Stay Balanced

Keeping a balanced lifestyle is very important for students. It is crucial to learn how to manage having a job, being a student, living in your own apartment, managing an active social life, and finding time for yourself. Read below to find out how you can keep your balance while navigating the crazy world of a university student!

The Pie of Life

Classes, assignments, labs, studying
Jobs, chores, errands, parenting
Family time, friends, exercise, hobbies

School + Work + Leisure = Balance

HOWEVER
School ≠ Work ≠ Leisure

How to Keep the Balance

General Strategies

- Make daily, weekly and monthly schedules
- Schedule school, errands, work, leisure time, study time and breaks for study time
- Overestimate how much time you need for everything → rushing increases anxiety!
- Prioritize goals (what’s of most importance?)
- Make SMART objectives:

  S - Specific - choose a specific task that you want to complete (ex. writing for thesis)
  M - Measurable - make a measurable goal (ex. 2 pages of writing, 50 pages of reading)
  A - Achievable - do you believe this is something you can do?
  R - Realistic - make sure the goal is realistic (ex. not 100 pages of reading in 30 min.)
  T - Time Sensitive - specify the amount of time you have to complete the goal
In order to keep a healthy and balanced lifestyle, it is important that you keep in mind three key areas: Diet, Sleep and Exercise.

**Diet:**
- Eat a well-balanced diet
- Make sure to eat a healthy breakfast
- Make meal time a break → don’t work at the same time!
- Drink lots of fluids (especially water!)
- Eat lots of fruits, vegetables, whole grains and healthy fats
- Decrease coffee
- Eliminate or decrease drugs or alcohol

**Sleep:**
- Keep a consistent pattern throughout the week and weekends
- Get at least 7 hours of sleep per night
- Avoid watching TV one hour before bed
- Avoid coffee and alcohol before bed
- Try to avoid napping, as this will disrupt your regular sleep-wake cycle

**Exercise:**
- Make sure to schedule exercise into your weekly routine
- Try to schedule exercise at least 3 times per week
- Include aerobic exercise since this can prevent stress symptoms by increasing breathing and heart rate

References:

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