

Balanced Living

Fact Sheet

Maintaining a Balanced Life

Many students struggle to achieve a healthy balance between their studies, work and their personal life. What a healthy life balance looks like and how we achieve it is going to be different for each of us. Here are some helpful tips to get you started:

Figure out what matters most

- Identify what is important to you and focus on that first
- Try to do one thing at a time

Learn how to say 'no'

- Keep in mind that when you say 'no' to one thing you are making yourself available to say 'yes' to something that is important to you

Use technology

- Take advantage of the features and apps on your computer and mobile phone, like your reminders and calendar apps

Schedule fun

- Schedule time in your calendar to relax and have fun

Exercise

- Try to do a little exercise each day, like going for a walk, doing yoga and going to the gym

Eat well

- Make small changes in your diet to try to eat healthy foods

Get enough sleep

- Sleep is important to help our bodies recover and recharge, 7 -8 hours each night is recommended
- Try to go to bed and wake up at the same time each day

Talk about it

- Remember, a problem shared is a problem halved = talk to your friends, family or the RMIT Training Counsellor

Study Success

- Remember the Study Success team is here to support you with your academic needs

Get involved

- Join in the activities planned by the RMIT Training Student Experience team

RMIT Training Wellbeing Service

The Wellbeing Service is free and confidential for students. To arrange an appointment please email wellbeing@rmit.edu.au