

Why This Matters

College life comes with a lot of transitions: new schedules, shared spaces, stress, work demands, and sometimes limited resources. Personal hygiene and odor can be affected by many things, and when you're sharing classrooms, housing, or offices, it can impact both you and others around you. This handout is about support, not judgment, and about helping you participate fully and comfortably in your campus community.

When This Might Come Up

You might notice hygiene or odor becoming harder to manage when you're dealing with things like:

- Stress, anxiety, or feeling overwhelmed
- Depression or low energy
- Busy work or caregiving responsibilities
- Limited access to laundry or shower facilities
- Health or dental issues
- Housing instability
- Executive functioning or organization challenges
- Cultural or family differences around hygiene

None of these means you're "doing something wrong." They mean you may need support or adjustments.

Questions to Check In With Yourself

- Have I had enough access to laundry, showers, or clean clothes lately?
- Am I feeling too tired, stressed, or overwhelmed to keep up with routines?
- Is work, commuting, or housing making it harder to manage hygiene?
- Have I noticed people reacting differently around me—or have I been avoiding others?
- Would extra support make this easier right now?

If something feels off, that's often a signal, not a failure.

Helpful Strategies

- ✓ Break routines into small steps (one load of laundry, one shower, one outfit change)
- ✓ Keep basic supplies accessible (travel-size deodorant, wipes, spare clothes)
- ✓ Change out of work clothes when possible
- ✓ Set reminders for laundry or self-care tasks
- ✓ Choose lighter or unscented products if strong smells are an issue
- ✓ Ask for help early—before stress builds up

Small changes can make a big difference.

Getting Support (You're Not Alone)

If hygiene issues are tied to health, housing, stress, or access to resources, support services can help

- Student support or CARE teams
- Health or counseling services
- Housing or basic needs support
- Disability or accessibility services

Asking for help is a strength, not a problem. These services exist to help you stay healthy, engaged, and successful.

Remember

Everyone deserves to feel respected, included, and comfortable on campus. Taking care of yourself and accepting support when you need it helps you show up fully for your classes, relationships, and goals.