

Beyond the Buzz Words – Self-Care and Wellness

Student support



agenda

Introductions

Ted Talk + Debrief

What the Research Suggests

Takeaways + Minute Survey



Hello
my name is

Introductions

- Name
- Where You're Calling From
- What brought you to this conversation today?
- 1 word to define your self-care/wellness practice





**What images
come to
mind when
you hear the
phrase “self-
care?”**



- How to Make Stress Your Friend –
Kelly McGonigal



Ted talk

Debrief


- In what ways, if at all, do our perceptions of stress or anxiety play a role in how we practice self-care?
- What strategies can you use to reframe your reactions to stress or overwhelm?
- What does your ideal self-care practice look like?
- How do you know when you're starting to become burnt-out?



Debrief

- Let's talk about the PWE and Portfolio...
- Integration Plan
- Grapevine Tips and Tricks





**Tips and
tricks you
swear by**

- Breathe
- Make your mornings (or evenings) sacred
- Release excess energy
- Create balance
- Find love and gratitude in all that you do
- “When the well’s dry, we know the worth of water.”

**What
does the
research
suggest?**



University Resources

- The Learning Center's [App Compendium](#)
- The Learning Center's [Tips & Tools](#)
- [Carolina Recovery Program](#)
- [Wellness Center Stress Resources](#)
- [Wellness Center Nutrition Resources](#)
- [Wellness Center Webinars](#) – will begin after school starts up.
- [Graduate School](#) programming



Wrap Up

Share one word to define your future self-care practice.

In what ways can your Student Support Team support you in wrapping up the term strong?





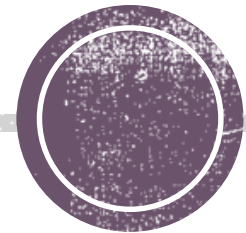
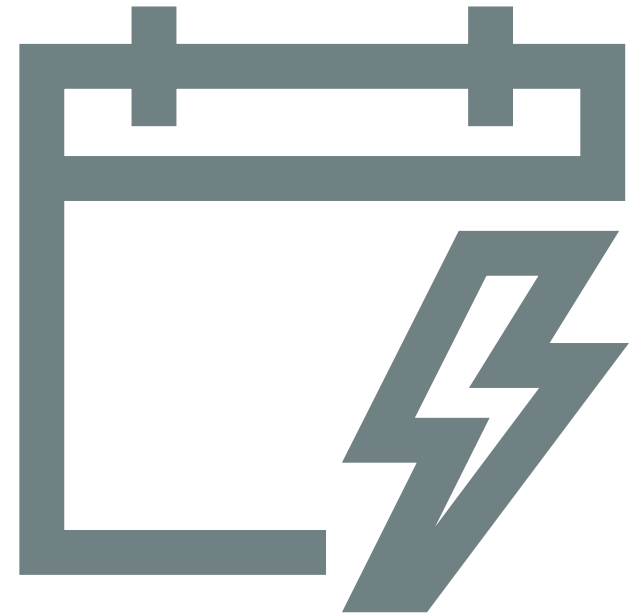
**YOU GOTTA
NOURISH
TO FLOURISH**

“When life is difficult,
your stress response
wants you to be
surrounded by people
who care about you.”

-Kelly McGonigal



If you're inspired to discuss this further, schedule an appointment with your SSA and/or Elizabeth Langefeld



- [5 Tested Tips to Battle Burnout with Better Self-Care](#) – Inside Higher Ed
- [How to Make Stress Your Friend](#) – Kelly McGonigal TED Talk
- [The Power of Vulnerability](#) – Brene Brown
- [Self-Care for the Selfless](#) – Jonathan Rieck



resources