Food items are perishable.

American (CHW) Ward,

please review the following:

- Go to your doctor's office for a physical exam.
- Have a bowel movement daily.
- Drink plenty of water.
- Get enough sleep.
- Exercise regularly.
- Eat a balanced diet.
- Take时间 to rest.
- Keep up with your medications.
- Stay on schedule.
- Call your doctor if you have any concerns.

If you are experiencing mental health issues, please contact your local mental health provider.

The following are ways to cope:

1. Take care of yourself.
2. Reach out to friends and family.
3. Engage in physical activity.
4. Practice mindfulness.
5. Seek professional help if needed.

Tips for students when a friend or loved one is ill:

- Be a listening ear.
- Offer practical help.
- Be patient.
- Respect their boundaries.
- Check in regularly.

Additional resources:

- Mental Health America: https://www.mhanational.org
- National Alliance on Mental Illness: https://www.nami.org

For other:

Many factors can lead to illness and disease, but for the most part, it is important to maintain a healthy lifestyle. Eating a balanced diet, exercising regularly, and getting enough sleep can help prevent illness. It is also important to seek professional help if you are experiencing mental health issues.