

SMART Thinking!

A Student Wellness Plan

SMART thinking is a healthy mind and body plan to optimize student wellness throughout college. These tools can help you design and carry out a personalized, individual learning/wellness plan in 3 easy steps!

STEP 1 Take inventory of how you feel in the **5 key health areas** listed below.

STEP 2 Create a SMART goal for each of the 5 key areas. A **SMART** goal is a specific, measurable, achievable, relevant, time-bound goal.

STEP 3 Check back at the start of each month to see your progress. If you feel like you should change a goal, that's okay!



PHYSICAL ACTIVITY

Regular physical activity is one of the best things you can do for your health, especially during college!

EX. I will get my heart rate up for half an hour for 5 days a week.



BRAIN ACTIVITY

Learning new things is great for brain health, and you learn a lot in college!

EX. I will learn 3 new facts every week.



MENTAL HEALTH

College can be a challenge in a lot of ways, and it can be hard to tell whether what you're feeling is healthy!

EX. I will practice one new learned wellness strategy every week.



SOCIAL CONNECTION

Having people that you can lean back on is really important for your wellbeing!

EX. I will reach out to someone I love every Friday.



POSITIVE THINKING

How you look at life and its challenges can make a big difference to your long-term health and happiness!

EX. I will practice gratitude once a day.

