

College Well-Being

This fall, millions of college students will be heading off to school to hit the books. For many young adults, college is the first time they're making all their own decisions — what to eat, how to navigate relationships, when to sleep, what to spend their money on and what to do if they're in trouble. If you're sending your child off to school this year, there are a few topics you might want to talk to them about before they head off to campus.

Take care of your body

Talk to your college student about things they can do to stay healthy while they're away at school. Topics can include:

- Food and exercise
 - Food insecurity
- Substance abuse
 - Alcohol
 - Smoking and vaping
 - Drugs
- Sleep



Take care of your mind

According to the National Alliance on Mental Illness, 25% of college students have a diagnosable mental illness. However, 40% of them will never ask for help. Let your student know what to look for when it comes to mental health, and that it's important to seek help. Talk to them about:

- Anxiety and depression
- Suicide prevention
- Making connections

Take care of your safety

Along with keeping their bodies and minds healthy, other topics you may want to discuss include safety issues:

- Vaccines and preventive care
- Cyber security
- Dorm safety
 - Theft
 - Fire

Join us for our next weekly meditation session on your computer or mobile device:

Topic: Relaxation Meditation
Wednesday, Aug. 14, 2019
8 to 8:10 a.m. Eastern time

[Register today.](#)