

Firstly

You may have experienced huge changes after entering the university. These may include not going to or not leaving the school at the same time every day, changes in the content and in the number of classes, and extracurricular activities. If you have started living alone, the change may have been more significant. You only have the choice of doing housework yourself, such as cleaning, washing, and cooking.

Classmates in the same faculty may take different classes, do different research, and some may proceed to graduate school whereas others will start working. Some may cook at home and others may use the cafeteria or buy food from a convenience store. Some may drink alcohol and others may not. You may become anxious from living a life different from your classmates who are supposed to be on the same ground. Are you pushing yourself to fit the people around you?

Firstly, let's take good care of your own life. Try to find a lifestyle suitable for you. Let's find the basics of your lifestyle while in university before starting to work. Some hints to do so are presented in this leaflet. Please refer to the other empowerment series leaflets as well.

Any concerns, please consult

We'll work together to come up with hints on how to care about your living

On-campus consultations

Center for Counseling and Disability Services



Counseling Office

TEL 022-795-7833

Disability Services Office

TEL 022-795-7696

<http://www.ccds.ihe.tohoku.ac.jp/>

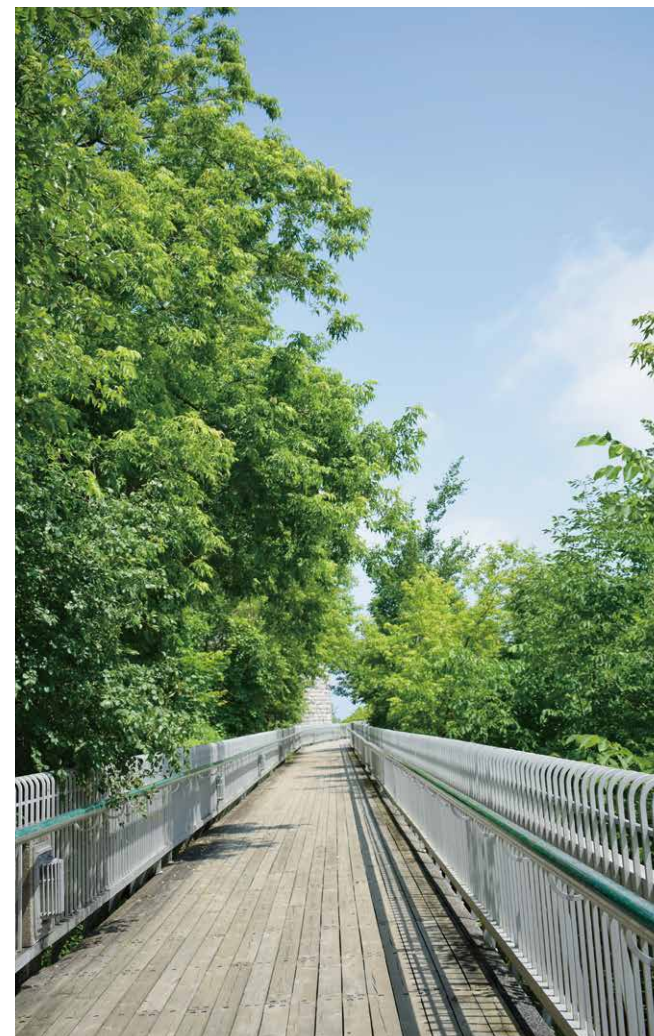
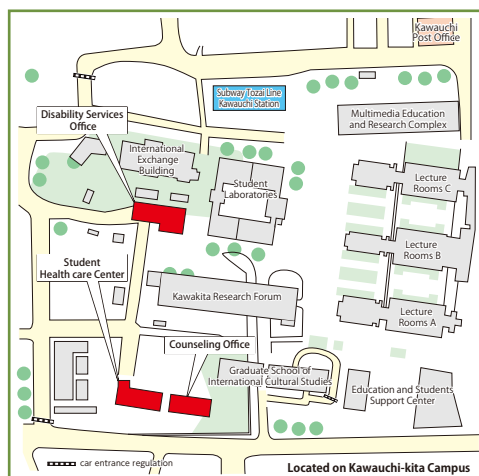
Student Health Care Center



Mental Health

TEL 022-795-7829

<https://www.health.ihe.tohoku.ac.jp/>



EMPOWERMENT Series④

Taking Care of your Life

sleeping, eating, and exercising

Center for Counseling and Disability Services
Tohoku University

How are your current conditions?

Are there times when you do not have appetite, not able to sleep or not able to wake up, tired, not being able to concentrate, having slight headache or stomachache?

Are you overworking yourself with study, research, or extracurricular activities? Are you sleeping enough, eating well, and taking sufficient time to rest?

If you are not feeling well, finding your own suitable lifestyle may help. Let's explore the basics of your lifestyle.



Hints for Caring about your Life

three basics of life: sleeping, eating, and exercising

① Sleeping

Generally speaking, optimal sleep is 6-8 hours. However, there are individual differences, so see how much sleep you need to not become sleepy during the day using the 6-8 hours as reference. Please refer to the following if you cannot sleep well.

- ✓ Avoid caffeine and blue light, and alcohol in place of sleeping pills
- ✓ Do something to relax such as reading and stretching
- ✓ Go to bed when you become sleepy, do not be too strict about bedtime
- ✓ Get up at the same time everyday
- ✓ When taking a nap, better before 3pm and for about 20-30 minutes

② Eating

People intake energy and nutrition necessary for their activities from their daily meals. Breakfast helps to differentiate the time you sleep and the time you are awake.

However, it may be difficult to eat three nutritionally balanced meals each day. You may want to balance your nutrition weekly instead.

③ Exercising

Generally speaking, desirable exercises are, for example, physically moving your body for 60 minutes a day by walking to and from university or exercising for 60 minutes weekly to the point where you would sweat. However, it may be difficult to do so when you actually try. Start by increasing your time of moving physically. You can start by moving your body for 10 minutes by walking or stretching before going to bed.

In summary

Few hints to take care of your life were presented. Hope you will find a lifestyle that will let you live comfortably.

Please use the on-campus student counseling services when having trouble finding a suitable lifestyle or when things do not go well. You may discover new insights or different ways of thinking by talking with others.

