

Self-Care Tips and Assessment

HEALTH & WELLNESS



What is it and why do I care?

Mental health is more than just the absence of a mental illness. Mental health is inclusive of your emotional, psychological, and social well-being that can affect your overall health and quality of life. Self-care can help to maintain your mental health so that you can take care of yourself and continue with your goals and daily activities as a student. Self-care means taking time out of your day to do things that will improve your physical and mental health. Self-care can help manage stress, lower your risk of illness, and increase your energy.

How do I use it?

Self-care looks different for everyone and may need trial-and-error. Below are some tips to help you get started with self-care.

- **Get regular exercise.** Just 30 minutes a day of walking can help boost your mood and health.
- **Eat healthy, regular meals and stay hydrated.** Limit caffeinated drinks and change to water when you can.
- **Make sleep a priority.** Stick to a schedule. Place your phone across the room if you can, so you can focus on sleep.
- **Try a relaxing activity.** [Meditation](#), muscle relaxation, and breathing exercises are a great help.
- **Set goals and priorities.** Learn to say “no” and decide what must be done now versus later. Remember your successes!
- **Practice gratitude.** Remind yourself everyday what you are grateful for, from the mattress you sleep on to school access.
- **Focus on positivity.** Challenge your negative and unhelpful thoughts with positive ones.
- **Stay connected.** Reach out to family and friends who can provide emotional support and practical help.

Distraction as a Strategy

Distraction activities are a different way to give yourself self-care and to help relieve the brain with distractions:

- Call a friend (without mentioning what is causing you distress).
- Create something.
- Describe your surroundings using your five senses.
- Do a puzzle.
- Do something kind for another person.
- Focus only on a single task.
- Go out to eat or to an event.
- Watch tv, a movie, or something funny.
- Listen to music or a podcast.
- Make a list of things (cars, dog breeds, music artists, etc.).



Additional Resources

Assess your current self-care:
[Self-Care Tips and Assessment](#)

50 Self-Care ideas:
<https://tinyurl.com/2p8u6aaj>

What is Self-Care?:
https://youtu.be/EguDLVf5x_U