

HOW CAN I PRACTICE SELF CARE?

SLEEP

Sleep is essential to overall health and is closely linked to academic success.

VISIT FRIENDS & FAMILY

Research shows that spending time with loved ones is the number one determinant of happiness. Take time to connect with a friend or a family member.

PRACTICE SELF-COMPASSION

Self-compassion is treating yourself like you would treat your best friend. Talk to yourself the way you would talk to someone you care about; replace self-critical thoughts with compassionate thoughts.

DO WHAT YOU LOVE

Carve out time for your passions and hobbies, whether that's hiking, crafting, dancing, reading for fun, etc. Hobbies can provide you an outlet for managing stress and can increase happiness levels.

BE MINDFUL

Being in the present moment can help to reduce stress. Practice mindfulness by noticing your five senses; what do you see, hear, taste, feel, and smell right now?

UNPLUG FROM TECHNOLOGY

Sometimes the best way to recharge is to take a break from technology. Research shows that downtime replenishes the brain's stores of attention and motivation, encourages productivity and creativity, and is essential to both achieve our highest levels of performance and simply form stable memories in everyday life.

NAPPING

Napping throughout the day can improve energy levels.

MEDITATE

Taking a few minutes to clear your mind of various stressors can be a great way to practice self-care. Research shows that meditation can improve your focus, immunity, and overall mental well-being.

JOURNAL

Journaling can have a lot of benefits. Writing can help you process your feelings, ignite creativity centers in the brain, and help you be in the present moment. Take a few minutes each day to journal.

DO YOGA

Yoga has pronounced effects on your emotional well-being and can help lower anxiety and stress.

EXERCISE

Research shows that exercise can relieve stress, improve your mood, and help you sleep better.

BE GRATEFUL

One simple way to practice gratitude is by writing down 3 things you're grateful for everyday. Remembering to find things, experiences and people in your life that you're grateful can have powerful effects on your mood.

BREATHE DEEPLY

Take five minutes to practice deep breathing. In just those few minutes you can lower your blood pressure and heart rate, thus lowering the physical affects of stress.

GO OUTSIDE

Research shows that spending time in nature can have remarkable benefits to human health.

Self Care Resources

Get optimal sleep

https://healthyhorns.utexas.edu/HT/HT_sleep.html

Exercise

https://www.healthyhorns.utexas.edu/HT/HT_exercise.html

Self-compassion

<https://self-compassion.org>

Gratitude journal

https://cmhc.utexas.edu/pdf/UTCMHC_GratitudeJournal_2017.pdf

Guided breathing

<https://cmhc.utexas.edu/mindbodylab.html>

Journaling

<https://www.apa.org/monitor/jun02/writing>

Seated meditation

<https://www.apa.org/monitor/jun02/writing>

There are many ways to practice self-care. What works for you may not work for someone else. The important thing is to make self-care a priority in your schedule.