

# Wellness: Self-care

***Needing guidance on how to improve your self-care? Use this toolkit to implement or improve your self-care routine.***

**Self-care** is how we regularly take care of our mental, emotional, and physical health. This can look differently for each person, so be sure to customize your self-care routine to what works for you. Keep in mind- if you want to succeed academically, make sure to take care of your self first!

## Importance of self care:

- Increases productivity, performance, and creativity.
- Improves mood and reduces anxiety.
- Helps you boost energy and increase happiness.
- Emotional and mental breaks are vital for our overall well-being.

## Starting self-care practices:

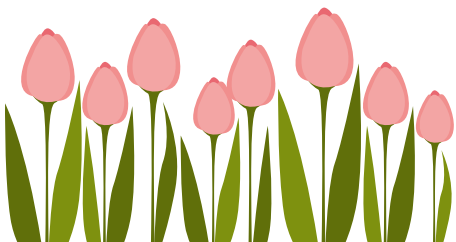
- Pause, breathe, and assess the situation.
- Pinpoint what is stressing you.
- Identify what would help clear your mind.
- Engage in activities that enhance satisfaction while learning how to separate from stressors emotionally and physically to feel renewed.
- Practice it routinely.

## Difficulties involved with self-care:

- Requires effort/personal courage.
- Can make you feel vulnerable due to accepting that you need to invest time into your health.
- Self-care is an on-going process. Reassess your goals regularly.

## Examples of self-care activities:

- *Breathing exercises:* increases relaxation, reduced tension, and relieves stress through focusing on your breath.
- *Progressive muscle relaxation:* reduces tension in muscles by clenching and releasing the muscles in your body.
- *Mindful meditation:* brings your attention to the present moment, allowing you to focus without judgment.



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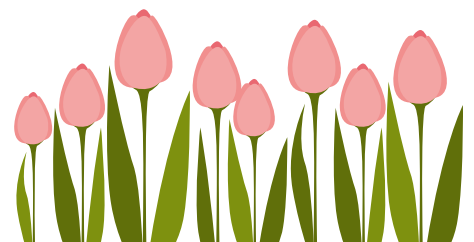
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Create your own self-care plan by identifying the activities you enjoy. Find time to commit to at least one of these activities daily. Practicing these self-care activities can put you in a better mood and improve your lifestyle.

What do you do for self-care already?

Write down things that you value and need as part of your day-to-day life.

What are some self-care activities that you can do and meet your values and needs?



***My commitment is...***