MAKE THE TIME FOR A HEALTHIER YOU

Some days it seems like there’s no time to breathe, much less do everything that we’re expected to do in a day. On days like that most of us go into “survival mode”. We stop paying attention to things like exercise and healthy eating, grab the closest high fat meal, and then jump in the car to get to the next thing we wish we had more time to do. But when life gets crazy, we don’t have to let it make us sick. Here are some things you can do to keep yourself healthy in today’s hectic world.

- **Simplify, simplify, simplify.** Sit down with your weekly schedule. Are there some things that just aren’t as important as that trip to the gym you’ve been meaning to make? Just say no when your schedule is full. Make your workout time a priority appointment.

- **Plan healthy meals in advance.** You’re much less likely to grab fast food on the way home if you know that you’ve got a chicken breast marinating in the fridge, ready to slip on the grill as soon as you walk through the door. Pack a healthy lunch the night before and stick it in the fridge to grab on your way out so you can relax during your lunch hour instead of standing in line at the sandwich counter.

- **Get a hobby.** All work and no play can cause physical and mental burnout. Find something you enjoy doing and set aside a couple of hours each week to do it. Stress relief strengthens your immune system. You’ll feel better, get sick less often, and have more energy to do what has to get done.

When you feel pulled in ten different directions and you just can’t take care of everything you’re expected to do today, just take a deep breath and remember to start by taking care of yourself.

**PLEASE SHARE THE FOLLOWING INFORMATION WITH YOUR STUDENTS**

- SHS strives to provide quality, accessible, cost sensitive, primary medical care and active health promotion to the students within the campus community.
- We are funded by a student membership fee which is collected each semester.

**Services We Offer:**
- Students with membership will receive consultation for any illness, minor injuries, and general physicals.
- Faculty and staff members may obtain blood pressure and weight checks to assist their practitioner in managing their care.
- For a Comprehensive List of Services and Clinic Hours Visit Our Website: [http://studenthealth.louisiana.edu](http://studenthealth.louisiana.edu)

**How We Work:**
- SHS follows the “University Hours of Operations” throughout the year. There is a general staff meeting every Tuesday & Thursday morning.
- SHS operates utilizing a combination of appointment and walk-in services.
  - Patients are triaged by a nurse prior to being seen by a clinician.
  - Allow time for completing and/or updating personal data each semester.
  - If you have any insurance coverage, please bring your insurance card each semester.

Call for: Appointment 482-1328, Nurse 482-5464, Billing 482-5919, Student Insurance 482-6826
Location: Saucier Wellness Center O.K. Allen Bldg 220 Hebrard Blvd Lafayette, LA 70504