SELF CARE
SELF CARE is the practice of taking action to preserve or improve your health both mentally and physically

STRATEGIES FOR SELF CARE

- Find stress-busting strategies that work for you
- Rely on your social support
- Strive for balance – you can’t study 24/7.
- Seek out healthy role models
- Recognize the symptoms of stress

Resources

University Counseling Center

Meditation apps:
- Calm®
- Insight Timer®
- Headspace®
- Unplug®

Mental Health apps:
- Ten Percent Happier®
- Moodfit®
- MoodMission®
Knowing who you are
Understanding your limits and when you need to say no

Getting enough sleep
Taking time to rest

Eating right
Ensuring you’re eating enough and eating foods that are healthy for your body

Finding ways to decompress
... and doing so throughout the day. Not just at the end!

Recognizing difficult situations
Knowing what’s good for your health and finding ways to improve or change it

WHAT DOES SELF CARE LOOK LIKE?

Identify what you like doing
Make an effort to integrate fun activities into your day

Engage in your spiritual rituals
Meditating, praying, walking in nature, attending a religious service, practicing gratitude, reading or listening to something inspirational

Take the time to love yourself
You deserve it!

(Source)
### IDEAS FOR SELF CARE

<table>
<thead>
<tr>
<th>Wellness Wheel</th>
<th>Physical</th>
<th>Social</th>
<th>Intellectual</th>
<th>Emotional</th>
<th>Occupational</th>
<th>Financial</th>
<th>Environmental</th>
<th>Spiritual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take a walk</td>
<td>Allow time to binge your favorite show</td>
<td>Try a new hobby</td>
<td>Make your favorite food or order takeout</td>
<td>Listen to music</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do yoga</td>
<td>Burn a candle you enjoy</td>
<td>Go for a drive</td>
<td>Stretch</td>
<td>Write in a journal</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Edit who you follow on social media</td>
<td>Get a massage</td>
<td>Say no to things that are too much</td>
<td>Plan out your week</td>
<td>Call a friend or family member</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Host a video game tournament</td>
<td>Plant a garden</td>
<td>Game night with friends</td>
<td>Try something new</td>
<td>Take a bath</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
REFERENCES

