

Self-Care = Student Success

Student Health Services has noticed a concerning trend among our students. The majority of the students visiting the office are exhibiting physical symptoms, including weakness, headaches, dizziness, a runny nose, and a sore throat. In addition to the typical “back-to-school illnesses” that many are facing, we are seeing declining self-care habits such as **inconsistent sleep, unbalanced nutrition, inadequate hydration, and irregular exercise** based on what the students have shared. In the classroom, teachers have noticed an increase in fatigue and poor concentration. Some students have even reported overconsumption of caffeine. Such consumption can negatively affect students' sleep, functionality throughout the school day, as well as increase anxiety. Neglecting vital, daily routines can have a significant impact on overall health, academic performance, and emotional well-being.

Inadequate sleep leads to difficulty concentrating, reduced memory retention, and decreased problem-solving abilities.

Poor nutrition and hydration lead to tiredness, weakness, dizziness, weakened immunity, and mood fluctuations.

Overconsumption of caffeine can result in sleep disturbances, anxiety, jitters, nausea, headache, and also negatively affect heart rate and blood pressure.

Students who are tired, stressed, or unwell may find it harder to engage with peers, pursue extracurricular activities, or enjoy the full IMSA experience.

Here's the GOOD NEWS...small, intentional changes can make a BIG difference. Prioritizing a consistent sleep schedule, eating balanced meals, staying hydrated, limiting or omitting caffeine, and setting aside time for movement or relaxation can help students feel more energized, focused, and ready to meet the challenges of IMSA's rigorous environment.

As a community, we encourage families, staff, and peers to model and reinforce healthy habits, reminding students that taking care of themselves is not only essential but also an important part of academic and personal success. Let's continue to work together to support our students!

Questions to ask your student...

What did you eat today?

What time did you go to bed last night?

What time did you wake up this morning?

Have you checked out the weight room/pool/gym/track?

When do you have a walking trip planned?

What time management tool are you using to stay organized?

What is your nighttime routine before heading to bed?

What is your morning routine before you go to your first class?

Are you bringing your water bottle to school and filling it up at the water stations?

When are you taking “tech breaks” to give your brain a rest?

Don't ask all of the questions at one time, and yes, your student may not tell you the whole truth. However, they may start to think about adjustments needed in their daily routine.

Students are encouraged to connect with staff and faculty throughout their time at IMSA. Below are staff members who are a great resource!

- Sophomores-reach out to Ms. Keck, Academic Support Coordinator.
- Juniors and Seniors-reach out to their College and Academic Counselor (CAC).
- Visit our school counselors located in Student Life or by email at counseling@imsa.edu.
- Visit the Health Office to talk with one of the nurses.
- Get to know the Resident Counselors in the evening.