HOW TO

STAY balanced ABROAD

Make your study abroad experience even more amazing:

Balance your wellness!

From the physical to the emotional, the intellectual to the social, staying well abroad means paying attention to all the elements that contribute to wellness.

Imagine your wellness as a wheel, with each element forming a single spoke. A balanced wheel carries you forward.

When you make healthy lifestyle choices, you create balance—making your time abroad even more successful and enjoyable!

EMOTIONAL WELLNESS

i am aware of my feelings

Awareness and acceptance of feelings—both others' and your own—makes it easier to have healthy relationships, cope with stress, and have a positive outlook.

BASE RELATIONSHIPS ON **trust + respect**

Recognize that **CHALLENGES** ARE **HEALTHY**

Your emotions are valid

express! YOURSELF

OCCUPATIONAL WELLNESS

i discover satisfaction in what I do

Aim for the stars! Developing your own unique skills and developing your talents will make your work more fulfilling.

Always keep **learning**

Identify and develop talents

Choose work that uses your skills

TAKE PRIDE IN YOUR PERFORMANCE

PHYSICAL WELLNESS

i take care of my body

When you eat right, exercise, and get enough sleep, you'll feel better and have more energy.

LIVE A **balanced LIFE**

EXERCISE REGULARLY

moderate CONSUMPTION

8 SLEEP HOURS

SOCIAL WELLNESS

i connect with others

Make connections with other students, your professors, CEA on-site staff, locals, and your host community. *There's no need to go it alone!*

Make new **friends**

Attend cultural events & festivals

Get involved with your host community

VOLUNTEER/GIVE BACK

INTELLECTUAL WELLNESS

i am open to new ideas

Embrace the chance to learn about new concepts and ideas; studying abroad is a once-in-a-lifetime opportunity to broaden your perspectives.

expand your worldview

EXPLORE YOUR HOST CULTURE

Try local delicacies

PARTICIPATE IN CLASS

SPIRITUAL WELLNESS

i am true to myself

When your decisions and actions reflect your values, you'll avoid internal conflict.

TAKE TIME TO **pray/meditate**

Do nice things FOR OTHERS

Stay true TO YOURSELF

BE OPEN TO **others' beliefs**

cea
Learn from potential.

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