

Life Skills Series

Brought to you by **SUTD Wellbeing Services**

Building 1, Level 5 (1.517) @Lobby C

<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>



Healthy lifestyle touches every sphere of our life, and it impacts our physical and mental wellbeing. It involves us making sound decisions on how we live our life. Every choice that we make about what we consume, what activity we engage in, the company we keep, etc. have desirable or undesirable outcomes.

Living well is a holistic mind-body-soul affair as they are intertwined. We cannot be watching our diet but worry over every little thing, and expect us to be healthy. Moderation is key to ensuring that no aspect of life is over or under emphasised. It is a delicate balance to strike but learnable.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting.

If you would like to see a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.

Healthy living is a learnable skill. *Claude Viens*

Tips on living a healthy lifestyle:

- ❖ **While a sedentary lifestyle may pose health risks, excess of any activity, including eating, drinking, gaming, exercising, late nights, etc. may also cause complications. So ensure that you are not overly indulging in any activity.**
- ❖ **As the saying goes, ‘healthy mind, healthy body’. Though life carries considerable level of uncertainty, worry will not help to reduce the anxiety. Taking proactive and positive steps to deal with life’s challenges, and strengthening your ability to regulate your thoughts and emotions will enhance your health and self-esteem.**
- ❖ **You only have one body in your lifetime. So it makes sense to treat it with utmost care. It starts by you taking charge of your health, rather than let someone assume that role. Avoid exposure to anything that may be toxic to your body and mind. Monitor any persistent sign or symptom that is disturbing, and receive medical or professional care.**

Healthy
living