



Healthy Tips for New Members of the Sorority and Fraternity Community

Balancing a Busy Schedule

- Prioritize your responsibilities – Ensure that you are devoting the appropriate amount of time to wellbeing and academics.
- Be realistic with your time – When planning, overestimate the time it will take you to do more difficult tasks.
- Set goals for yourself. Whether that be for a study session, a day, a week, or month, having a motivating goal can help to overcome moments of procrastination.
- Set boundaries – Say “no” when you need or want to, or delay saying yes until you are ready. This could be with taking on additional commitments, roles, and tasks, or when something distracting is interfering with your responsibilities.
- Take breaks! Adjusting to a new routine and schedule can be challenging. Ensure that you have time factored into your schedule to take care of yourself – this can be through activities like physical activity, social connection, or meditation – whatever helps you relax.
- Utilize your support system – Ask for assistance from professors, TAs, and campus resources when needed.

Getting Good Quality Sleep

- Young adults need 7-9 hours of sleep to perform at their best.
- Sleep not only boosts energy and mood; it also helps to consolidate memory and learning.
- Avoid caffeine within 6 hours of bedtime – maybe try to limit that afternoon coffee to noon.
- Skip naps or limit them to 20-30 minutes to wake up feeling refreshed.
- Create a relaxing bedtime routine - try to wind down with limited use of technology.
- Your environment matters! Make sure your sleep space is comfortable for you in terms of temperature, noise level, light, and bedding.
- Use the 15-minute rule if needed. If you find yourself awake for more than 15 minutes in the middle of the night, get up and do something relaxing like get a drink of water, read, or stretch before lying back down.

Sun Safety and Hydration through Recruitment

- Make sure to wear sunscreen – we recommend SPF 30 and above. Reapply every 2 hours.
- If outside for a period of time, wear protective clothing such a shirt with sleeves, hats, and sunglasses.
- Bring a reusable water bottle to events to fill up. Especially in the hot Florida sun, hydration is so important.

We are so excited for you to join our Florida Greek Community! Follow us on Instagram @ufgreek for updates from the Office of Sorority and Fraternity Affairs and @healthyufgrees for health and wellness tips from our Health Promotion Specialist.