You Belong Here Take Care of You...All of You!

- Get enough sleep!
- Exercise even moderate exercise helps
- Attend class hydrated and nourished
- Use your **Student Health Center** Jen Winters – <u>jwinters@manor.edu</u>
- Consult with Counseling Services
 Christie Prince <u>cprince@manor.edu</u>
- Spend time with friends, families, pets, etc
- Plan downtime!



Week 5 (9/30) & 13 (11/25)



Refer to Important Course Information Module in Canvas for College Resources and Policies