected.

if any Clubs need assistance please reach out to Jess. The core four Officers

Officer Elections

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#USFCA

Subscribe

to our email list.

@usfcaclubsports

Check out our full tips on mental clarity and overall health.

Prior to the event, look out for more responsible drinking tips.

make mocktails while picking up @USFHPS

from 6-6:30pm PDT on Thursday, April 22nd

Join the HPS Health Outreach Team this Thursday, April 22nd

Quarantini Time with the Health Outreach Team

Test your alcohol awareness with OSCRR and CAPS

Thursday, April 22nd from 12-1pm PDT. quiz about USF policies,

smarts with a fun Kahoot this week personal training session or

raffle for their chance to win a 4-

sleeve!!

as a Rec Sports Nike Dri-Fit long

week personal training session or

will be entered into the weekly

and memories! All participants

khrc@usfca.edu

@usfkoret

in the United States, DM

With over 400 national park sites

#11

Sunday, April 25th at 11:59pm

Coach or fellow peers

virtually this year!

will be presenting our awards

by Zoom information.

@usfcarockclimbing

April 24th at 2pm PDT. DM

hangout session on Saturday,

Join Club Rock Climbing for a

Hangout Session

Club Rock Climbing

DM them on IG

information or questions, please

Moy, to teach! For Zoom

PDT. They are bringing back

workshop on April 20th @ 8pm

VarCity Workshop

Come to VarCity’s next Tuesday

VarCity Workshop

DM them on Instagram for the Zoom link.

Derek was a former JV Director and VP, Derek

@usfca_jiujitsu

karate skills taught by Coach Bill!

3-4pm PDT for a lesson about

on Tuesdays and Thursdays from

Join Women’s Rugby

Club Women’s Rugby Live Session

@usfca.womensrugby

for practice! DM

3pm PDT & Fridays @ 4pm PDT

Join Club Baseball Tuesdays @

Club Baseball Live Session

@usfca_baseball

on Tuesdays and Thursdays from

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for practice! DM

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