

IT'S THAT TIME, ME TIME

Feeling challenged to invest time on your self-care or have time for a personal moment?



Self-care is an activity that we do regularly to take care of our mental, emotional, and physical health. Even though self-care is among one of the most critical factors necessary for living a healthy and happy life, college students are NOT well-known for prioritizing it.

Why is it important to practice self-care?

- Increases productivity, performance, and creativity “get more done, in less time, more sustainably”
- Helps you boost energy and increase happiness.
- Emotional and mental breaks are vital for our overall well-being.
- Improves mood and reduces anxiety

Why is it so difficult to commit to self-care activities?

- Requires a good bit of personal courage.
- Might make you feel vulnerable due to accepting that you do need to invest time from your busy life in your health.
- Self-care is an ongoing process: Prioritize your self-care and reassess your goals regularly.

How to start practicing self-care?

- Pause, breathe, and assess the situation
- Recognize the many sources of stress: Pinpoint what is stressing you.
- Identify what you enjoy doing and would help clear your mind
- Engage in activities that enhance satisfaction and learning to separate from the work emotionally and physically to feel renewed.
- Practice it daily at least once a day
- **TIP: Change your self-care activity regularly**

What are some examples of self-care activities?

- **Breathing exercises:** Increases relaxation, reduces tension, and relieves stress.
- **Self-Awareness Exercise:** Enables to concentrate in the here and now to reduce stress.
- **Progressive Muscle Relaxation:** Reduces tension in the muscles
- **Healing Light Exercise:** Increases muscle relaxation and mindfulness.
- **Yoga class/session:** Obtain meditation and peace of mind

RECOMMENDED APPS

Aloe Bud



Shleep



Lumosity



SELF-CARE PLAN

Create your own Self-Care Plan identifying the activities you enjoy and finding time to commit to at least one of this activity daily. Practicing self-care activities will provide you with an abundance of benefits such as having greater cognitive capacity, positive social relationships, and a healthier lifestyle.

1. What do you do for self-care already?	
2. Write down five things that you value and need as part of your day-to-day life.	
3. What are some activities that you can do and meet your values and needs?	
4. How can the activities you listed help you with your self-care?	
5. How and when will you be going to practice those self-care activities?	