

# Lesson 2: Physical wellness and wellbeing

Physical wellbeing is preventative

**Read through and think about each of the following:**

- What is physical wellness and well-being?  
<https://www.purdueglobal.edu/blog/student-life/health-and-wellness-guide-for-college-students/>
  - Examples: Sleep, nutrition, exercise, illness management
- Strengthening physical wellness and well-being  
<https://www.nih.gov/health-information/physical-wellness-toolkit>

## ***Of special interest: Let's deep dive into SLEEP!***

- Sleep  
<https://www.nichd.nih.gov/health/topics/sleep/conditioninfo>
- Why You Should Make a Good Night's Sleep a Priority  
<https://summer.harvard.edu/blog/why-you-should-make-a-good-nights-sleep-a-priority/>
- Why College Students Should Feast on Sleep  
Sleep promotes academic, psychological, and physical well-being.  
<https://www.psychologytoday.com/us/blog/college-wellness/202208/why-college-students-should-feast-sleep>
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