



Lifestyle Redesign®

FOR COLLEGE STUDENTS

USC Occupational Therapists use Lifestyle Redesign® to help people create health-promoting habits and routines, and better manage their lives.

We can help you:

- Create lifestyle balance
 - Manage stress and anxiety
 - Improve time management and organization
 - Improve study skills and procrastination management
 - Adjust to campus life
 - Address social or dating anxiety
 - Create a restorative sleep routine
 - Develop healthy eating and physical activity routines
 - Modify your environment to support focus, energy, and ergonomics
 - Manage chronic conditions
-

How much time will this take?

Sessions are typically held for 30-60 minutes, one time per week, in person or via telehealth. However, every person is different, so ask your OT about what frequency of sessions will work best for you.

How much will this cost?

We can do a complimentary insurance benefits check to tell you if OT sessions are covered by your plan and if any co-pays apply.

Find out more at chan.usc.edu/otfp

**For any questions, email otfp@med.usc.edu,
call (323) 442 - 3340 or fax (323) 442 - 3351.**

USC Mrs. T.H. Chan
Division of Occupational Science
and Occupational Therapy