Self-Care



Well-being is not just the absence of physical or mental illness or disorder. Positive well-being — being actively and proactively healthy — and social connectedness serve as protective factors to combat stress, anxiety, depression, burnout, and lowers the risk of dropping out!

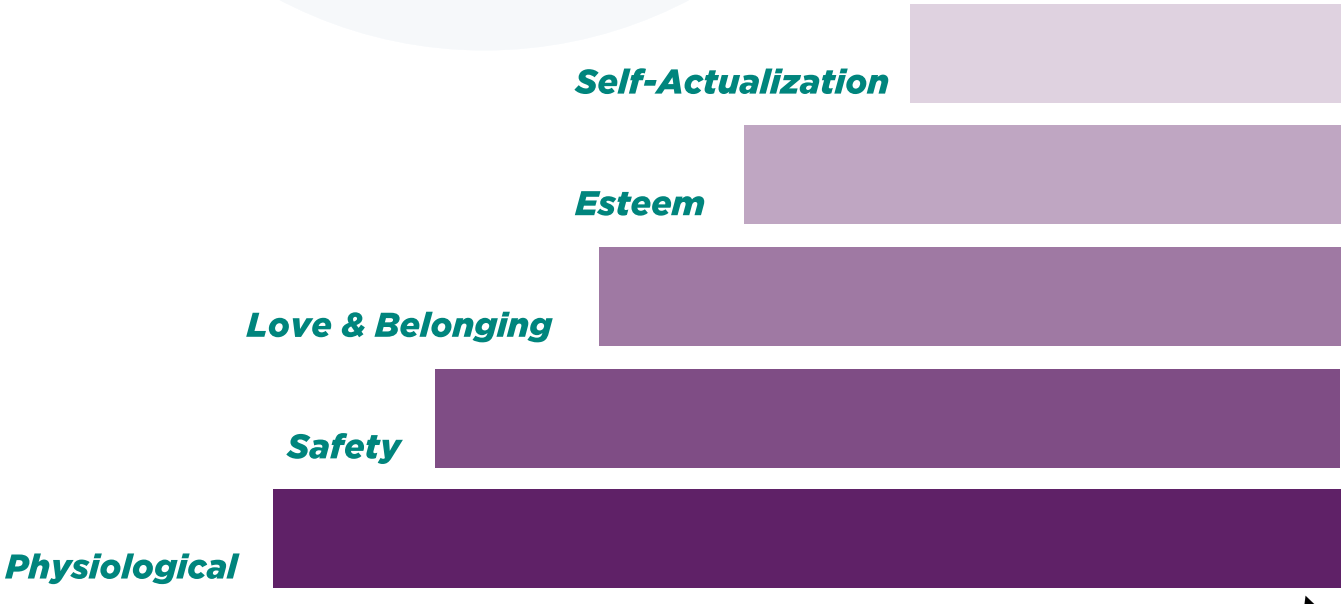


Researchers Keyes and Simoes (2012) found that having a great sense of social connectedness can better help students to have a greater perception that others' behavior is and can be supportive, and an increased ability to utilize support resources.

Maslow's Hierarchy of Needs

This diagram shows how you can "become everything one is capable of being," by increasing your mental, spiritual, and emotional health through taking care of your physical body.

Read through for tips on how you can care for each level.



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Self-Care (cont.)



Physiological | PHYSICAL

- Exercise
- Eat regularly
- Get enough sleep
- Personal hygiene
- Wear clothes that make you feel good about yourself
- Go to preventative medical appointments (teeth cleanings, checkups, etc.)
- Rest when feeling unwell — know your body!

Safety | PSYCHOLOGICAL & EMOTIONAL

- Recognize your strengths and achievements
- Talk about your problems
- Find hobbies that bring you joy
- Treat yourself!
  - Take time off from work and school
  - Go on vacations or day-trips
  - Do something comforting (movies, baths)
- Find reasons to laugh

Love & Belonging | SOCIAL

- Call or write to friends or family who are far away
- Meet new people
- Spend time alone with your romantic partner
- Do enjoyable activities with other people
- Spend time with people you like

Esteem | PROFESSIONAL

- Improve professional skills
  - Communication
  - Skills
- Learn new things related to your profession
- Take on projects that are interesting or rewarding
- Take breaks during work
- Keep a comfortable and organized workspace
- Advocate for fair pay, benefits, and other needs
  - Learn when to say "no"
- Maintain a balance between work and your personal life

Self-Actualization | SPIRITUAL

- Mindfulness
  - Spend time in nature
  - Meditate or pray
- Recognize the things that give you meaning in your life
- Journal
- Participate in a cause that's important to you
- Appreciate art that is meaningful/impactful
- Act in accordance with your morals and values

USE YOUR COPING SKILLS!

Make your personalized self-care plan:

When I am feeling _____.

- **When I am feeling overwhelmed:**
- **When I am feeling frustrated:**
- **When I am feeling sad:**
- **When I am feeling burnt out:**
- **When I am feeling tired:**

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