Make a Plan to Sustain or Improve Your Health and Wellbeing

There are many ways for students to enhance their health at Emory. Here is a plan to help you get started.

1. **Assess your needs**
What do you want to sustain or improve? What positive changes would help you perform better academically, athletically or socially? How successful are you currently in getting adequate sleep and/or physical activity? Do you feel connected meaningfully to others and to the world around you? Are you eating a balanced diet for sustained energy? What do you enjoy? What makes you laugh? How do you manage stress?

2. **Select a goal** based on your answers to the questions above. Don’t try to tackle a lot of changes all at once. Pick one area you want to work on this semester.

Write your wellness goal here:

3. **Outline your action steps to reach your goal:**

   a) How will you learn more about the behavior and its impact on wellbeing (and don’t trust everything you read on the internet! Consult with campus resources along the way)?

   b) Make a commitment to engage regularly in this healthy behavior. Make appointments with yourself and track progress.

   c) How will you overcome resistance or barriers to engaging in this healthy behavior?

   d) How will you measure your success in this effort?

   e) What resources might you consult for information and support along the way?

*Good Luck!*