

Self-Care Strategies

In times of growing uncertainty and change, self-care is essential to handling what life throws at you. Self-care is any intentional activity that helps you in the process of emotional, physical, social, or spiritual growth.

The Counseling and Testing Center asked students what they do to take care of themselves when things are challenging, and here's what we came up with.



A first step to cultivating greater self-care is to develop a daily routine and set boundaries to protect them: Pick a few things from the list you enjoy and pencil them into your schedule throughout the

week. Stay flexible but try to stick to it. This is not easy, but it can help to put some order into the current chaos.

It can be useful to think about how you are coping in different areas to figure out where you might need some extra help:

- Emotion regulation:
 - Do you feel sad or anxious frequently? How well do you handle these experiences?
 - Do you make time to relax? To have fun?
- Body basics:
 - Are you eating 3 meals a day? Are you eating enough nutritious food, like fruits and vegetables, foods high in protein and fiber, and foods/beverages low in sugar?
 - Are you getting 7-8 hours of sleep each night? Do you have a good night-time routine? Do you have enough energy throughout the day?
 - Do you engage in some form of exercise for at least 30 minutes day?
- Community-building:
 - Do you have healthy relationships with friends and family members?
 - Are you a member of a student or community group?
 - Do you feel supported and connected to others?
- Meaning-making:
 - Do you regularly engage in hobbies and activities you are passionate about?
 - Do you feel excited and confident about your plans for your future?
 - Are you active in your values, spirituality, and/or religion?

The Counseling & Testing Center is open, and we are here to help! Call us at (330) 972-7082 to schedule an intake for telepsychology services. FREE and CONFIDENTIAL for all students.