# General Wellness Tips for Postdocs

## 1. Sleep Well | Exercise Regularly | Eat Right

Your body needs both rest and stimulation to maintain its energy levels and increase productivity.

## 2. Socialize with Friends & Family

Call a friend, grab a coffee with a colleague, arrange a group activity with your fellow postdocs!

## 3. Work/Life Balance

Your work is important, but your work should not be your entire life. Set boundaries and step away from your workspace for short, periodic breaks.

## 4. Stay Organized

A calendar, planner, or to-do list can make all the difference in your productivity and goal-oriented behavior.