



University of
South Australia

Bupa Wellbeing Competition

Invest in yourself: The beauty of balance

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International Exchange Program

Adjusting to life as a university student is tough. It's exciting but can be very overwhelming at times. I felt like this when I first started university, and again when I arrived in Adelaide as an exchange student. Between classes, assignments, work, and new friends, it's easy to forget about your own wellbeing. Neglecting yourself will lead to burnout, so it's essential to set aside some time for yourself to relax and de-stress. Here are a few ways to invest in yourself to lead a balanced lifestyle at university:

Move your body

Physical activity is one of the most important parts of a healthy lifestyle. It's an effective way to reduce stress and boost mental health. Whether it's a gym session, a walk around campus, yoga, or even dancing in your room, moving your body releases endorphins that improve your mood and energy levels. Dedicating 30 minutes a day to moving your body makes a huge difference in making you feel good. Consider joining a group fitness class or social sports team to make it a natural part of your routine and to meet some friends with similar mindsets!

Eat Clean, whole Foods

We all know how easy it is to grab a bag of chips as a study snack or to come home from work too tired to cook a full meal for dinner, so you end up ordering in. What you eat directly impacts how you feel, both mentally and physically. Eating balanced meals that include plenty of fruits, vegetables, whole grains, and protein helps maintain energy, concentration, and emotional stability. I highly recommend meal prepping – it has allowed me to stay on track with my nutrition goals and saves so much time throughout the week.

Make time for hobbies

When taking a study break, try engaging in a hobby instead of doom-scrolling on TikTok. Using your downtime to do hobbies you enjoy, whether it's reading, painting, gaming, playing an instrument, or watching a favourite show, helps recharge your mental batteries. Carving out some time each week for something fun will reduce burnout and help you return with a clearer mind and feeling less drained.

Prioritise rest

Sleep is so important and is often the most neglected part of a balanced lifestyle for university students. I know the odd all-nighter is inevitable, however, it's vital to get 7-8 hours of sleep each night for your body and brain to recover and get ready for the next day. Try your best to keep a similar sleep schedule on weekends. It'll make Mondays less exhausting than we know they are.

Invest in Yourself



the beauty of balance