



TCNJ Recreation & Wellness

TCNJ Student Life

STAY SAFE & HAVE FUN  
OVER

# SPRING BREAK

NO MATTER WHERE YOU ARE.

tips below!





# STAY HYDRATED!

Tips to maintain your water intake or drink more!



have a water bottle near you for a visual reminder to drink

drink a glass as soon as you wake up and before meals

eat more fruits and veggies as they have a high water count

- cantaloupe, strawberries, watermelon
- lettuce, celery, cabbage, cooked squash



add fruit to water for a boost of flavor

- cucumber & mint
- ginger & basil
- lemon & lime

# SUN PROTECTION

- Make sure to apply a broad-spectrum, water resistant sunscreen with an SPF of 30 or higher to all skin not covered by clothing.
- Reapply sunscreen every two hours when outdoors, or after swimming or sweating.
- Select clothing with an ultraviolet protection factor (UPF) number on the label.
- Don't forget your feet! When wearing sandals, flip-flops, or going barefoot, apply sunscreen to all exposed skin.



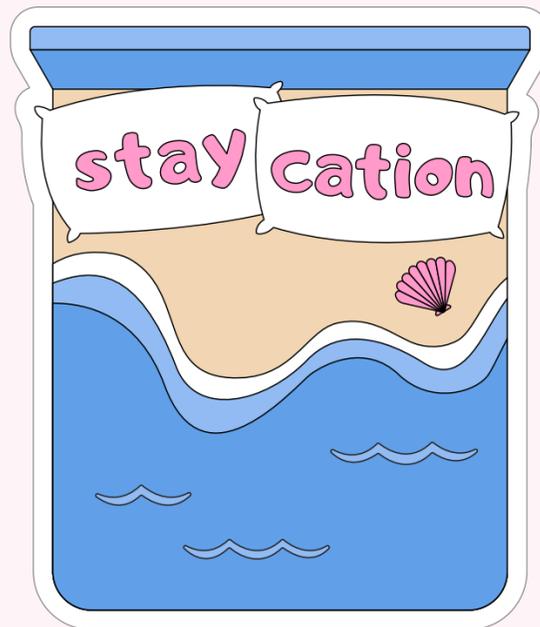
# STAYCATION RELAXATION



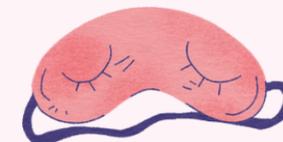
Make your space feel, smell, sound and look like your favorite vacation spot!



- Make sure you maintain the purpose of one area separate from another.
  - have your bed only for rest and sleep; do not eat food there or complete computer work



- Add plants to your home space, in order to facilitate relaxation & improved air quality.
- Adding a small tabletop fountain allows you to smell, see, and hear the soothing sounds of trickling water.



- Colors can affect emotions!
  - liven up and energize your space with blankets, pillows, or artwork that uses warmer tones, such as reds, oranges, pinks, and yellows
  - use blues and greens to facilitate a mellow & calm space
- Keep your space clean & tidy.

# SAFETY WHEN VISITING A NEW PLACE



- Always Know how you can contact someone when you are in an unfamiliar place
  - Does your phone have roaming capabilities?
  - Purchase an international SIM card or rent/buy a phone upon arrival

- Inform friends or family back home of your daily itinerary (especially if you are hiking or into the great outdoors!)
  - If hiking inform someone of your route and keep to the route

- Lock passport in a hotel safe & keep only a copy of the details with you

- Keep some money and credit card with you & others in a separate area or locked away



# SAFETY WHEN VISITING A NEW PLACE

- Know local emergency numbers & read information on specific customs, dress, & etiquette for the culture
  - Talk to locals regarding neighborhoods to avoid, especially at night!
- Know if these are areas of concern:
  - Drinking water
  - Local insects, animals, spiders, etc.
  - Safety of local transportation



- Use common sense; Keep your eyes up, look for safety exits in areas, & always plan ahead!

- It is helpful to bring:
  - First aid kit
  - Portable charger
  - Approved locks
  - Day-pack
  - Whistle/Safety Alarm

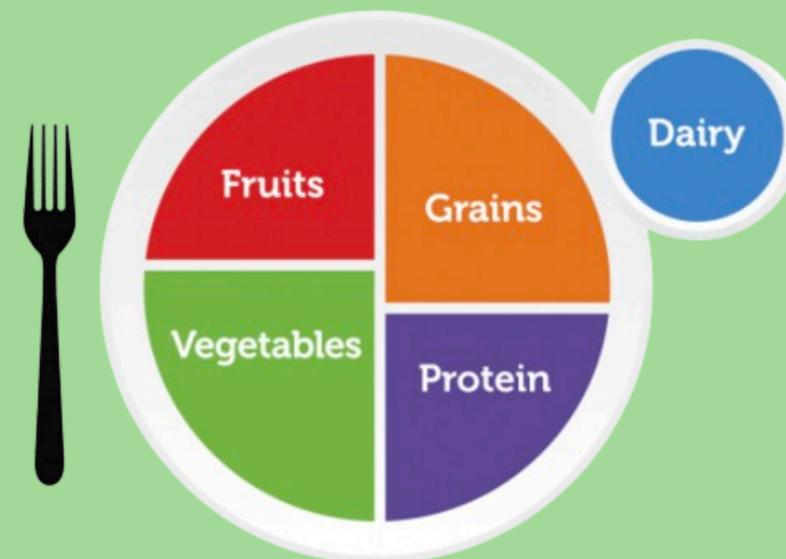


# MAINTAINING HEALTHY EATING



- Always ask your primary care physician before making changes to your diet
- Include a variety of food from the major food groups
  - Fruits
  - Veggies
  - Whole grains
  - Low-fat dairy products & lean protein
    - Nuts, seeds, beans, and other legumes too

- Portions matter! Take a look at the image to the right; MyPlate
  - “A healthy eating routine is important at every stage of life and can have positive effects that add up over time.”





# MANAGING STRESS AT HOME



- Being with family members again can be stressful. Knowing your stress management techniques is important! Here are a few tips that may work for you:
- Make space for meaningful activity: read a book, sit on the porch swing, enjoy a family game or outing, and cherish a cup of tea or coffee.
- Practice deep breathing or mindfulness
  - "I am breathing in, I am breathing out"
- Develop and utilize your personal support system. Talk about your feelings with trusted family or friends! Stay connected through in-person or video calls
- If you need professional help, seek assistance from a primary care provider or mental health professional.



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