



5 areas of self-care

MENTAL



- Do things to fuel your mind - learn about a subject that interests you, use critical thinking, read a book, watch a movie
- Activities to declutter your mind and reduce stress (make a to do list, journal, create, unplug from technology, go for a walk)

- Movement of your body and attending to your needs
- Find ways to stay active that you enjoy and is rewarding (going for a walk, playing a sport you enjoy, taking a yoga class)
- Seek healthcare when needed and take the time to rest
- Eat and drink well to fuel and hydrate your body

PHYSICAL



SPIRITUAL



It is important to prioritise the values and beliefs that guide one's life and the practices that support/enable that

Care for your emotional health

- Positively navigating emotions and reducing stress
- Meditate, journal, talk with a friend, etc.
- Develop healthy coping skills to deal with emotions

EMOTIONAL



SOCIAL



- Interact with others and have a supportive network
- Close connections are important to your well-being
- To grow and maintain close relationships: put time and energy into them



self-care challenges



Go for a
30 min walk



Take short breaks
from studying



Go to bed
30 min earlier



Catch-up with
a friend



Take care of
some potted
plants



Forgive yourself for
making a mistake



Try yoga for
15 minutes



Try to drink 6-8
glasses of water



Read one chapter
of a book

SELF-CARE CHECK-IN

How are
you feeling?

What are you
grateful for
today?

What are your
needs today?

What are your
goals today?

Take a minute
to breathe
and relax