ON A ROLL
promoting well-being at NDSU

Student Health Service - 701.231.7331.

Apply Today
To Become A Peer Educator

Think...
promoting well-being at NDSU

Signs & Symptoms of Heat Exhaustion
- Dizziness
- Fatigue
- Muscle cramps
- Nausea
- Heavy sweating
- Weak, rapid pulse
- Headache
- Faintness

Summer Sleep Tips
- Keep bedtime consistent
- Take advantage of morning sunlight
- Keep sheets and pajamas breathable
- Limit your evening light exposure
- Turn off screens 30mins before bed
- Keep the bedroom temperature cool

Summer Self-care Reminders
- EVERY body is a beach body
- Be kind, especially to yourself
- Allow yourself to relax and unwind
- Wear what makes you feel confident
- Know that you are not alone
- You are ENOUGH

Friendship Knows No Distance
- Write letters
- Schedule regular calls
- Have an annual trip
- Read the same book together
- Play internet games together
- Visit when you can

For more health and wellness information visit www.ndsu.edu/studenthealthservice

Apply Today To Become A Peer Educator

Learn more and Apply at http://bit.ly/NDSUPeerEd

Summer Time

IN THE

STUDENT
WELL-BEING

HEALTHY HERD CHAMPIONS

June 2020

Apply Today
To Become A Peer Educator

Think...
promoting well-being at NDSU

Signs & Symptoms of Heat Exhaustion
- Dizziness
- Fatigue
- Muscle cramps
- Nausea
- Heavy sweating
- Weak, rapid pulse
- Headache
- Faintness

Summer Sleep Tips
- Keep bedtime consistent
- Take advantage of morning sunlight
- Keep sheets and pajamas breathable
- Limit your evening light exposure
- Turn off screens 30mins before bed
- Keep the bedroom temperature cool

Summer Self-care Reminders
- EVERY body is a beach body
- Be kind, especially to yourself
- Allow yourself to relax and unwind
- Wear what makes you feel confident
- Know that you are not alone
- You are ENOUGH

Friendship Knows No Distance
- Write letters
- Schedule regular calls
- Have an annual trip
- Read the same book together
- Play internet games together
- Visit when you can

For more health and wellness information visit www.ndsu.edu/studenthealthservice