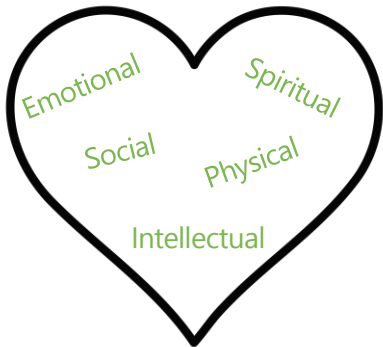


Self-Care

What Brings You Joy?



Self-care is important all of the time, but especially during times of change and transition.

You are important. You are worthy of the time you need to care for yourself. In a world that is changing, it is easy to forget to care for our whole selves, and that may feel very true for you right now. But, in order to be successful as a student, friend, family member (or just plain successful as a human) we must take care of our whole selves.

If you are one of the many people who have forgotten to take care of your whole self, that's okay. Remind yourself with gentleness and compassion to bring some thoughtful and kind attention to yourself. It's time to find ways to fill yourself up, emotionally, physically, spiritually, socially, and intellectually.

Ask yourself, "What brings me joy?"

An Incomplete List of Self-Care Ideas: Find and Practice What Brings You Joy

Emotional

Allow yourself to feel the vast range of emotional experiences

Set a daily intention—keep it simple, something you know you can accomplish

Practice gratitude for yourself and others

Remember—you are enough

Spiritual

Take a walk and use all five senses to notice the world around you

Practice meditation in whatever form resonates with you

Get in touch with what you value

Slow down, practice mindfulness

Social

Schedule regular, designated time for family and friends, even if it is "virtual"

Think "outside the box" in connecting with others—write letters, send cards, be a pen pal

Seek professional mental health support as needed

Physical

Practice regular deep breathing

Cultivate movement—running, bicycling, yoga, jumping jacks in your living room, etc.

Go outside each day

Nurture your body with foods that fuel your body and soul

When we practice self-care, not only are we developing a greater capacity within ourselves, we are also modeling healthy behavior and encouraging those around us to take care of their whole selves.

Intellectual

Read a book that excites you

Learn about something unrelated to educational requirements

Explore online resources in areas of interest (history channel, planet discovery, Myth Busters tv show, etc.)