



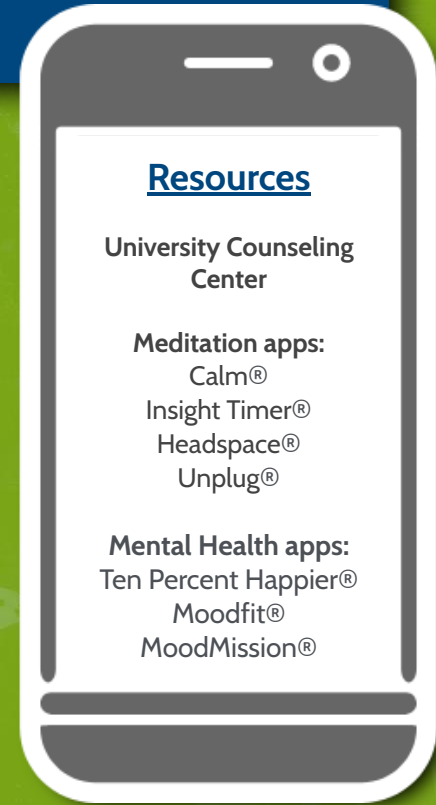
SELF CARE

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

(Source)



WHAT DOES SELF CARE LOOK LIKE?

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

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

Take a walk	Allow time to binge your favorite show	Try a new hobby	Make your favorite food or order takeout	Listen to music
Do yoga	Burn a candle you enjoy	Go for a drive	Stretch	Write in a journal
Edit who you follow on social media	Get a massage	Say no to things that are too much	Plan out your week	Call a friend or family member
Host a video game tournament	Plant a garden	Game night with friends	Try something new	Take a bath

REFERENCES

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