Florida Atlantic Northern Campuses
Owls Wellness Lifestyle

Upcoming Events

Building Healthy Habits: January 22 from 11am-1 pm: Outside of the Dining Hall

- Come meet campus partners, learn practical habit-building tips, and enjoy free giveaways while supplies last! Small habits, supported by the right resources, can help you feel your best all semester long

Lunch and Learn with the Campus Dietitian: Tuesday, January 27th from 12-1 pm: SR149

- Join us in meeting FAU's nutritionist at a fun filled lunch! Take part in a Kahoot style lecture and enjoy a joyful movement Just Dance party!

Challenge of the Month

Join us at Building Healthy Habits! On January 22 from 11 am-1 pm, campus partners will be outside of the dining hall discussing the healthy habits you can make the most of in the New Year. **Drop by to make new connections and get some free swag!**

Educational Resources

MyFAU Health & Wellness tile for on and off campus resources, education, and more!

· **Follow @fauowlscare on Instagram**! Learn about wellness tips & tricks and see when we are Hooting on the Jupiter campus with our peer educators.

Wellness Tip

College life can be busy and stressful. The good news? Small habits can make a big difference and building healthy habits can help you manage stress, stay energized, and feel more balanced throughout the semester.

Instead of continuously trying to add things to your plate, think about what it may look like to create a balanced lifestyle that transcends time. Setting realistic goals can help you succeed in building healthy habits, rather than New Year's Resolutions that don't stick.

It is important to focus on healthy habits because they can:

- Help avoid burnout, anxiety, or depression
- Can improve mental wellness
- Can improve confidence to get things done

Consider using SET Goals to build your healthy habit!

• S (Specific): I want to ____ [goal]. I want to make this behavior change because ____ [your reasoning].
• E (Easy): I will ____ [activity] for ____ [amount of time].
• T (Time): I will do this ____ [activity/goal] for ____ [amount of time] often.

[Click Here](#) or scan below to read more about Owls Wellness Lifestyle

Let's Build Healthy Habits Together!