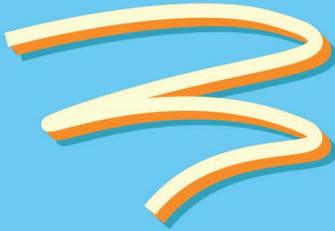


# Self Care



## Signs you may need to practice self-care:

- Sleeping problems
- You're irritable and/or apathetic
- You're distracted and forgetful
- You find it hard to relax or slow down
- You get sick more often
- You're too hard on yourself
- You aren't connecting with friends, family, or others



YOU'VE LOST  
CONNECTION

# Benefits of Practicing Self-Care:

- Increase energy
- Experience more joy
- Communicate more effectively
- Build stronger relationships
- Lower your risk of illness
- Increase confidence, creativity, and productivity
- Manage stress

## Ideas for Self-Care

Even small acts of self-care in your daily life can have a big impact:

- 
- Be in nature
  - Spent time with a pet
  - Laugh
  - Connect with supportive friends
  - Prioritize rest and sleep
  - Breathe slowly
  - Move your body
  - Eat when you're hungry, drink water when you're thirsty
  - Color
  - Practice gratitude
  - Go outside

Remember, it's okay to give yourself permission to say no when you need to!

## On-Campus Self Care Options

- Utilize TimelyCare or Sanvello for free mindfulness exercises
- Wander the Labyrinth
- Take a class at U Rec
- Sign up for a retreat with Campus Ministry
- Seek a lounge or quiet space on-campus to recharge
- Engage with Learning Commons Partnership resources to set yourself up for a successful quarter